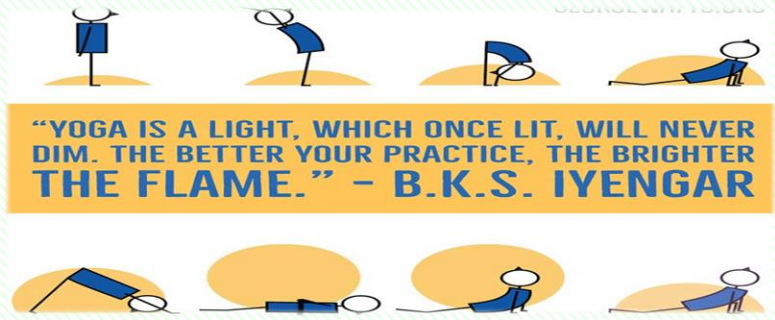


## **INTER HOUSE YOGA COMPETITION**

***“Challenges are gifts that force us to search for a new centre of gravity. Don’t fight them. Just find a new way to stand.”***

The first Inter-House Yoga Competition for the students of Grades I-IV was conducted successfully on Friday, 22<sup>nd</sup> April 2022. There were a total of 34 participants, divided into three groups on the basis of their ages. All of them displayed great energy, enthusiasm, strength, flexibility and grace in performing the 'asanas'. The performances witnessed during the event were praiseworthy and breathtaking. The students learning the Yogic Science raised the bar yet again and performed many difficult asanas with utmost ease, grace and flexibility. It was encouraging to see the participation and enthusiasm among the students.



### **The participants were divided into 3 groups:**

Group I - Grade I (I A, I B & I C)

Group II – Grade II & III

Group III - Grade IV (A & B)

Ms. Nandita Mathur (Head of the School) and Ms. Ritu Rao, Suncity School, judged the participants based on various parameters such as flexibility, strength, grace, holding time etc.



The students were very excited to perform different 'Asanas' such as Naukasana, Setubandasana, Urdhvaasana, Dhanurasana, Natrajasana, Vrikshasana, Malasana, Ustrasana etc.

The final results were declared by Mr. Vikram Singh Gurjar (Sports Coordinator Suncity School) which are as given below-

		Group - I		
S.No.	Name	Class	House	Position
1	Riddhi Khokhar	IA	Pacific	1st
2	Meher Kumar	IB	Arctic	2nd
3	Gauranvi Sharma	IC	Atlantic	3rd
4	Khushvi Sokhal	IC	Atlantic	3rd

		Group - II		
S.No.	Name	Class	House	Position
1	Samaira Chhikara	III A	Pacific	1st
2	Hridaan Mehen	III A	Indian	2nd
3	Kashvi Yadav	III A	Arctic	3rd
4	Heeya Kaushik	III A	Arctic	3rd

		Group - III		
S.No.	Name	Class	House	Position
1	Reyansh Sehrawat	IV-A	Atlantic	1st
2	Saisha Khanna	IV-B	Atlantic	2nd
3	Ankana Aggarwal	IV-B	Atlantic	3rd

**Atlantic House was declared the overall winner.**

We wish all participants the best in their future endeavors.

