

## Report on Seventeenth Sadhu Vaswani Inter School Yoga competition

Sadhu Vaswani International School for Girls, New Delhi hosted the 17<sup>th</sup> Inter-School Yoga Competition on 26<sup>th</sup> July, 2022 emphasizing on the importance of yoga in our lives. The program started with a Welcome speech by the Principal, Ms.Santosh Vyas, the need of Yoga and the popularity it has gained globally due to its innumerable benefits.

The program was carried forward by excellent performances of the participants in both Group and Rhythmic Yoga categories.

The esteemed jury members, Mr. Lalit Madan, and Ms Oshin Satija, judged the performances on the basis of posture, breath control, costume and flexibility. The performance and the commitment witnessed during the event was praise worthy and breath-taking. The results were announced on the same day. It was encouraging to see the participation from students of 6 schools who were full of vigour and enthusiasm. The students raised the bar yet again and performed many difficult asanas with utmost ease, grace, agility and flexibility.

The programme was ended with the school Vice-principal MS. Rajni Tekchanadani proposing the vote of Thanks.

### Results

#### RHYTHMIC YOGA

S.No. School name	Position
1. Sadhu Vaswani Int. School for Girls. (Being the host school, the trophy was passed on to the runner up)	1st
2. Queen's Valley School.	1st
3. Apeejay School.	2nd
4. DPS Sushant Lok.	3rd

#### GROUP YOGA

S.No. School name.	Position
1. Sadhu Vawani int. School for Girls. (Being the host school, the trophy was passed on to the runner up)	1st
2. Sri Venkateshwar School Sec-18	1st
3. Apeejay School.	2nd
4. Sachdeva Global School.	3rd



