



4TH INTER-HOUSE YOGA COMPETITION

“Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.”
- B.K.S. Iyengar

The 4th Inter-House Yoga Competition was conducted successfully on Wednesday, 20th May 2026 in the school premises.

The programme commenced with a prayer and was formally inaugurated by our esteemed Head of School, Ms. Nandita Mathur. The event was judged by Mr. Ajit Solanki, who has made remarkable contributions to the field of Yoga. He is a distinguished international player, a National Gold Medallist, and a National Referee. He is currently serving as the Secretary of the District Yogasana Association, Gurugram, and as a Yoga Sahayak in the Ayush Department, Gurugram.

The competing participants were divided into 4 groups:

Group I - Grade I (IA & IB)

Group II – Grade II (IIA, IIB & IIC)

Group III - Grade III (IIIA, IIIB & IIIC)

Group IV - Grade IV (IV A, IV B & IV C)

A total of 48 finalists from four groups competed; all displaying remarkable energy, enthusiasm, flexibility, and grace while performing the various asanas. All the rules and regulations of the Inter-House Competition were followed diligently throughout the event.

The participants were evaluated on various parameters such as flexibility, grace, holding time, and the ability to enter into and come out of the postures with ease and precision. The performances witnessed during the event were praiseworthy and breath-taking. It was encouraging to observe the enthusiasm and active participation among the students.

The students were very excited to perform different 'Asanas' such as Trikonasana, pashchimottamasana, Naukasana, Setubandasana, Halasana, Bhujangasana, Dhanurasana, Natrajasana, Vrikshasana, Ardhashandrasana, Gomukhasana etc.

Atlantic house emerged as the overall winner.

RESULTS OF THE 4TH INTER-HOUSE YOGA COMPETITION

	S.No.	Name	Class	Position	House
Group I (Boys)	1	SHAURYA SHARMA	I B	1st	ATLANTIC
	2	JIGNESH PANDA	I A	2nd	ATLANTIC
	3	RUDRANSH GUPTA	I B	3rd	ARCTIC

Group I (Girls)	S.No.	Name	Class	Position	House
	1	SEERAT DHONCHAK	I B	1st	PACIFIC
	2	RUHI JAIN	I A	2nd	ATLANTIC
	3	ZARISHA GERA	I A	3rd	ARCTIC

Group II (Boys)	S.No.	Name	Class	Position	House
	1	VIAAN KAMBOJ	II C	1st	INDIAN
	2	YUG KUMAR	II B	2nd	INDIAN
	3	KRISHIV GUPTA	II C	3rd	ATLANTIC

Group II (Girls)	S.No.	Name	Class	Position	House
	1	HIMANYA GUPTA	II C	1st	INDIAN
	2	SAMAIRA YADAV	II A	2nd	INDIAN
	3	ADIRA YADAV	II A	3rd	ARCTIC

Group III (Boys)	S.No.	Name	Class	Position	House
	1	NAVAN PRATAP SINGH	III C	1st	ATLANTIC
	2	LAKSHYA YADAV	III C	2nd	ARCTIC
	3	EZRA D. SIDDHANTHI	III C	3rd	INDIAN

Group III (Girls)	S.No.	Name	Class	Position	House
	1	SHIVANYA THAKRAN	III C	1st	ARCTIC
	2	JIVYA RANA	III A	2nd	PACIFIC
	3	DAISHA PATHAK	III B	3rd	PACIFIC

Group IV (Boys)	S.No.	Name	Class	Position	House
	1	SHAURYA MAHESHWARI	IV A	1st	ARCTIC
	2	SHIVAYA GOEL	IV A	2nd	ATLANTIC
	3	DISHANK KACHHAWAHA	IV B	3rd	PACIFIC

	S.No.	Name	Class	Position	House
Group IV (Girls)	1	INAAYA PACHORI	IV A	1st	PACIFIC
	2	BHAVYA SETHI	IV B	2nd	ARCTIC
	3	ADWITA JAIN	IV B	3rd	PACIFIC









