



NATIONAL PUBLIC SCHOOL KENGERI, BENGALURU
Report on Yogasana competition



“Yoga is about remembering that we are already one with the divinity and we’ve never left it.” —Sri K. Jois

Yogasana competition was organized by Sri Chaitanya Techno School Chandapura on 31st January 2025. The competition witnessed participants from various schools and institutions showcasing their flexibility, balance, and discipline in the ancient art of Yogasana. Twenty one students of our school participated in different categories of the competition, performed exceptionally well, demonstrating their dedication and rigorous training and emerged victorious.

In the Grades 3 to 5 boys’ category, Pranav bagged 1st Place and Adhvik M bagged 4th Place and in Girls category, Samanvi Prashanth bagged 1st Place; Prapti SK bagged 2nd Place and Amulya S K bagged 6th Place. In the Grades 6 to 8 boys’ category, Tathvik bagged 1st Place; Suyash bagged 5th Place and Chirag bagged 6th Place and in girls’ category, Shravya & Hitha bagged 2nd Place and Kushitha bagged 5th Place. In the Grades 9 to 10 boys’ category, Aditya B bagged 1st Place and Danush bagged 3rd Place and in girls’ category, Ruchitha bagged 2nd Place and Deepthi bagged 3rd Place

Their remarkable performance has not only brought laurels to our school but also highlighted the importance of yoga in maintaining physical and mental well-being. The winners were felicitated with medals and certificates, and their hard work was appreciated by the judges and organizers.

We extend our heartfelt congratulations to the winners and all the participants for their dedication and hard work. This achievement serves as an inspiration for all students to embrace yoga and strive for excellence in all fields.