

Name of the Competition-Inter-House Yog Darpan Competition

Day and Date- Friday, August 7, 2026

Classes-VI-VIII

REPORT

An **Inter-House Yog Darpan Competition** was organised for the students of **Classes VI to VIII** on August 7, 2026 with the objective of promoting the importance of yoga, physical fitness, concentration, discipline, and holistic well-being. The event witnessed enthusiastic participation from students and created an energetic and positive atmosphere.

The students of Class VIII presented Surya Namaskar, performing the sequence of yogic postures with grace, balance, flexibility, and discipline. Their well-coordinated movements reflected regular practice, concentration, and confidence. The participants demonstrated excellent synchronisation and maintained a calm and composed presence throughout their performance.

The students of Classes VI and VII presented Rhythmic Yoga, beautifully combining yoga postures with rhythm and coordinated movements. Their performance showcased flexibility, creativity, balance, teamwork, and confidence. The participants performed enthusiastically and demonstrated commendable coordination and stage presence.

The **participants displayed great dedication and enthusiasm** while preparing for the competition. Each house made sincere efforts to present a well-disciplined and aesthetically pleasing performance. The students encouraged one another and displayed a healthy spirit of competition, cooperation, and sportsmanship. Students and teachers watched the performances with keen interest and appreciation. The audience applauded the well-synchronised movements and graceful presentations, which boosted the confidence and morale of the performers. The encouraging response from the audience added vibrancy and excitement to the event.

The competition provided a meaningful platform for students to showcase their talent while learning the values of discipline, perseverance, concentration, teamwork, and self-confidence. It also reinforced the message that yoga is an effective way to maintain harmony between the body and mind.

The event concluded on a positive and inspiring note, with participants feeling proud of their performances and the audience appreciating the efforts of all the houses. The Yog Darpan Competition was a successful celebration of yoga, fitness, coordination, and the spirit of healthy competition.

RESULTS

RHYTHMIC YOGA-CLASSES VI& VII

TAGORE	Yazhini	VII A	FIRST
	Rohit Kumar	VI B	
	Kavisha	VI C	
	Ahana Sethi	VI C	
	Azeen	VII B	
	Sahil	VI A	

TAGORE	Yazhini	VII A	SECOND
	Rohit Kumar	VI B	
	Kavisha	VI C	
	Ahana Sethi	VI C	
	Azeen	VII B	
	Sahil	VI A	

TERESA	Manisha	VI C	SECOND
	Sufia	VI C	
	Quity	VI B	
	Shivam	VII C	
	Vanshika Sharma	VI A	
	Zaim Ali	VII C	

SURYA NAMASKAR-CLASS VIII

Radhakrishnan	Aryan Singh	VIII C	FIRST
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	Maryam Hussain	VIII A	
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Tagore	Vishal Shah	VIII C	SECOND
	Sataish	VIII C	

Vivekananda	Umar Malik	VIII A	THIRD
	Anjali		

