



## INTERNATIONAL YOGA DAY

<b>Name of the Event</b>	<b>:</b>	<b>Live session on Yoga</b>
<b>Date of the Event</b>	<b>:</b>	<b>19<sup>th</sup> June, 2020</b>
<b>Organized By</b>	<b>:</b>	<b>Sports Department</b>
<b>Guest of the event</b>	<b>:</b>	<b>Tilak raj</b>
<b>No. of Participants</b>	<b>:</b>	<b>109</b>

To celebrate the international Yoga Day a live session of Yoga was organized on 19<sup>th</sup> June, 2020. The guest of honour was Mr. Tilak Raj who is a scientist by profession and yoga teacher by nature and currently engaged in research work in New Zealand on scientific application of yoga. Mr. Tilak Raj took the live session all the way from New Zealand. It was very enriching and successful workshop. Students were really very enthusiastic while performing all the asanas and following the instructions of Mr. Tilak Raj. The way Mr. Tilak Raj took the session was really praiseworthy. Mr. Tilak Raj performed various asanas and expressed his views on benefit of doing yoga. The expert was very convincing while giving the instruction and throughout the whole session. This wonderful workshop was praised by all students and their parents also. His step by step explanation was fantastic which kept the students busy doing yoga throughout the session. Sir demonstrated sitting and standing postures. He also told about controlled breathing during the practice of yoga. This wonderful workshop gave an insight about the benefits of doing yoga to the students. All the students enjoyed the immensely.



**Students performing during session**

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