

**NAME OF THE ACTIVITY:** ONLINE YOGA COMPETITION

**INTERNATIONAL/NATIONAL/STATE/COLLEGE LEVEL:** COLLEGE

**ORGANISED BY:** DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

**TITLE OF THE ACTIVITIES:** YOGA COMPETITION ON THE OCCASION OF INTERNATIONAL YOGA DAY

**DATE :** 21<sup>ST</sup> JUNE 2021



Sports department has organized Online Yoga Competition. This online yoga championship conducted as Inter-class competition. participants sent their pictures of yoga asanas through email to [ritwikricharao141@gmail.com](mailto:ritwikricharao141@gmail.com)

Objectives of the Competition: 1. Main objective of conducting and organizing this yoga competition is to identify talent in yoga. 2. To provide a platform for getting success in the yoga field. 3. To increase the awareness about yoga and also to inspire more students to adopt yoga in their lifestyle.

This online yoga competition is open to any participants from our college.

**PARTICIPANTS :** 7

**COORDINATOR :** Dr. Richa Rao, Physical Education Director

