



RAM LAL ANAND COLLEGE

(UNIVERSITY OF DELHI)

Yoga and Meditation Society

presents

Inter-departmental Online YOGA Competition

on

21st June 2021

on the occasion of

7th International Yoga Day



LAST DATE OF ENTRY IS
12/06/2021

- Cash prizes to be won in Girls and Boys category
- Certificates to all participants

COMPULSORY ASANAS:

1. Padahastasana
2. Ustrasana
3. Vriksh asana

OPTIONAL ASANAS:

- Gomukhasana,
Bakrasana,
Padmasana,
Paschimottanasana,
Matsya asana,
Dhanur asana,
Supta Vajrasana,
Bhujanga asana,
Sarvang asana,
Utthita Padmasana,
Utkati asana,
Akarna Dhanurasana

Rules and regulations

- 1) Each participant has to perform 3 compulsory asanas and 2 optional asanans which will be selected by the participants from the list provided.
- 3) Upload a video of 3 compulsory asanas at the time of registration for initial screening.
- 4) Holding time for each asana is 15 seconds in the final position.
- 4) Decision for the winner will be done on performance, perfect posture of asanas & holding time.
- 5) The event will be judged for both Boys and Girls separately.

Register at:

<https://forms.gle/QQxy8xBiRyGUvBzdA>

Dr. Sunila Hooda
Convener

Dr. Seema Gupta
Coordinator

Dr. Rakesh K Gupta
Principal

Dr. Sarbari Nag
Member, organizing committee

Dr. Pardeep Kumar
Co-coordinator

For any queries contact: rlayoga2016@gmail.com, phone: 9810473771, 9891664133

Padahasta
asana



Ustrasana



Sarvanga
asana



Gomukhe
asana



Matsya
asana



Vriksha
asana



Bakra
asana



Dhanura
asana



Utthita
Padma
asana



Padma
asana



Supta
Vajrasana



Utkati
asana



Paschimottanasana



Bhujanga
asana



Akarna
Dhanura
asana

