

# SCHOOL ORGANISES ACTIVITIES FOR CELEBRATION OF YOGA WEEK

**S**hivalik Public School, Mohali celebrated Yoga Week to commemorate International Yoga Day 2022. The yoga sessions were held daily for 40 minutes during which the sports teacher conducted activities such as mass yoga session, poster making, slogan writing and essay writing competitions. In addition, various inter-section competitions like chess, sudoku and solving Rubik's cube were also organised in the school premises. The event was well received by the practitioners and served to highlight the importance of



yoga as a part of healthy all-round regimen. In chess, Aniket Singh, Bhavya and Samarvir Singh secured the top positions respectively; in sudoku, the winners securing the top positions were Aarushi Kathpal, Naitik Goyal and Gurdit Singh; in Rubik's cube activity, Sehaj Arora, Manav and Paras got top positions. Karanveer Singh, Simran and Vineet Kumar Gond secured top positions in poster making on the theme 'yoga'. In essay writing competition, Aanya Thakur, Gurleen Kaur and Nimrat Singh were the winners.

