

YOGA TRAINING PROGRAMME FOR TEACHERS

Siddipet- Telanagana

There has been a trend that growing consciousness to protect health by adopting natural way of living and practicing yoga is a common phenomenon across the globe. Hon'ble Minister Sri. Harish Rao, inaugurated Yoga training programme for teachers at TTC Bhavan, Siddipet. The Yoga training programme has been conducted in two phases. The first phase started from Sept. 27th to Sept. 30th 2019 and the second phase from Oct. 3rd to Oct. 7th 2019. Total no of teachers attended the Yoga training programme is (165).

Micro Yoga, Yoga Asanas, Surya Namaskars, Pranayama and Meditation have been taught during the Yoga training.

OUTCOMES :

- The teachers received Yoga training subsequently conducted Yoga training to students in their respective schools. So, that care has been taken to improve the conditions of health and fitness of the teachers and students.
- The Concentration level of students and discipline has been increased.
- Physical and mental growth of children and teachers



Honorable Irrigation Minister **Sri Harish Rao** & DEO inaugurated Yoga classes' session

