

Result of Intersection Yoga Competition (Boys and Girls) Classes VI



“It is while practicing yoga asana that you learn the art of adjustment.”
-B.K.S. Iyengar

Yoga plays a significant role as it helps people lead a better life with elevated physical, mental and spiritual health. An intersection yoga competition was organized for the students of class VI. The competition boosted the confidence and self-esteem of the young yoga enthusiasts. It was a great delight to see the participants perform various asana with so much agility and flexibility.

The results for the same are as follows:

➤ Girls Category

Position	Name of the Participants	Class & Sec
I	Vaishnavi	VI-C
II	Mansi Mishra	VI-C
III	Sameeksha Tomar	VI-D
III	Aaena Tiwari	VI-A

➤ Boys Category

Position	Name of the Participants	Class & Sec
I	Shardool Singha	VI-A
II	Apurv Singh	VI-B
II	Kinshuk	VI-C
III	Aarav Chaudhary	VI-B

******Congratulations to all the winners******