

Inter School Yoga Competition

Yoga for Eternal Happiness and Strength

Yoga is 'to unite'. It unifies not only the mind and the body to create a harmonious existence but also amalgamates the disciplines of art and science. Yoga steadies the mind and builds focus, so that we delve deep within in order to ascend the highest state of self-realization and accept ourselves as a part of the One Creation.

Acknowledging the profound benefits of Yoga, Sadhu Vaswani International School for Girls hosted an Inter School Yoga Competition on 28 July 2023 to help the future of the planet embrace a healthier way of living.

The lighting of the ceremonial lamp to dispel the ignorance of mind, body and spirit set the event in motion. School Principal, Dr Santosh Vyas, our leading light, in her enlightening speech highlighted the importance Yoga has gained in CBSE curriculum when it was introduced as a skill subject and brought to light the healing power of Yoga to combat lifestyle diseases, before declaring the event open.

The event was graced by esteemed judges, Mr. Lalit Madaan, Yoga Therapist, Yoga Commentator and Yoga Demonstrator and Ms. Megha Drall, a Yoga trainer. The Special Guest, Ms. Archana Tyagi, Yoga Expert and Wellness Coach graced the occasion with her genial presence.

It was heartening to see the young yogis perform asanas with ease, evident of passionate practice and endurance. While the audience cheered on, the participants demonstrated the beauty of demanding yoga postures.

In Group Yoga, the 1st position was secured by Sadhu Vaswani International School for Girls who, being the hosts, relinquished the prize to honour the second highest scorers, Bal Bharati Public School, Pitampura. Lotus Valley International School and Bal Bharati Public School, Ganga Ram, went home with the 2nd and 3rd prize respectively. In Rhythmic Yoga, the 1st place was shared by the host school and Lotus Valley International School. Bal Bharati Public School, Pitampura secured the 2nd position, while the 3rd was claimed by Sachdeva Global School and Queen's Valley School. The Consolation Prize was given to Sri Venkateshwar International School.

The judge of the day, Mr. Lalit Madaan was duly invited to share his words of wisdom with the young audience, following which the event was brought to a triumphant close.



