EXCEL
public school



Balancing with Purpose, Achieving a World Record

Nakul R of Class 7 was part of a world-record event organised by the Indian Yogasana Sports Federation in Hosur, Tamil Nadu, where participants performed Vatayana Asana while balancing a cup of water for 60 seconds.

The event brought together yogasana and a meaningful message on SDG 6 – Clean Water and Sanitation. The achievement was registered in the Oscars Book of Records, with Nakul receiving a certificate, medal and prize.

His balance, concentration and control throughout the challenge made this a memorable achievement, combining personal discipline with a message of global importance.