MP attends Isha's yoga session

Coimbatore: Member of Parliament AP Nagarajan and 300 ITI (Industrial Training Institute) students participated in the Upa-yoga session on the concluding day of the month-long celebration of the second International Day of Yoga by Isha Foundation on Wednesday. In addition to sessions conducted in government offices, companies and institutions, yoga was imparted to government elementary school teachers across the city by volunteers of Isha Foundation, said a release. These teachers have been equipped to train other government school teachers and students to help them combat stress, examination and peer pressure. Over 22,000 people were taught Upa yoga as part of the month-long drive which started on June 1.