

INTER HOUSE YOGA COMPETITION 2022-23

1. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily in our body and mind.

2. Inter House Yoga Competition was held on 04 Mar 2023 at Mayo College, Ajmer. It was heartening to see the zeal and enthusiasm amongst the students. The competition was organised in Athletic, & Rythmic Yoga.

- a) The participants exhibited remarkable poise, stamina and determination.
- b) A team of 325 students from various houses showcased their mettle and expertise in Yoga.
- c) It was heartening to see the participants perform various Asanas such as Suryanamaskar, Chakrasana, Sarvangasana, Karnapidasana, Dhanurasana etc.

3. Results are as follows:-

a) Junior School Results:

Individual Position – Rhythmic Yoga

S No	Name of the Player	House	Position
1	Revaant Narain Agrawal	Prithvi Raj	I
2	Yug Janghu	Ajay Pal	II
3	Krishiv Jain	Durga Das	III

House wise Position:

S No	House	Position
1	DURGA DAS	I
2	AJAY PAL	II
3	PRITHVI RAJ	III

b) Oman House Results:

Individual Position – Rhythmic Yoga

S No	Name of the Player	House	Position
1	Jayman Kamlesh Chauhan	Oman-L	I
2	Ridhiman Singh Rathore	Oman-U	II

House wise Position:

S No	House	Position
1	Oman – L	I
2	Oman – U	II

c) **Senior School Results:**

Individual Position - Rhythmic Yoga

S No	Name of the Player	House	Position
1	Aryan Agarwal	Ajmer	I
2	Shlok Agarwal	Colvin	II
3	Adhvik Gupta	Jaipur	III

House wise Position:

S No	House	Position
1	Ajmer	I
2	Rajasthan	II
3	Jodhpur	III (Shared)
4	Jaipur	
5	Colvin	V
6	Bharatpur	VI (Shared)
7	BT	
8	Kashmir	VIII

Sharma

Virendra Kumar Sharma
Yoga Supervisor

Approved
[Signature]