

*“Yoga is the journey of the self, through the self, to the self”*

*The Inter-House Yoga Competition was held for the Afternoon Shift on 11<sup>th</sup> October 2018. The children executed a set of asanas. The children retained each posture with great effort and flexibility.*

*The judges Mrs. Meenakshi Arunachalam, Mrs. Mahua Battacharya and Mr. Bikram Mishra were charmed with the consistent synchronization of body movements.*



### CLASS III

*Richa Vijay*

*Hajeera Rahaman*

*Vanisree*

*Adhithya*

*Krishnadev Krishnan*



## CLASS IV

*Sreelakshmi V Pai*  
*Daisha D' souza*  
*Muhamad Shaikh*  
*Pranath M.K*



## CLASS V

*Muhamad Aiman*  
*Mann Karia*  
*Muhamad Muhasin*  
*Hashim Hamiz*

