



Yoga is the journey of the self, through the self, to the self.”
The Bhagavad Gita

Yoga embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, and a holistic approach to health and well-being. Yoga not only provides physical and mental relaxation but also develops strength and resilience. G.D.Goenka School, Varanasi has always been in the forefront to ensure the best for the students. In the pursuit of the same, students of G D Goenka Varanasi participated in Uttar Pradesh Yog League 2022-23 under 19 girls /boys competition held at K. D. Singh Babu Stadium, Lucknow from Mar 17 to 19 March 2023 .

Under the guidance of our coach Mr. Arjun Gupta and Mrs. Priya Tiwari, Class Xth student Dev Verma and Shaurya Singh, Class IInd student Shree Tiwari and class IXth student Ritika Jaiswal bagged third position in Varanasi zone.

All the participants performed with great enthusiasm and brought laurels to the school pride.

