

Sri Sri Academy

■ Sri Sri Academy hosted the CISCE Regional Yoga Competition 2023 on August 5 and 6.

Around 130 girls from over 30 schools took part on the first day and over 82 boys from 25 schools took part on the second day. The participants were from all over Bengal and the Northeast.

There were three events under each age category. The first event was group yoga or team performance. The other two were Individual Artistic Yoga and Individual Rhythmic Yoga. The age groups were 14, 17 and 19 years.

On Day I, the event began with chanting from the Vedas and *diya* lighting, followed by the felicitation of the council-appointed judges. Principal Gargi Banerjee delivered the opening speech.

The girls displayed incredible performances, which required a combination of great balance, strength, flexibility and concentration.

Vidhi Ruia, an Art of Living teacher, was the chief guest on Day I.



The winning candidates and teams were awarded medals and trophies. There were participation certificates for all.

Boys of various age groups put up an equally stunning show the next day.

Former cricketer Ranadeep Moitra was the chief guest.

“The CISCE yoga competition is a great platform for the students to display their strength, flexibility and concentration through different *asanas*. Yoga is an integral part of the school curriculum and it is encouraged at every level. Sri Sri Academy believes in the importance of yoga for the holistic development of our students,” said the principal.