

Annual Report

Session: 2024-25

- **Yoga Activities in School premises- Month of April 2024 (I and II class)**
- **No bag day week - Yoga Session in the month of May 2024 (III to VIII class)**
- **Yoga Day celebration in school Premises (In a month of June 2024)**
- **Summer camp – June 2024/25 (V to IX class)**
- **Zonal Yoga Competition- August 2024 (VI to IX Class)**
- **Independence Day Yoga performance- August 2024 (VIII to IX class)**
- **Annual Athletic meet 27,28 August 2024/25 (VI to X class)**
- **CBSE Yoga Inter-Zone Competition overall Delhi- 10 to 13 September 2024 (VII to IX class)**
- **CBSE National Yoga Championship Boys 01 October to 06 October 2024 (L.P savani academy) 01 class IX student**
- **CBSE National Yoga Championship Girls 19 October to 22 October 2024 (Dhruv Global school sangamner) class VIII student**
- **Fit India week yoga and meditation month of December 2024 Class- VI to IX class**
- **Annual Day Yoga performance 12 and 13 December 2024 (VI to IX class)**
- **Republic Day Yoga performance January 2025(VII to IX class)**

Yoga Activities in School premises- Month of April 2024

Class- I and II

Class Activities-

1) **Prayer- Gayatri mantra**

2) **Yogasana-**

Standing yogasana

.Tadasana

.Treepose

.Trikonasana

Sitting Yogasana

.Vajrasana

.Gomukhasana

3)Pranayama

.Deep Breathing

.Anulom vilom pranayama





No Bag Day week

Classes- III to VIII

Class Activity- Yoga

Start the class with the prayer ॐ सह

नाववतु ।

सह नौ भुनक्तु । सह वीर्यं करवावहै । तेजस्वि

नावधीतमस्तु मा ववविषावहै ।

ॐ शास्वतिः ॥

Specific warm up

- Neck movement
- Shoulder stretch
- Shoulder rotation

- Sideward bend
- Sideward bend hold
- Ardhchakarasana with forward bending
- Knee movement Yogasana

Standing yogasana

- Tadasana
 - Treepose
 - Trikonasna
 - Ardhchakarasana
 - Padhastasna
 - Virbhadrasana
- Explain their benefits also

Sitting posture

- Start with dandasana
- Streching part
- Butterfly pose
- Ustrasana variation
- Childpose
- Vakrasana

Proline posture – start with Makrasana

- Bhujangasna variation

Supine postures

- Halasana



Yoga Day Celebration

Follow up the Common Yoga protocol

The Common Yoga Protocol (CYP) is a modern version of yoga that helps beginners learn the practice. The Ministry of Ayush, Government of India, developed the CYP with help from Indian yoga traditions.

.Start with gentle stretching

.Warm up with standing postures or sun salutations

.Move into deeper poses once you're fully warm

.End with relaxing poses, like forward bends or gentle twists, before settling into savasana

CYP – 45 minutes





Summer Yoga camp

Classes- V to IX students



Independence Day yoga performance

11 students

5 formations- pyramid formations Bending and stretching yoga Practices

Song Name- Desh mere song



Annual Athletic meet

Yogasanas- treepose, ushtrasana, chakrasana

Suryanamaskar compulsory

Classes- VI to X class



4th south Delhi District Yogasana championship

Victory added by the Columbians in 4th District Level Yogasana sports championship held on 10th August 2024 at Ramjas International school, RK Puram, Sec-4, New Delhi. 6 students participated from Mount Columbus school and bagged 6 gold medals and 3 Bronze medals position in junior and sub junior girls/boys' categories. These students will be selected for the Delhi state championship recognized by the Ministry of youth Affairs and sports, Govt. Of India

