Glittering gestures and postures

with poise: A participant strikes a difficult pose at the State yoga sport championship in Puducherry on Sunday.

Staff Reporter

Yoga Sport Championship concludes

PUDUCHERRY: After two days of spinal twists and bends that make the foot touch the chin from behind, poses that make the body lie in line with the ground, turns that make the face appear from in between the knees, the 22nd Pondicherry State Yoga Sport Championship came to a spectacular close on Sunday evening with a show by the finalists presenting strikingly amazing yoga poses.

R. Krithika and Mohana Padmanabhan secured the first place in the senior girls and boys categories respectively. At the junior-level Poonkuzhal and A. Kandavel were the champions in the girls and boys categories. This year, a separate category has been included for special children, who learn yoga and students of SADAY Special School too showcased their skills and demonstrated asanas that they have been training in the past year.

Over 450 students from 19 institutions including Sri Sadagoban Yogic Kendar, Indian School of Yoga, Geethanjali Yoga Centre, Community College, PTP Arakattalai, Govt. Primary School Pakkamudayanpet took part in the competition, which was a balance of theory and practical presentations.

The first round was a theory examination, the marks of which were added to the practical demonstrations by the children. In the final round, students were asked questions such as which mudra helps relieve neck pain (brahma mudra), what are the benefits of vajrasana (its good for the knee joints and digestion), name any four asanas relating to non-living things (chakrasana, halasana, dhanurasana, sethuasana).

Speaking at the valedictory function, honourary president of the Pondicherry Yogasana Association Meenakshi Devi Bhavanani said yoga was much more than just flexing the body and physical skills and it requires understanding and wisdom. Yoga sport, she said, was an aspect of yoga. It helped stimulate young people to develop their bodies and personalities.

Former Superintendent of Police and Administrative Officer, Pondicherry State Sports Council, M. Ramalingam, vice president of Pondicherry Yogasana Association T. P Santhaseelan and honourary general secretary of Pondicherry Yogasana Association Ananda Balayogi Bhavanani were also present.