



MBS INTERNATIONAL SCHOOL

WORKSHOP FOR PARENTS &

STUDENTS

SESSION 2021-22

TOPIC: Yoga Session

DATE: June 22, 2021

ATTENDED BY: Parents & Students

VENUE: Zoom

RESOURCE PERSON: Ms. Babita Singh

“We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own minds. It's not about being good at something. It's about being good to yourself.”

MBS International School and MBS School of Planning and Architecture celebrated International Day of Yoga by organising a virtual session of Yoga for its students. Yoga embodies the unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature. The session was a live broadcast on YouTube so that the students, parents and the entire community of MBS Fraternity is benefitted from this.

The resource person of the session was Ms. Babita Singh, a renowned expert and practitioner of Yoga. It started with the chanting of Om and stretching exercises and this one-hour session encompassed all the *aasanas* and pranayama for the well-being of the students. Ms. Babita Singh performed all the *aasanas* step-wise making it easier for the attendees to follow the procedure and learn the correct posture. Along with each *aasana*, the advantages were also imparted to the audience so that they perform it with more interest and enthusiasm. The students seemed to be very excited while performing and following the instructions and came up with flawless postures of various *aasanas*.

The workshop was attended by all the esteemed dignitaries of the institution who joined hands and motivated the students to practice yoga regularly. The celebration concluded with meditation and synchronised recitation of Shaanti paath. The day definitely proved to be of much advantage to the students who were now excited to be heading towards achieving their physical, mental and emotional well-being.

