



ITL organizes National Conference for Instructors of Yoga		
1.	Title of the activity	National Conference for Instructors of Yoga
2.	Date of the activity	31 st January, 2023
3.	Organized by	ITL PUBLIC SCHOOL
4.	Attended by	Teachers from various schools across India
5.	SDG covered	SDG 3 (Good Health and Well- Being), SDG 4 (Quality Education)
6.	Description of the activity	<p><i>“True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived.”</i></p> <p>ITL Public School hosted a National Conference for the instructors of Yoga from across India. The programme was an initiative by the Department of Skill Education, CBSE. The youth today is confronting difficulties like anxiety and restlessness, due to technology driven world and cut throat competition. It is here that Yoga can provide them with the elixir of life and handle chaos effectively. It will help them teach self- control that will eventually be of great assistance in dealing with various situations in a placid manner. Keeping NEP 2020’s emphasis on health and well- being in perspective, CBSE has decided to introduce Yoga as a skill subject. The conference witnessed almost 200 participants from across the country and was organized with the pursuit of enriching the teachers of Yoga regarding the structure of the course, the resource material and the training manual available for the teachers. The occasion was graced by eminent figures like Dr. Biswajit Saha, Director, Skill Education, CBSE, Dr. B.N Singh, Deputy Secretary, Skill Education, CBSE along with resource persons Dr. Jitendra Nagpal, Senior Consultant Psychiatrist and In charge, Institute of Mental Health and Life Skills Promotion, Moolchand Medcity and Dr. Navneet Kaur, Executive Director, ICERT Education.</p> <p>The programme began with a mesmerizing yoga performance by ITLeens showcasing the strength and flexibility of mind and body. This was followed by the felicitation of the guests for the day by the school principal, Dr. Sudha Acharya, who emphasized upon the growing need among the youth to learn to meditate in order to be able to face the challenges of life.</p> <p>At the start of the workshop, Dr. Navneet Kaur, the convener of the committee and resource person, sharing her experiences, shed light on the need of Yoga as a subject in schools, where she accentuated that the students must be made aware of not only the health benefits but also the career prospectives that they can avail like consultation, research, administration, academics etc. She also spoke about</p>

Integrated Yoga and capacity building of teachers through spiritual test practicing 'Samvedna'. Further, into the programme, the teachers were divided into different groups where each group presented a lesson plan on the topic- Dealing with diseases, to bring in more clarity.

Thereafter, Dr. Jitendra Nagpal also shared his valuable inputs on importance of mental health. Sir initiated a joyful learning interaction with eight communicable mental disorders followed by a discussion on intense need to practice yoga, a self- directed neuroplasticity. He shared the World Mental Health Report 2022, giving a factual analysis of the global mental health scenario, furthering the proposition that meditation and yoga can help improve the mental health and combat the crisis faced at the mental health front.

The conference culminated with the participants sharing their views, who in unison expressed their gratitude towards CBSE for taking a giant leap in the direction towards focusing on health and well- being of students.

