

CCA HIGH SCHOOL

INTER HOUSE - YOGA ASAN COMPETITION

Inter-House CCA Yoga competition was organized in the school premises on 23rd June 2023. 6 students as a team across classes VI to X were selected to represent their house. There was a spectacular and beautiful display of talent, confidence, strength and flexibility by the Yoga performers which left the students and teachers spell bound. The participants were adjudged by 3 Ayush Trained Yoga experts (Ministry of Health Govt of India) Ms. Jaishree Rao (Principal), Ms. Padmasree Devi and Mr. Sateesh Arthem on the basis of synchronization, proper approach and use of technique, balance and calmness, grace of posture, sequence and transition.

This competition provided a platform to students to showcase their yoga skills.

Each team well represented their asanas with proper postures, expressions and gestures. The performers were applauded and cheered by the spectators. It was an enlightening experience for them.