

RAM LAL ANAND COLLEGE
NIRVANA
YOGA AND MEDITATION
SOCIETY

Inter institute yogasana competition

NAME of THE EVENT: Inter institute yogasana competition

OCASSION: 9th international day of yoga

ORGANISER: AIIMS

VENUE: Centre of integrative research and medicine CIMR, Delhi

DATE: 15th June, 2023

BRIEF SUMMARY OF THE EVENT:

Two participants, one from male and female category, were chosen by the yoga and meditation committee of Ram Lal Anand College to participate in the Yogasana competition and represent Ram Lal Anand College at AIIMS. It was held between 9 am to 4 pm on 15th of June, 2023.

Competition for the Male and female category were separate and they were not allowed to see the performances of their competitors. Every participant was supposed to perform and hold 3 optional and 4 compulsory asanas for a certain time limit.

Finally, the competition ended with the victory of IGIPSS in the female category and Patanjali University in the male category.

The competition ended perfectly and nicely it was more of a learning experience. Our college didn't win but both the participants gave their best shot in the competition represented.



