

YOGA REPORT SESSION 2024-25

INTER SCHOOL YOGA COMPETITION

Vidya Devi Jindal School, Hisar showcased their flexibility, strength, endurance and balance of body and mind in the Inter School Yoga competition 'YUJANANT', organised by O P Jindal School, Hisar on 3rd August, 2024.

A total of 19 schools from Hisar, Bhiwani and Delhi participated in the event. A team of four girls ; Anika, Tanishkaa, Samaira of class V and Shreeja of class VII represented the school in group and individual performances. The performance was assessed based on the degree of flexibility, balance & calmness maintained during the retention of the final position and technique of getting in and releasing from the pose.

The girls showcased their talent by performing Ardha Matsyendrasana, Uttanasana, Kukkutasana, Paschimottanasana, Dhanurasana, Chakrasana, Halasana, Hastapadasana and many more which left a Greatmark on the judges.

YOGA DRILL AT SPORTS DAY

Our school proudly organized a Yoga Drill as part of the Sports Day celebration for the academic year 2024–25. A total of 80 students enthusiastically participated in the event, showcasing their dedication and discipline through a well-coordinated yoga performance.

The students demonstrated a series of difficult asanas and also formed impressive pyramids that displayed strength, flexibility, and balance. Their performance was not only visually striking but also conveyed the essence of physical and mental well-being that yoga promotes.

Many parents attended the event to witness the students' performance. Their presence added to the enthusiasm of the participants. The audience applauded the students' efforts, determination, and hard work. The Yoga Drill was a highlight of the Sports Day and received widespread appreciation from teachers, parents, and guests alike.

The event successfully promoted the importance of yoga in daily life and reflected the students' commitment to fitness and teamwork.