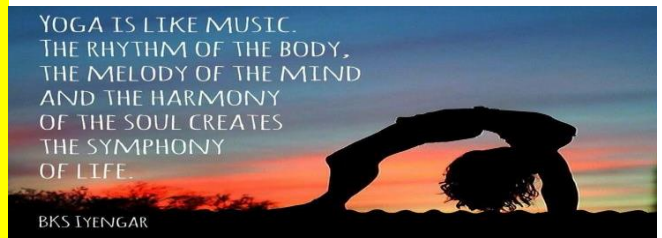
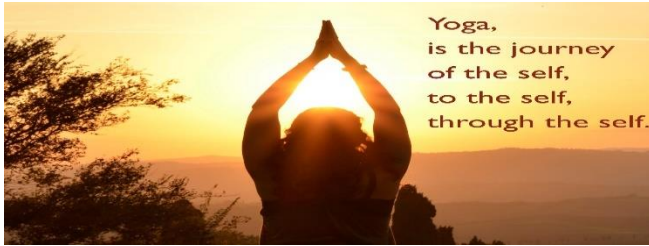


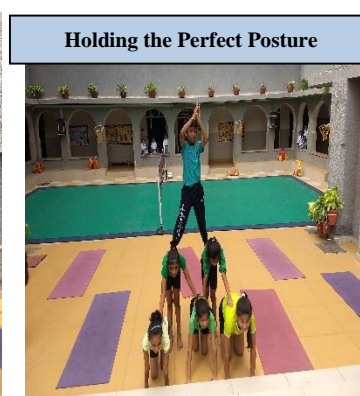


REPORT ON YOG DISPLAY
An Inter-House Competition(2019-20)



Good health is the right of every human being. Yoga is one of the most powerful drugless way for maintaining good health. The aim of Yoga at school level ,is to encourage a positive and healthy lifestyle for physical ,mental and emotional health of children. It helps in the development of strength, stamina, endurance, increased concentration, calm, peace and contentment which leads to inner and outer harmony. Keeping these objectives in mind, an inter house Yoga competition was held for classes III-V on 29 August 2019. The preliminary rounds for the selection of students were done during the regular Yoga periods where students with an inclination and flexibility of the body were identified. Each house had six participants. The finalists from each house displayed their performance beautifully with grace and poise. They also spoke about the importance of Yoga and benefits of various Yoga Asanas. The flawless formations presented by each house was mesmerizing.

The four House teams were adjudged on the basis of flexibility, co- ordination, creativity and overall presentation.



Results at a glance

Criteria for judgement	Shivaji	Tagore	Ashoka	Raman
FLEXIBILITY (5)	4.0	4.5	4.0	4.0
CO ORDINATION (5)	3.0	4.5	3.5	3.5
HILDING THE POSTURE (5)	4.0	4.5	4.5	4.5
CREATIVITY (5)	4.5	5	4.5	4.5
OVERALL PRESENTATION (10)	6.5	8	7.0	7.5
TOTAL(30)	22.0	26.5	23.5	24.0
POSITION	IV	I	III	II