



A few minutes of yoga each day can be a powerful way to release the stress that accumulates in both the body and the mind. Yoga postures, Pranayama, and meditation are effective tools to achieve this. Yoga is more than just physical exercise—it is a holistic practice that engages the physical, mental, and spiritual self. Originating in ancient India, yoga was developed as a discipline to instill peace of mind and body through concentration, meditation, postures, and breathing techniques.

With a history spanning over 5,000 years, yoga remains one of the oldest practices for nurturing the mind and body. Historical accounts reveal that Indian monks introduced the art of yoga to the Western world. Today, yoga styles vary from gentle practices to physically demanding postures, but it is essential to note that not every pose suits everyone. Yoga is widely recognised for promoting good physical and mental health, enhancing overall well-being, and improving performance in all areas of life.

Benefits of Practising Yoga:

- Improves balance, strength, and flexibility.
- Reduces physical pain and eases symptoms of arthritis.
- Promotes heart health.
- Enhances sleep quality.
- Boosts energy, increasing efficiency in daily tasks.
- Relieves stress and supports emotional health.
- Aids in weight management and helps quit smoking through mindfulness and breathing exercises.
- Manages anxiety and alleviates symptoms of depression.
- Supports individuals with chronic illnesses by easing their difficulties.

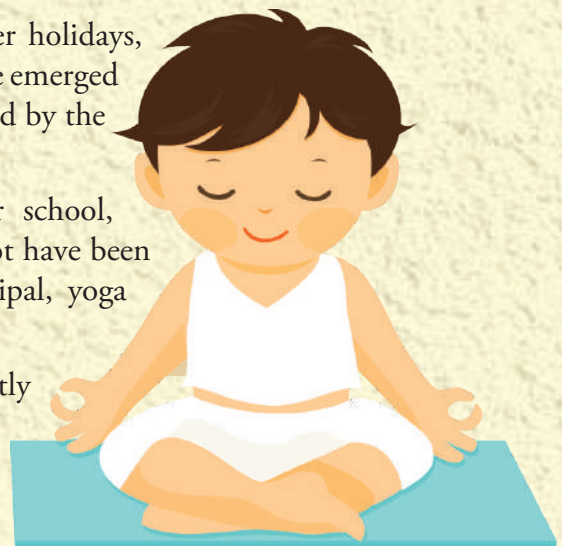


It is a great honour to have been selected as the Captain of the prestigious yoga team. Along with the Vice-Captain, I would like to express my heartfelt gratitude to our Principal, Rev. Fr. Walter D'Silva, our Sports Coordinator, Mr. Mohd. Shabi Rafique, Mr. Danny Ekka, Ms. Poonam Singh, and all the sports teachers for entrusting us with this opportunity.

The year began with intensive training camps held during the summer holidays, followed by the Inter-House Yoga Tournament. In this event, Gold House emerged as the winner, with Red House securing the runner-up position, followed by the other houses.

We are immensely grateful for the opportunities provided by our school, particularly in promoting yoga as a sport. These achievements would not have been possible without the unwavering support and guidance of our Principal, yoga coaches, and sports teachers, for which we are eternally thankful.

I pray to the Almighty that our college continues to excel and shine brightly in all its endeavors.



Raghav Gopal

Yoga Captain

Mustafa Rahman

Yoga Vice Captain