

Yoga / Mountaineering and Adventure Sports

Yoga

Yoga has been an integral part of our life at Mayo College. Meditation and therapy sessions at Yoga Therapy Center take place, every day, coupled with regular morning yoga classes in the senior school and evening classes in the Junior School. Every day our health club operates from 5 to 6 pm. This has been started especially to undertake an intensive obesity control programme, asthma, sinus and sports injury therapy. Our boys are regularly taught the basic yogasanas, pranayam and relaxation techniques to keep a healthy mind, body and soul. Eight of our talented students represented Rajasthan in the 1st National Yoga Championship held at Delhi. Quite commendably, they won commendations in different disciplines. We won a silver medal in the artistic pair yoga.

It is matter of pride that two of our boys, Harshal Agarwal and Ruhan Malhotra were selected to represent India at the International Yoga Championship at Bangkok this year.

At the I.P.S.C. Yoga Championship at B.V.P., Pilani, we won the under -17 team championship & under -14 team bronze medal. In the individual category, Akshat Gupta bagged a gold medal in the under-14 category. Six boys namely, Nischay Sharma, Harshal Agarwal, Jordan Saikiya, Rahul Singh, Shreyansh Khetawat and Raghav Khetan have been selected for the school nationals.



Teacher-In-Charge : Mr. Virendra Sharma

Mountaineering and Adventure Sports

The following activities were conducted by the society during the year :

- A group of 29 students from a cross section of classes 7, 8 and 9 did a fabulous 5 day introduction course in SCUBA diving and Snorkeling in the magnificent lagoon surrounding the coral islands of Lakshadweep.
- A group of 16 students from classes 7 and 8 did an exciting 10 day adventure trip To Laddakh which included- visit to valleys of Nubra, and Zaskar, Stupas, world's highest motorable road, the lakes of Tso Moriri, Pangong Tso-Army Training School, LOC' Kill Base in Leh and Laddakh. This adventure trip was sponsored by an old boy, Brig. B. C. Das.
- Thirty boys were taken for trekking to the Madar Hill. They were taken through an unusually steep route which was really challenging. Around 38 boys from class 8 were taken for a cycling trip to Pushkar and they also completed a 50 Km trek.



Teacher-In-Charge : Mr. Apu Dey

