

MODERN SCHOOL HOSTS DYNAMIC INTER-SCHOOL YOGA COMPETITION

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Modern Senior Secondary School, Patiala, successfully organized an **"Inter-School Yoga Competition"** on 23 August 2024, showcasing young regional talent in two categories: **Under-10 and Under-14**. Nine reputed schools from across Patiala participated including the host school, with

School finished **third**. The **Under-14** category saw **Vinita** and **Manseerat** from **Auro Mirra** securing the **top two** positions, while **Vanshika** and **Gursnehal** of **Modern Senior Secondary School** shared third place.

Judges **Mr. Ravinder Kumar** and **Mr.**

mixed teams of boys and girls.

Auro Mirra Centre of Education emerged victorious, claiming the "**Running Trophies**" in both categories. The hosts, **Modern Senior Secondary School, Patiala**, earned second place in the **Under-14 team** event.

In the individual rounds, **Auro Mirra Centre** continued their winning streak with **Tanveer Kaur** and **Diksha** taking **first** and **second** place, respectively, in the **Under-10** category.

Hargun from **Sri Guru Tegh Bahadur Public**

Pardeep Singh, both highly accomplished yoga professionals, assessed participants on asana accuracy, flexibility, balance, creativity, and presentation.

The event provided a platform for students to demonstrate their dedication to physical and mental well-being through yoga. Participants exhibited impressive skills, leaving the audience and judges captivated. The competition fostered a spirit of healthy competition and unity among schools, making it a memorable occasion for all involved.





