



ITL Conducts Yoga Workshop for Teachers

Date : 28th July 2018
Venue : Candy Floss Basement
Organized by : ITL Public School
Conducted By : Isha Foundation
Participants : Teachers

A Calm mind brings inner strength and self- confidence, that's very important for good health.

ITL Public School, organized a yoga session for the teachers on **28th July, 2018**. The session was conducted by **Isha Foundation**, an organization founded by the Sadh **Guru**, a Padma Vibhushan.

The mentors emphasized on the importance of yoga and its multifarious benefits. The session was quite enlightening as various hand and neck exercises were practised. The correct ways to perform these exercises, along with their benefits were discussed in the session.

The workshop aimed at helping the teachers to relax and to keep them fit and fine for maximizing their output.

