

Annual Report of Yoga 2023-24

- 999 challenge celebration by G20 India (24 April 2023)
- Yoga Day celebration in school Assembly (In a month of May 2023)
- No bag day week - Yoga Session in the month of May 2023 (VI to VIII class)
- Zonal Yoga Competition- August 2023 (VI to IX Class)
- Independence Day Yoga performance- August 2023 (VI to VIII class)
- Fit India Quiz- October/November 2023 (IX class)
- CBSE Yoga Inter-Zone Competition overall Delhi- November 2023 (VI to VIII class)
- Fit India week- yoga and Meditation 15 November to 15 December 2023 (VI to VIII class)
- Annual Day Yoga performance December 2023 (VI to VIII class)
- Republic Day Yoga performance January 2024 (VI to VIII class)

999 Challenge

9 Round of Surya namaskar, 9 minutes of Meditation, 9 Days Daily.



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





No Bag Day week

Activity- Yoga

Start the class with the prayer

ॐ सह नावतु ।

सह नौ भुनक्तु ।

सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

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

- Setubandhasna



Zonal Yoga competition



Individual event (VIII and IX students)

Team event with 16 students (VI to VIII students)

Date- 08 August, 11 August 2023



Independence Day Yoga performance

10 students,

5 formations- pyramid formations Bending and stretching yoga practices



Fit India Quiz




ADMIT CARD - PROVISIONAL Fit-India Quiz 2023 (Preliminary Round)

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Roll Number	2111010538	School Application Number	36658710	
Candidate's Name	Tushar	Father's Name	Sanjey Nagarwal	
Gender	Male	Date of Birth	11-Apr-2009	
Name of School	Mount Columbus School			

Test Details

Date of Examination	21-December-2023
Time of Test	11:00 AM to 11:30 AM
Login Time (30 minutes before commencement of exam)	10:30 AM
Login ID	2111010538
Login Password	11-Apr-2009
Language Opted	English
Senior Director, NTA	

IMPORTANT INSTRUCTIONS FOR CANDIDATES

- The Admit Card is provisional, subject to satisfying the eligibility conditions as given in the Information Bulletin. This Admit Card contains three pages, which includes Personal Details and an "Advisory on Online examination". Candidates are advised to download and print both the pages, read them carefully and follow the instructions strictly.
- Candidates are required to appear in the exam in the online (internet based) mode on Android mobile phones only. Candidates are required to make their own arrangements for Android mobile phone for appearing in the exam.
- They will not be able to appear in the exam on laptops or PCs.
- Candidates are not required to visit any exam centre for appearing in the exam. They can appear in the exam from their respective location(s).
- They should sit in a place where they would be able to appear in the exam peacefully without any interruption during the duration of the exam.
- Candidates have to ensure that their mobile phones are fully charged and have stable internet connectivity, during the duration of the exam.
- Candidates are required to log in as per timing mentioned above. No candidate shall be permitted to report for the exam after the log-in time specified in the above mentioned table.
- You can submit and leave the exam, only after 30 minutes from commencement of the exam, even if you have completed it before that time. The SUBMIT button will get activated only 30 minutes after commencement of the exam.
- No candidate will be allowed to appear in the exam without Admit Card and valid ID proof.
- They will be required to show their Admit Card and ID proof before the camera of the mobile phone, when asked to do so, to establish their identity.
- Candidates will be permitted to keep only:
 - Their Admit Card
 - Valid ID proof and
 - Drinking water in a transparent water bottle with them during the exam.
- Candidates are not allowed to keep any sheets of papers for noting down anything.
- Candidate must keep with himself/herself any one of the original and valid Photo Identification Proof issued by the Government - Passport/Aadhaar Card (With photograph)/ E-Aadhaar/ Ration Card/ Aadhaar Enrolment No. with Photo or a Letter with the details and photograph and signature of the candidate attested by the Head Master of the School.
- All other ID/Photocopies of IDs even if attested/scanned photo of IDs in mobile phone will NOT be considered as valid ID Proof.
- Candidates are advised to be in touch with the NTA website, i.e. www.nta.ac.in, <https://fitindia.nta.ac.in> for any updates regarding the exam. Candidates should also check their mailbox at the registered E-mail address and SMS in their registered Mobile No. for latest updates and

Information regarding the exam.

- If at any stage, it is found that the candidate has submitted multiple applications, his/her candidature will be cancelled.
- For general queries regarding Admit Cards candidates can write to NTA at fitindia@nta.ac.in or call at Helpline number 011-40759000, 011-69227700.
- For queries relating technical matters candidates should call 9513850008, 9071123445 or 7406711092 as per timings given below.
 - Mock Test: 15th, 16th & 17th December 2023 All Three No. - Helpdesk Timings (09:00 AM - 6:00 PM)
 - Exam Day 1: 21st December 2023 English 9513850008 - Helpdesk Timings (09:00 AM - 2:00 PM)/ All other regional Language 7406711092 - Helpdesk Timings (09:00 AM - 6:00 PM)
 - Exam Day 2: 22nd December 2023 Hindi - Helpdesk Timings 9071123445 (09:00 AM - 6:00 PM)

ADVISORY FOR ONLINE EXAMINATION

WEBINAR

A webinar has been organized in two sessions as per details given below to familiarize the schools/candidates with the online exam process. Schools/Candidates are advised to participate in the webinar and clarify their doubts. Please copy paste the link as given below for joining the webinar.

Date	12 and 13 December 2023
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CBSE Inter Zone Yoga Competition



Victory added by the Columbians in CBSE YOGA COMPETITION, Zone DELHI. Event- Yogasans held on 30th October 2023 to 01 November 2023 at Abhinav Global School sector-13 Dwarka. Around 128 school students participated in this Championship, 5 students participated from Mount Columbus school and bagged 3rd position in U-14 GIRLS TEAM competition.



Fit India week yoga and meditation



Practice Session for Annual Function



Republic Day Yoga Performance

10 students (VI-VIII),

5 formations, Bending, Stretching, pair formations

Song Name- Manjar Hai Naya

