

NOTICE

YOGA COMPETITION ON 07/09/2019 IN THE AUDITORIUM

The college hereby announces that a Yoga Competition is to be held on 07/09/2019, in the auditorium, at 11:30 am. The students are directed that they are required to come with the preparation of Surya Namaskara Asana and the benefit of the Asana. Students will be given 10 minutes for the presentation of the Asanas. The following are the list of the Asanas for the competition:

1. Shashank Asana
2. Ardhya Matsaya Asana
3. Hala Asana
4. Dhanura Asana
5. Vriksha Asana
6. Trikona Asana
7. Surya Namaskara Asana.