



INTER-HOUSE YOGA COMPETITION- A REPORT

"Yoga is the journey of the self, through the self, to the self."

—The Bhagavad Gita

The much awaited Inter-House Yoga Competition was conducted successfully on Friday, 16th May 2025. The finalists from all four groups (grade I, II, III & IV) displayed great energy, enthusiasm, strength, flexibility and grace as they performed the 'asanas'.

The event was inaugurated by our esteemed Head of School, Ms. Nandita Mathur. Our external judge, Mr. Akshay, a Certified Yoga Trainer and, judged the participants based on various parameters such as flexibility, strength, grace, holding time etc. It was also ensured that all rules of the Inter House Competition were followed scrupulously.

The participants were divided into 4 groups:

Group I- Grade I (IA, IB & IC)

Group II - Grade II (IIA, IIB & IIC)

Group III - Grade III (IIIA, IIIB & IIIC)

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

The performances witnessed during the event were impressive and laudable. It was encouraging to see the dedication and enthusiasm among the participants. The students learning the Yogic Science raised the bar yet again and performed many difficult asanas with utmost ease, grace and flexibility.

The students were very excited to perform different 'Asanas' such as Trikonasana, pashchimottamasana, Naukasana, Setubandasana, Halasana, Bhujangasana, Dhanurasana, Natrajasana, Vrikshasana and Chakrasana.

Atlantic house was declared the overall winner. Individual winners were declared and awarded certificates for their outstanding performances.

We wish them all the best in their future endeavors.

Group I (Boys)	S.No.	Name	Class	Position	House
	1	KUNAL KHATRI	I B	1st	INDIAN
	2	GAURAANG SHARMA	I A	2nd	INDIAN
	3	KRISHIV GUPTA	I A	3rd	ATLANTIC

Group I (Girls)	S.No.	Name	Class	Position	House
	1	ANAISHA YADAV	I B	1st	INDIAN
	2	ADIRA YADAV	I B	2nd	ARCTIC
	3	AADYA SEHRA	I C	3rd	ARCTIC

Group II (Boys)	S.No.	Name	Class	Position	House
	1	SHUBHAM GUPTA	II C	1st	ATLANTIC
	2	NAVAN PRATAP SINGH	II A	2nd	ATLANTIC
	3	ADVIT YADAV	II B	3rd	ARCTIC

Group II (Girls)	S.No.	Name	Class	Position	House
	1	KAUSHIKI GUPTA	II C	1st	ATLANTIC
	2	RUHANI YADAV	II C	2nd	PACIFIC
	3	JIVYA RANA	II A	3rd	PACIFIC

Group III (Boys)	S.No.	Name	Class	Position	House
	1	SHIVAYA GOEL	III B	1st	ATLANTIC
	2	DIVYANSH LAL	III B	2nd	INDIAN
	3	REYANSH PRAVEEN SINGH JADHAV	III A	3rd	INDIAN

Group III (Girls)	S.No.	Name	Class	Position	House
	1	AANYA MALIK	III A	1st	INDIAN
	2	ADWITA JAIN	III B	2nd	PACIFIC
	3	KYRA GUPTA	III B	3rd	ARCTIC

	S.No.	Name	Class	Position	House
Group IV (Boys)	1	LAKSHYA BHARDWAJ	IV B	1st	ARCTIC
	2	ISHANT THAKRAN	IV C	2nd	ARCTIC
	3	AADIT SOOD	IV C	3rd	ARCTIC

	S.No.	Name	Class	Position	House
Group IV (Girls)	1	KHUSHVI SOKHAL	IV A	1st	ATLANTIC
	2	INAYA AIRON	IV C	2nd	ARCTIC
	3	MISHIKA GUPTA	IV B	3rd	ARCTIC





