

## REPORT ON YOGA SESSION

**Name of the Event** : **Yoga Session**  
**Date of the Event** : **7 December 2021**  
**Participants** : **Classes I – VIII**  
**Organised By** : **Sports Department**

Under the **FIT INDIA MOVEMENT**, **ITL PUBLIC SCHOOL** organized a Yoga Session on 7 December, 2021. The resource person, Yogacharya Anil Mudgal commenced the session with a lecture, in which he emphasised on the importance of Yoga in leading a healthy and balanced life, how to improve mental strength and concentration. He stressed that students should improve their study routine and keep their body posture correct while studying, as good posture helps to utilize body energy and improve body fuel. Mr. Mudgal also said that in free time, students should keep blinking their eyes to overcome dryness in eyes. He demonstrated some breathing exercises like Anulom–Vilom and taught humming meditation. Indeed the students enjoyed the whole Online You Tube session as they learnt to rich an enriched and healthy life.

