

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

It is in continuation to the report dated 18th December 2020 regarding Inter-House Yoga Competition on the topic- "Fry Fat on the Mat" under MATHYOGA, ISA Project (Year 2020-2021).

To encourage global and collaborative learning amongst the students, the YouTube link of the video of the Inter-House Yoga Competition (MATHYOGA) depicting the various Yoga asanas along with the mathematical concepts ingrained in those asanas was shared with the partner country, Afghanistan (Shokofa Ha-e-Towhid 2 Private High School) on 29th December 2020 through Email.

