



Heritage Club - Inter House Yoga competition

Date: Monday, 16 December 2013

Venue: Junior Science lab

This activity was organized on 16th December, 2013, Monday, in the Junior Science lab. The theme of the same had been assigned to all the clubs, in a meeting earlier, as 'Incredible India'. Since Yoga is an ancient Indian Heritage, it seemed quite appropriate to organize the second term's activity on the basis of Yoga.

All the four houses were represented by a Yoga demonstrator and one or two speakers. The houses also prepared brochures, where the written details of the asanas they were performing was mentioned. The activity was assessed by Ms.Rekha (Yoga Teacher) and Ms.Ritu Sharma (HoD English Department).

The houses performed seven asanas each and they tried to perform a few challenging asanas as well. The speaker was simultaneously explaining the benefits of the respective asanas and giving other vital inputs about their knowledge of Yoga.

Red House emerged as the winner, followed by the Green house.

The purpose of the activity was to reinforce among our students the importance of Yoga, a wealth quite forgotten by Indians themselves, but thankfully due to the zest and vigour of some, its revival has been quite intense and effective.