



# Bal Bharati PUBLIC SCHOOL

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## REPORT ON THE INTER HOUSE YOGA COMPETITION (2018-19) CLASS III- IV

"The asanas are useful maps to explore yourself, but they are not the territory."  
-Donna Farhi

An inter-house Yoga competition was organized in the school premises on 29 August, 2018 during Bal Sabha periods. 6 students as a team across classes III and IV were selected to represent their house. There was a spectacular and beautiful display of talent, confidence, strength and flexibility by the Yoga performers which left the students and teachers spell bound. The participants were adjudged by Yoga expert Ms Rani Negi on the basis of flexibility, co-ordination, grace and correctness of posture.



This competition endeavoured to provide a platform to the students to exercise their yoga skills. The teams selected for Final competition came up through a proper channel of competitions conducted by respective yoga teacher during the regular yoga periods where students with an inclination and knack for Yoga were identified. Only the top performers were selected to represent their houses.

**Submitted by: Preeti Bajpayee**



Each team well represented their asanas with proper postures, expressions and gestures. The performers were applauded and cheered by the spectators. It was an enlightening experience for them. They seemed enthusiastic.



The spectacular performance and flawless asanas by Shivaji House left the audience spellbound. They bagged the first position, followed by Raman and Ashoka House respectively.