



ITL Organizes for a One Day Training Programme for Instructors of Yoga

Title of the activity	One Day Training Programme for Instructors of Yoga
Date of the activity	1 JULY,2023
Organized by	ITL PUBLIC SCHOOL
Attended by	Teachers from various schools of Delhi
SDG covered	SDG 3 (Good Health and Well- Being), SDG 4 (Quality Education)

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.

ITL Public School hosted a **One Day Training Programme** for the instructors of Yoga on **July 1, 2023**. 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 confidently. Keeping NEP 2020's emphasis on health and well- being in perspective, CBSE has decided to introduce Yoga as a skill subject.

The **One Day Training Programme** was organized with the pursuit of enriching the teachers of Yoga regarding the structure of the course, the resource materials and the training manual available for the teachers.

The resource person, **Dr. Navneet Kaur**, the **Principal of Shreeram Universal School, Director, ICERT Education** shared her experiences, shed light on the need of Yoga as a subject in schools. She enlightened about the mental constitution of humans and held an elaborate discussion on how yoga can ensure good physical and mental wellbeing of individuals. Her deliberation on the characteristic traits of yoga like rajas, sattva and tamas and mental afflictions like fear, anger, hatred, jealousy, greed was highly informative.

Ms. Arti Gupta, the resource person, shared her valuable inputs on the key features of the skills of yoga. She enlightened about the study materials, projects and practical files of yoga. She motivated the yoga teachers to develop a new teaching learning ecosystem in yoga that can not only enhance the physical health but can also help improve the mental health. The teachers were divided into different groups where each group presented a unique yoga related experience and demonstrated asanas. She also conducted a very interesting activity to emphasize the need of clarity in instructions and also the need to follow them meticulously.

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



