

RAM LAL ANAND COLLEGE  
NIRVANA  
YOGA AND MEDITATION SOCIETY

21ST DELHI STATE YOGASANA COMPETITION  
SESSION 2023-24

Name of the event- SYSA Delhi Yogasana Competition

Nature of the event- physical mode

Date- 03rd December 2023

Venue- Indira Gandhi Institute of Physical Education and Sports Science

Number of participants- 5

INTRODUCTION:

After a great victory by the students of “Nirvana” yoga and meditation society at the South Delhi Yogasana Competition, 5 candidates participated at the 21st Delhi yogasana Competition, held at Indira Gandhi Institute of Physical Education and Sports Science. It was held on 03rd December, 2023.

EVENT:

The event was conducted under State Yoga and Sports Association. Students from different regions (north, south, east, and west) who qualified for the Delhi State Yogasana Competition participated in this event. Students from our college participated in different age categories (14 - 18, 18-24, 30-40). Students practiced the competition under the guidance of Mr. Shishir Pokhriyal. Everyone put their best foot forward in the Competition. Each candidate was supposed to perform 3 compulsory asanas and 2 optional asanas. The holding time for the compulsory asanas was 20 seconds and those for the optional one was 15 seconds.

It's a matter of pride for us to say that 2 of our candidates got a placement in top 6 and got qualified for the yoga camp which is supposed to be held from 17th to 23rd December, 2023.

Sugandha Sinha , BA History Hons( 3rd year) got 6th position in 18 to 24 age group girls category and Digvijay Ayush, BA History Hons(2nd year) got 5th position in 18 to 24 age group boys category. The society is proud of these two candidates who represented the college in the best possible manner.

**3<sup>rd</sup> December 2023**



**22<sup>nd</sup> DELHI STATE  
YOGASANA  
CHAMPIONSHIP  
2023**

**VENUE :**

**INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION  
AND SPORTS SCIENCES ( IGI COLLEGE )**

**ADDRESS :**

**SHAHEED RAJ GURU MARG B-BLOCK, VIKASPURI,  
SHANKAR GARDEN NEW DELHI : 110018**



**DELHI STATE YOGASANA COMPETITION 2023**

**Enquiry :- Ms. Sonniya: 8800471446, Mr. Rahul : 7210539957,  
Mr Shishir: 9899187461**





