

Press Release

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Educators Gain Vital Health Insights from ABTP Experts at Delhi Public School, Mohali

July 2, 2025- Educators from DPS Mohali participated in a specialized professional development session focused on enhancing their health and well-being. This valuable opportunity aimed to equip teachers with essential knowledge for maintaining optimal physical health in their demanding profession.

The session was expertly conducted by specialists from Abhinav Bindra Targeting Performance (ABTP), a renowned physiotherapy and rehabilitation center founded by Olympic gold medalist Abhinav Bindra. Operating under their guiding principle, "Your Health, Our Focus," the ABTP team shared their expertise. Distinguished speakers included Dr. Aakanksha Gautra, Center Head at ABTP, Dr. Monica, a highly skilled Orthophysiotherapist, and Mr. Vidith Moza, Marketing and Content Executive.

The interactive workshop delved into crucial topics such as Classroom Ergonomics, Posture Assessment, Simple Exercises tailored for daily routines, and practical Tips to Improve Daily Work Setup. Participants gained invaluable knowledge designed to enhance their overall health and well-being, recognizing its direct impact on both their professional effectiveness and the holistic development of students. The event underscored DPS Mohali's commitment to supporting the well-being of its teaching staff, acknowledging their unwavering dedication to education.

