Yoga for Corpn. school students

It is part of a programme that simultaneously focuses on education and health.

Special Correspondent

COIMBATORE: As many as 130 boy students of the schools run by the Coimbatore Corporation are undergoing a three-day residential training in yoga at the Isha Yoga Centre at Vellingiri Hills in the district.

Training

This yoga training scheme for the students is part of the Corporation’s programme that simultaneously focuses on education and the health of the young learners.

While personal hygiene among the students and cleanliness in all the schools will be ensured through one component of the programme that has been drawn up Corporation Commissioner Anshul Mishra, another component will look at improving concentration among students on academics.

Students of Classes VIII, IX and XI are the first batch undergoing yoga training from June 25 to 27.

The results will be assessed to decide whether more students are to be sent for the camp.

Some students, especially those of single parent, have problems at home that impact their studies. These are being identified for the yoga camps.

Teachers

According to officials in the civic body, the Corporation plans to send its teachers to Isha Yoga Centre for training, so that they too can benefit from the programme.

After going through a full course, they will be given the task of training the students in the schools.

Mayor R. Venkatachalam inaugurated the training programme for the school students.

Deputy Mayor N. Karthik, Corporation Education Committee Chairman R. Kalyanassundaram and Assistant City Health Officer R. Sumathi were present.