

Asanas for fun and fitness

It's important to start practising yoga from an early age for mental and physical well-being. Many schoolchildren showcase how yoga has brought up their fitness quotient, at the CISCE Regional Yoga Competition 2023 hosted by Sri Sri Academy. **Young Metro** reports...



The yoga team of Sri Sri Academy with principal Gargi Banerjee and yoga teachers Vedanta Mukherjee and Ayushi Poddar after the CISCE Yoga Competition. The school became champions in the U-17 junior boys and U-19 senior girls team category

judges. Principal Gargi Banerjee delivered the opening speech, stressing on the necessity to start on yoga from an early age.

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 1.

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, showcasing hard work, discipline and practice.

Former cricketer Ranadeep Moitra was the chief guest who also stressed on yoga for a healthier future.



This was an incredible experience with a lot of ups and downs, with everyone's will and effort we could achieve the success we deserved

Nabh Mittal
Class X



The CISCE yoga event was a serene and rejuvenating experience. Yoga is a holistic practice that unites body, mind and breath. It fosters relaxation, flexibility and mental clarity. The CISCE yoga event made me realise that rooted in ancient traditions, yoga offers a pathway to self-discovery and inner peace, promoting overall well-being and a balanced lifestyle

Shreya Bhartia
Class X



I worship Yoga. I feel spiritually inclined towards it as it reduces my stress. My regular practice has helped

me to calm my mind and I feel so much peace within. I have become more disciplined and dedicated

Tejjaswini Sen
Class VI



Participating in the CISCE meet was a very exciting and exhilarating experience. The competition helped

me discover my weaknesses and pushed me to excel more in this field. All of us were delighted when we became champions of the U-19 Group Yoga and hope to win many more such competitions

Yutika Agarwala
Class XI



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

Gargi Banerjee
principal



The full team of teachers and non-teaching staff members and principal Gargi Banerjee with all the participants and accompanying teachers and managers at the CISCE Yoga Competition 2023 hosted by Sri Sri Academy



Students of Rockvale Academy in Kalimpong take part in the meet



The core team with the judges of the event, (left to right) Prasenjit Sarkar, Sulagna Paul, Nirmla Kundu, Md. Mahboob Alam, Rajat Roy, Jaydeep Pramanick, Utpal Roy, Vedanta Mukherjee, Mahamaya Roy, Srabanti Makhal, Naimisha Manna, Swarna Ravee and Shymali Dutta



Students of Gospel Home School, Rishra, win the championship in the traditional group under-14 sub-junior girls category and are given their trophy by principal Gargi Banerjee



Under-17 junior girls participant display Purna Chakrasana