

REPORT ON INTERNATIONAL YOGA DAY

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| Name of the Event | : | Live Session on Yoga |
| Date of the Event | : | 20 June, 2021 |
| Organized By | : | Sports Department |
| Conducted By | : | Master Amy |
| Attended By | : | Classes I-XII |

To celebrate the **International Yoga Day**, a live session of Yoga was organized through You Tube channel on 20 June, 2021. The Guest of Honour was Master Amy, a renowned yoga specialist in Backbends, instructor of other advanced Vietnamese masters and students, a registered yoga teacher of **YOGA ALLIANCE USA** and one of the great yoga masters in Hanoi-Vietnam. Master Amy performed various asanas and expressed his views on benefit of doing yoga. The expert was very convincing while giving the instructions throughout the whole session. His step by step explanation was fantastic as he demonstrated the sitting postures. He also emphasized about controlled breathing during the practice of yoga.

Indeed it was a very enriching and useful workshop. This wonderful workshop was praised by all students and their parents as it gave them an insight about the benefits of doing yoga. Everyone enjoyed the session immensely.

