

REPORT: INTER SCHOOL YOGA ZONAL COMPETITION 2026
DATE: SEPTEMBER 8, 2026
CONDUCTED BY: ZONE – 29, DOE
ATTENDED BY: 3 STUDENTS (GIRLS FROM VI-VIII) & MS ARTI

EVENT REPORT

Yoga disciples from GD Goenka School, Sarita Vihar represented the school with confidence and sportsman spirit at the Zonal Competition organized at Sant Nirankari School, Govindpuri on September 9, 2026. The Zonal Yoga Competition conducted by Zone 29, DOE provided the students with a wonderful platform to showcase their discipline, flexibility, balance, and dedication towards yoga.

The students performed a variety of prescribed yoga postures with grace, precision, and composure. Their well-aligned postures, controlled movements, steady breathing, and focused expressions reflected the sincere effort and regular practice put in during their preparation.

Participating in the competition was a valuable learning experience for the students. It encouraged them to develop greater self-confidence, concentration, perseverance, and respect for the yogic discipline. Their graceful presentation and enthusiastic participation was appreciated by the contestants and officials. The participants carried back valuable experience, cherished memories, and renewed motivation to continue their journey towards health and holistic well-being through yoga.

