

REPORT OF INTER HOUSE COMPETITION- YOGA 2023

Name of the Activity : Inter House YOGA
Day & Date : 09 August 2023
Class : XI
Activity Incharge : Ms. Himani Sarin Arora
Teacher Incharge : Ms. Monica Sain

“Yoga does not just change the way we see things, it transforms the person who sees.” —
B.K.S Iyengar

A Glimpse of the Event

Objectives: To enable the learners:

- to develop interest and awareness.
- to hone their skills in the specific sport and build their confidence.

An Inter House Sports Competition, **YOGA 2023** was organized by MBS International School on 09 August 2023 in the school sports ground for the female students of class VIII. The students enthusiastically participated in the event and demonstrated their excellence in the sport. They not only enjoyed the sport thoroughly but also learnt the art of speed as they coordinated so well with time and performed with all zeal and sportsmanship.

The judgment criteria of selection will be:

- *The team to tag all opponents first wins
- *Speed and reaction time

Result

BOYS

Name	House	Positions
Daksh	Teresa	First
Daksh Bansal	Curie	Second
Aqib	Tagore	Third

GIRLS

Name	House	Positions
Deeya	Tagore	First
Saanvi	Vivekanand	Second
Preeti	Curie	Third

**Signature of Teacher
Incharge**

**Signature of Activity
Incharge**

Signature of Vice Principal

Signature of Sr. Coordinator

Signature of HOS

