

ISA ACTIVITY (YEAR 2020-2021)
INTER-HOUSE YOGA COMPETITION
TITLE- DISCIPLINE: MIND, BODY AND SOUL

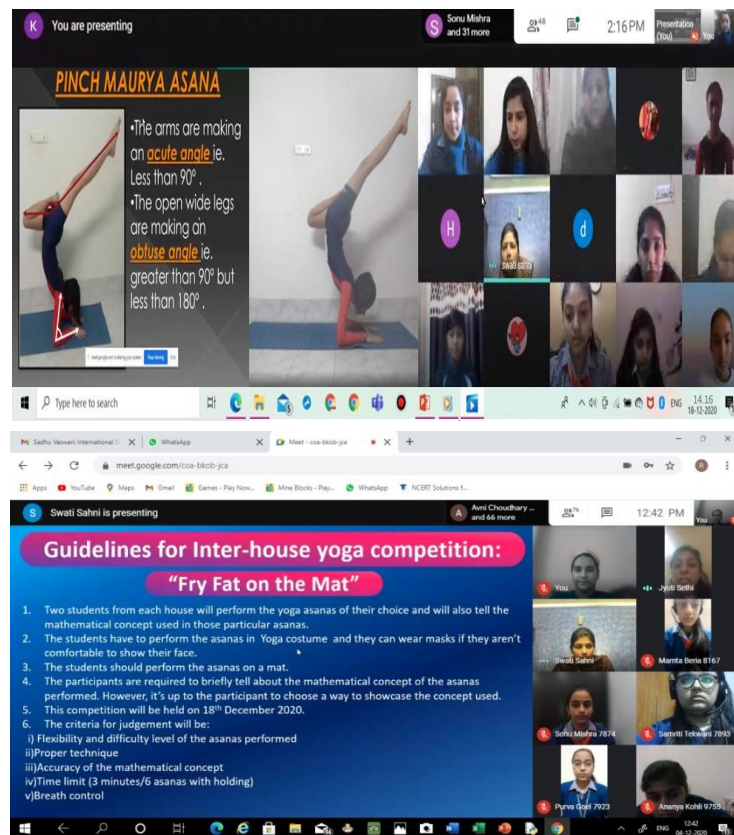
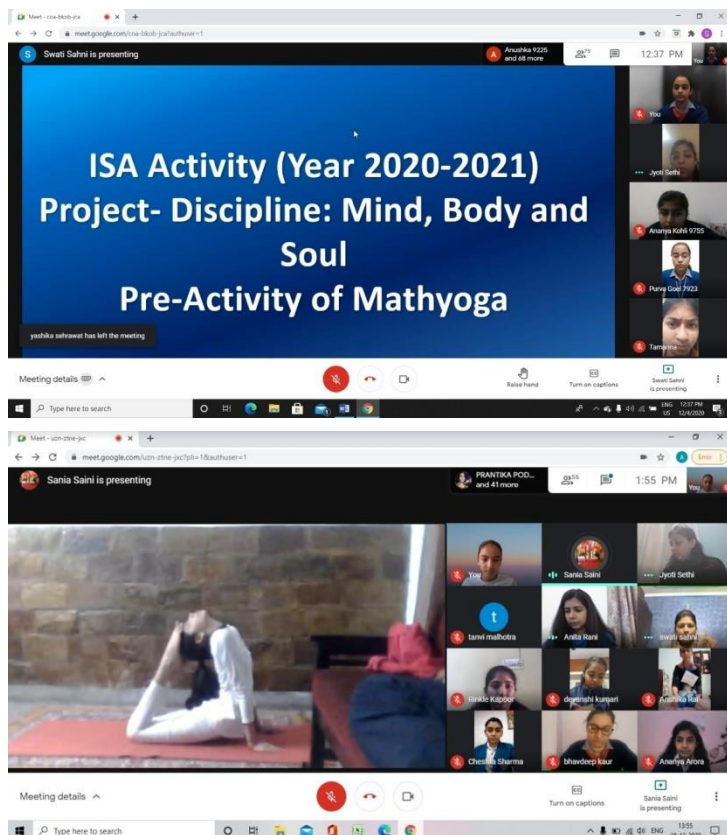
An Inter-House Yoga Competition (MATHYOGA) was organized for the grade VII, VIII and IX on Friday, 18th December 2020 as a part of an ISA Project (Year 2020-2021) - Discipline: Mind, Body and Soul.

An Introductory PowerPoint Presentation on the topic- “Fry Fat on the Mat” was shown to the students of grade VII, VIII and IX on Friday, 4th December 2020 through Google Meet as Pre-activity under MATHYOGA, ISA Project (Year 2020-2021). The presentation depicted various Yoga asanas highlighting the mathematical concepts involved in various Yoga postures along with the rules and guidelines.

The participants of the Inter-House Yoga Competition (MATHYOGA) displayed various Yoga asanas and shown the ingrained mathematical concepts in those asanas on Friday, 18th December 2020 through Google Meet. This event was judged by Ms. Jyoti Sethi, PRT (Yoga Teacher), SVISG and Ms. Oshin Satija (Yoga Instructor), Owner and CEO of Linking Roots, C/o in Technology and Events.

The result of the Inter-House Yoga Competition (MATHYOGA) is as follows:


- First Position: Yamuna House (Deepti Negi, VIII-A & Jiya, VIII-C)
- Second Position (It is a tie): Ganga House (Tanvi Malhotra, IX-B & Anshika Rai, IX-D) and Sindhu House (Pankhuri Chaturvedi, VII-D & Taniya Pawar, VIII-B)
- Third Position: Godavari House (Tanishka, VIII-B & Heeral, VIII-D)



Swati Sahni is presenting

Example: Trikon asana (Triangle pose)

The triangle pose has a complementary angle which are two angles that add up to 90° .



If you add angles P and Q together, it will add up to 90° because the angle itself without the line in the middle equals to 90° .

Meeting details

2:05 PM

Pratibha Anand and 37 more

Swati Sahni is presenting




Sania Saini is presenting

VASISTHASANA(SIDE PLANK)

This line right here is called a transversal line. This line will intersect through the 2 parallel lines.

This pose has opposite angles, which are four angles that add up to 360° . There will be two pairs of angles that will have the same measurements.

THIS ASANA HELPS IN STRENGTHENING THE HAND MUSCLES.




Activate Windows
Go to Settings to activate Windows.

Khushboo Kumar is presenting

TITIBH ASANA

The legs together form an acute angle.

The central body makes a circle.



Meeting details


2:20 PM

Khushboo Kumar is presenting

Kumar is presenting

2:22 PM

Ravi Chaturvedi and 34 more



Avanti Rao is presenting

1:41 PM

Auranya Pandey and 41 more

ISA Activity (Year 2020-2021)

Project- Discipline: Mind, Body and Soul

Activity-Mathyoga

Ganit week

Inter House Yoga Competition

"Fry Fat on the Mat"

Swati Sahni is presenting

Example: Upvistha Konasana (Seated angle pose)

The seated angle pose has a supplementary angle which are two angles that add up to 180° .



If you add angles A and B together, it will add up to 180° because the measurement 180° indicates that it is a straight line.

Hence, $A+B=180^\circ$.

Sania Saini is presenting


2:01 PM

Deepika Negi and 40 more

CHAKRAVAKAASAN(SUN BIRD POSE)

THE SUNBIRD POSE HAS A CORRESPONDING ANGLE F PATTERN ARE FOUND IN PARALLEL AND TRANSVERSAL LINES IT MAKES AN F.

THIS ASANA IMPROVES BODY STRENGTH



Meeting details

Sania Saini is presenting