

Review Letter

To whomsoever it may concern,

I am Dr.Preksha Sachin Gada; an Occupational Therapist by profession. I am specialized in working with kids diagnosed with Autism spectrum disorder, Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD) and many more including kids with physical and mental disability.

This letter is in regards to reviewing the game ‘MINI YOGI’ developed by Ms.Avantika Kampani. This game focuses on improving focus, memory and provides kids with a lot of sensory input through different yoga poses. Most kids with ADHD, have difficulties with sensory regulation impacting their mental and physical well-being. This game is a great tool as it provides a platform for practicing different breathing techniques in a playful and fun manner. It also teaches children certain social skills like turn taking, building perseverance in turn improving their mental health. It is based on an inclusion model with increasing challenges catering to kids of all ages.

Yoga is considered to be one of the most ancient tools to work on one’s mental and physical health since ancient times. This game is beautifully explained making it simpler for all ages to comprehend the instruction and follow the game rules.

Ms.Avantika’s dedication and hard work is depicted in the “ Mini Yogi” game. She has developed this game based on her immense research in this field.

It has been a pleasure to be a part of Avantika’s journey in the field. If you have any questions, please feel free to contact me on +91-9930421726 or email me at preksha@sdlc.co.in

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