Participated as a Delhi state yoga championship



CBSE inter zonal yoga competition

Event- u-17 Artistic and Rhythmic

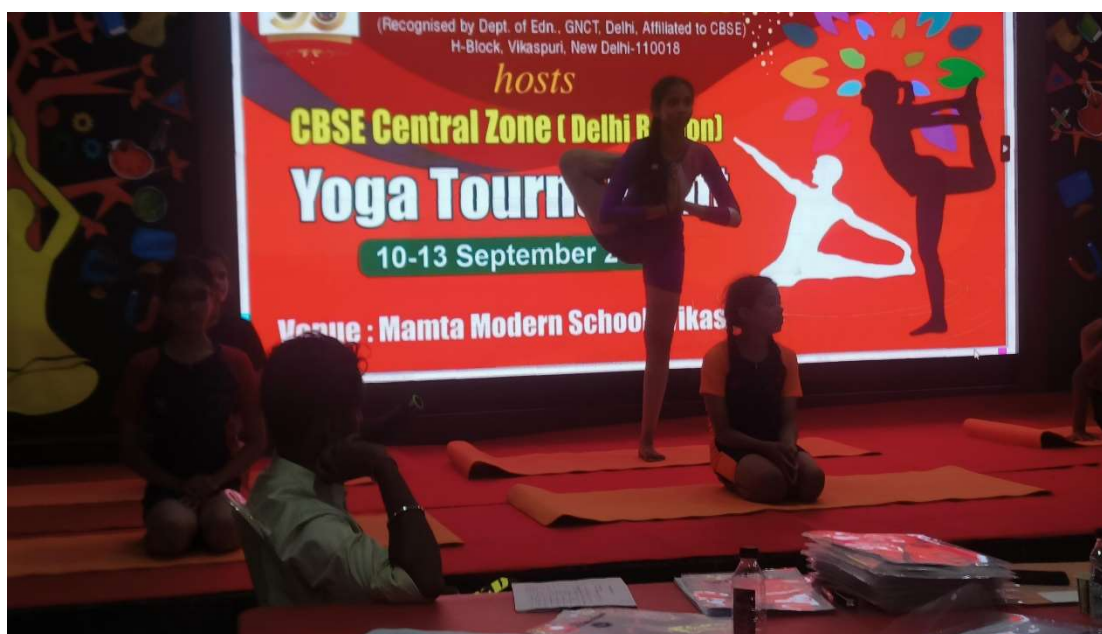
Boys/Girls

Classes- VII to IX class

Date- 10-13 September

Position- III and fifth

Venue- Mamta Modern School, Vikaspuri



Zonal yoga competition 2024/25

Individual event- u-17 Girls and boys

Positions- first and second

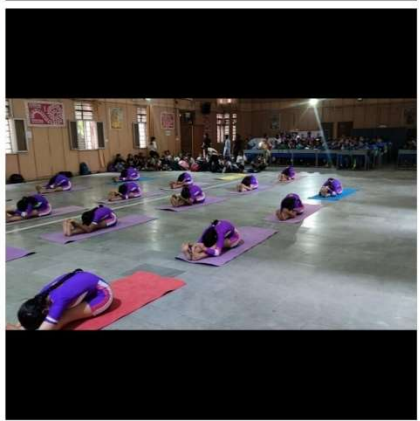
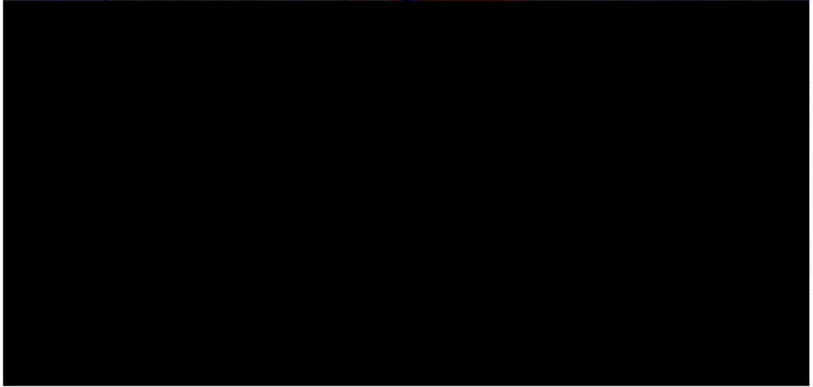
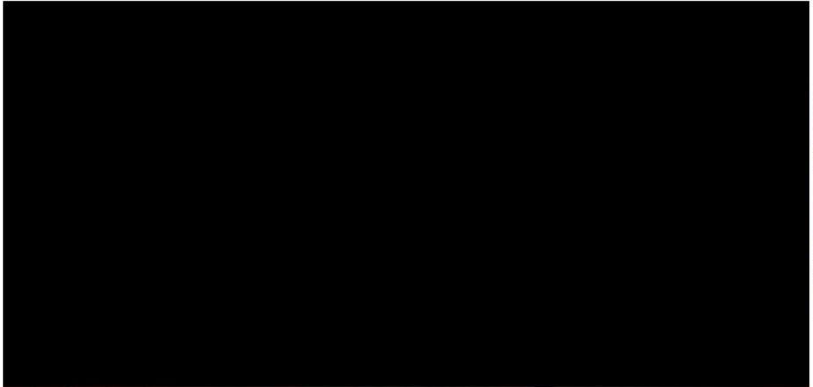
Class- VII to IX

Selected to inter zonal yoga competition

Team event with 18 students (VII to IX students)

Date- 19 to 23 September 2024





CBSE National Yoga Championship Boys and girls

02 students (VIII-IX students)



Fit India week yoga and meditation



Annual Night yoga performance



Republic Day yoga performance

12 students (VII to IX)

5 formations Bending, stretching, pair formations

Song Name – Shaabaashiyaan

