

Report on Inter School Yoga Competition at Sadhu Vaswani International School for Girls

Date: 30th July 2024

Venue: School Auditorium

"Yoga is the journey of the self, through the self, to the self." – The Bhagavad Gita

As part of the celebration of the 106th birthday of our beloved Guru Dada J.P. Vaswani whose life was a beacon of compassion and selfless service, Sadhu Vaswani International School for Girls hosted its 19th Inter-School Yoga competition on 30th July 2024 in the school Auditorium. This celebration of Yoga's cultural significance and its manifold benefits commenced with the ceremonial lighting of the lamp and an invocation. The School Principal Dr. Santosh Vyas welcomed the gathering with an eloquent address, underscoring the importance of yoga as an integral part of our rich cultural heritage.

The event was graced by two distinguished judges: Mr. Lalit Madan, a seasoned yoga therapist at Morarji Desai National Institute of Yoga with 14 years of expertise and a celebrated figure at International Day of Yoga events, and Ms. Archana Tyagi, a certified yoga instructor with a specialization in various advanced yoga practices and extensive experience in transformative workshops. Their esteemed presence added immense value to the competition.

Eleven dynamic teams competed in two captivating segments: Group Yoga and Rhythmic Yoga. The Group Yoga segment showcased an array of asanas with specified holding times, demonstrating the participants' strength and discipline. The Rhythmic Yoga segment seamlessly blended yoga poses with graceful dance movements, highlighting the artistic and rhythmic aspects of yoga. The competition culminated in insightful feedback from the judges, followed by the much-anticipated announcement of results.

The event concluded with a heartfelt vote of thanks delivered by Principal Dr. Santosh Vyas and Ms. Sumathi, expressing gratitude to all participants, judges, and organizers. This Yoga competition not only showcased the physical prowess of the students but also illuminated the profound mental and emotional balance that yoga imparts. It was a shining testament to the school's commitment to holistic education, fostering a spirit of unity, discipline, and wellness among students. The event left an indelible impression on all attendees, reinforcing the transformative power of yoga on overall well-being.

The results were as follows, showcasing the hardwork and dedication of the participants:

Group Yoga:

1. First Position: Bal Bharti Public School, Pitam Pura
2. Second Position: Lotus Valley International School, Noida Expressway
3. Third Position: Lotus Valley International School, Noida Extension

Rhythmic Yoga:

1. First Position: Sadhu Vaswani International School for Girls, Shanti Niketan
2. Second Position: Bal Bharati Public School, Gangaram Hospital Marg
3. Third Position: Bal Bharti Public School, Pitam Pura



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