

Report Sadhu Vaswani Inter School Yoga competition (Virtual)

Sadhu Vaswani International School for Girls, New Delhi hosted the 15th Inter-School Yoga Competition (Virtual – on Zoom Meet) on 28th July, 2020 magnifying the importance of yoga alongside the new technology which is ruling our lives. The program started with a Welcome speech by the Principal, Ms.Santosh Vyas, who emphasized on the importance of sound physical health as well as spiritual needs fulfilled by yoga. Though there is a need to create a better technology to know more about our surroundings, but, yoga is needed even more for the journey within. Yoga instills a variety of life skills in an individual thereby contributing towards one's holistic development. It helps one to know more about one's own self.

The program was carried forward by playing the video graphed excellent performances of the participants. The esteemed jury members, Mr. Lalit Madan, and Ms Oshin Satija, marked the performances on the basis of posture, breath control, costume, coordination and flexibility. The performance and the commitment witnessed during the event was praise worthy and breathtaking. The results will be announced on 29/7/2020, since it as difficult for the judges to decide on the virtual screen. It was encouraging to see the participation from students of 10 schools who were full of vigour and enthusiasm. The students raised the bar yet again and performed many difficult asanas with utmost ease, grace, agility and flexibility.

It was an honor to have our school Manager, Ms Malini Mathrani, as our chief guest for the event. She congratulated the teachers and students on their efforts towards keeping this age old tradition alive. She had also praised the efforts of the parents who were involved in encouraging and video graphing the performances of their wards.

The programme was logged out with Ms. Rajini Tekchandani propping the vote of Thanks.

