

REPORT ON NATIONAL LEVEL YOGA COMPETITION PARTICIPATION

Yoga owes its origin to India, the land of great rishis. Due to its manifold benefits for over-all growth of an individual, in terms of body, mind and soul, it has been gaining world-wide recognition. Therefore, for the preservation and expansion of Yoga, the great ancient culture, art and indigenous sports of glorious India, an organization was required to be constituted at National level. In view to the realization of that aim, the Yoga Federation of India came into existence.

45th National Yogasana Sports Championships was organized by the Yoga Federation of India on 23.01.2021. M. C. Mahalakshmi of I BNYS: Part II from JSSINYS participated in the event virtually through Zoom platform. The student expresses her gratitude to the management and the Principal for the encouragement in participation of such events.





Report submitted by
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