

## YOGA COMPETITION

Yoga is an ancient form of exercise which evolved thousands of years ago in India and is being practiced even today. It includes various forms of exercises to keep a person in good shape and to get rid of various forms of diseases and inabilities. It is also considered as a strong method for meditation which helps in relaxation of mind and body.

Yoga is an integral part of the students' curriculum in our school. To encourage them to practice yoga regularly and prepare them for competitive yoga events, a yoga competition was organised on 30.09.19 for the students of Class III to V. It was an inter-house competition in which three participants from each house took part. The participants demonstrated their expertise in performing a wide range of yoga asanas such as Dhanur Asana, Pashchimotan Asana, Tree Pose, Camel Pose, Bhujang Asana etc. They impressed the judges with their physical strength as well as flexibility. The judges had a tough time selecting the winners. Finally, Jyoti House won the First Prize, Kirti House won the Second Prize and Jagriti House won the Third Prize in Class III. The winning houses for Class IV and V were Neeti House (First Prize), Preeti House (Second Prize) and Shakti House (Third Prize).

