

Inter-school Yoga Competition at Sat Paul Mittal School



"Yoga is essentially a practice for your soul,
working through the medium of your body."— **Tara Fraser**

To commemorate the spirit of sports, Sat Paul Mittal School, Ludhiana hosted the ASISC Zonal Level Yoga Competition on 9th August 2022. The event provided a platform to the students to showcase their yoga skills. There was a spectacular and alluring display of talent, confidence, strength and flexibility by the Yoga enthusiasts which left everyone spellbound. The students took it to a notch higher by performing asanas that were synchronised gracefully with soulful music. The participants were adjudged by yoga experts.

In the Under 19 Senior category, Boys, Sat Paul Mittal School acquired first position and Sacred Heart Convent School, Jamalpur bagged second position in the ASISC Zonal Level Yoga Tournament. In the Under 19 Senior category, Girls, Sacred Heart Convent School, Jamalpur bagged first position and Sat Paul Mittal School achieved second position.

In the Under 17 Junior Category, Boys, the first position was grabbed by Sacred Heart Convent School, Jamalpur and the second position was secured by Sat Paul Mittal School. In the Under 17 Junior category, Girls, Sacred Heart Convent School, Jamalpur seized the first position and Sat Paul Mittal School secured second position.

In the Under 14 Sub-Junior, Category Boys, the first position was obtained by Sacred Heart Convent School, Jamalpur and second position was bagged by Sat Paul Mittal School. In the Under 14 Sub-Junior category, Girls, Sat Paul Mittal School seized the first position and Sacred Heart Convent School, Jamalpur reserved the second position.

Sacred Heart Convent School, Jamalpur students were crowned overall champions in the ASISC Zonal Level Yoga Competition.

Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School, Ludhiana congratulated the winners and their yoga instructors. She emphasised on the profound relevance of yoga in the modern world. She further articulated that it is the prime responsibility of all the schools to make children aware about the integration of yoga in our day to day lives. She expressed her joy at hosting the event and lauded the performance of the participants.