

Yoga Competition at Pratap International School

"Unleash inner peace"

Celebrating Yoga through competition

On April 18th and 19th, 2023, *Pratap International School* organized a Yoga competition for sub-junior and junior classes. The competition was aimed at promoting the physical and mental health of students and helping them develop a better understanding of yoga as a holistic practice.

The competition was held over two days, with sub-junior classes competing on the first day and junior classes on the second day. The participants were required to perform various yoga asanas, including standing postures, seated postures, and breathing exercises.

The competition was judged by a panel of experienced yoga instructors, who evaluated the participants based on their posture, alignment, balance, and breathing techniques. The competition was intense, with the participants exhibiting impressive flexibility and strength.

The winners of the competition were announced at the end of each day, and they were awarded certificates and prizes. The competition ended on a positive note, with everyone feeling inspired to continue practicing yoga and promoting their overall well-being.

Overall, the Yoga Competition was a great success, and it provided an excellent platform for students to showcase their physical and mental abilities. The competition also helped students develop a better understanding of the importance of yoga in promoting physical and mental health.

The result of the competition was as follows –

CLASS	WINNERS
Category - Sub - Junior Individual	1 st - Rudransh Chauhan (Kartavya House) 2 nd - Vani kashyap(Karma House) 2 nd - Aarna Srivastava(Nistha House) 3 rd - Manvi Singh (Nistha House)
Category - Team Event	1 st - Kartavya House 2 nd - Nistha House 3 rd - Karma House
Category - Junior Individual	1 st - Ketan singh(Nistha House) 2 nd - Vaishnavi Singh (Nistha House) 2 nd - Kavya Tiwari (Dharma House) 3 rd - Ritik Yadav (Karma House)
Category - Team event	1 st - Dharma House 2 nd - Nistha House 3 rd - Karma House