

ACHIEVEMENT REPORT

YOG UDYAM 2023

"Yoga is the journey of the self, through the self, to the self.

~The Bhagavad Gita



Yoga embodies unity of mind and body, thought and action, restraint and fulfilment, harmony between man and nature and a holistic approach to health and well being.

The Shri Ram School, Gurugram organised an Inter school Yoga tournament (Yog Udyam) on 28th and 29th August 2023. The performances witnessed during the event were praiseworthy and breathtaking. Our boys team brought laurels to the school by winning Third Position in this event. The result of the competition is given below-

Name of the student	Class	Position
1. ANIKET SINGH	5F	Third
2. REHAN HUSSAIN KHAN	5F	Third
3. NARENDRA BINDA	5F	Third
4. AARAV YADAV	5D	Third

We wish all the participants the best in their future endeavours.