



Office of the Fitness Club SKWC  
**S. KULA WOMEN'S COLLEGE**  
Nambol, Manipur



## **ONLINE YOGA COMPETITION**

Nambol 11<sup>th</sup> June 2020

No. SKW-34/1-2020/UGC/UAMP/N-2: It is hereby informed to all the students of this college that an **Online Yoga Competition** will be held on 21 June 2020 to mark the observance of 6<sup>th</sup> International Day of Yoga 2020. The '**yoga asanas**' will be based on Common Yoga Protocol (CYP) (pictures enclosed).

First winner – Certificate + Rs. 1000/-

First runner up – Certificate + Rs. 700/-

Second runner up – Certificate + Rs. 500/-

Consolation prize upto 10<sup>th</sup> position – Appreciation Certificate

### Term & conditions

- You have to select any three 'Yoga asanas' from the given 20 asanas (enclosed)
- You should take a video record of 2 to 2.15 minutes on the 21 June 2020 within 10.00 am to 11.30 am. (Do not take video beyond this time line and video duration)
- The video should be send to whatsapp no. 7005110868 (Dr. Bhogendra) on or before 3.00. pm, 21 June 2020.
- Name, semester, subject and roll no along with name of the **yoga asana** should be written in the text message when you send video clip.
- Intending students may send your mobile number for advance registration to 7005110868 (Dr. Bhogendra) on or before 20 June 2020.

Sd /-

(L. Tomba Meitei)  
Coordinator  
Fitness Club SKWC

SELECT ANY THREE YOGA ASANA FROM THE FOLOWING ASANA

# योगासन चार्ट

CHART No. 102



पश्चिमोत्तानासन  
PASHCHIMOTANSAN



भुजंगासन  
BHUJANGASAN



उर्ध्वसर्वांगासन  
URDHARV SARVANGASAN



हलासन  
HALASAN



कर्णपीडासन  
KARNPIRASAN



शलभासन  
SHALBHASAN



धनुरासन  
DHANURASAN



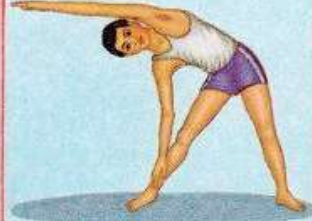
उष्ट्रासन  
USHTRASAN



चक्रासन  
CHAKRASAN



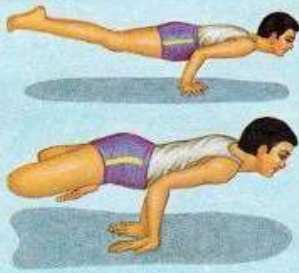
जानुशीर्षासन  
JANUSHIRSHASAN



त्रिकोनासन  
TRIKONASAN



मत्स्यासन  
MATSAYASAN



मयूरासन  
MAYURASAN



गोमुखासन  
GOMUKHASAN



अर्धमत्स्येन्द्रासन  
ARDHMATSYENDRASAN



भद्रासन  
BHADRASAN



बद्धपद्मासन  
BADHPADMASAN



शीर्षासन  
SHIRSHASAN



उत्तानपादासन  
UTTANPADASAN



शवासन  
SHAVASAN



पद्मासन  
PADMASAN

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GOVERNMENT OF MANIPUR  
OFFICE OF THE PRINCIPAL  
**S. KULA WOMEN'S COLLEGE**  
Kongkhampat, Nambol, Manipur- 795134  
Affiliated to Manipur University

ཡོ་མ་ ལྷོང་ རྒྱལ་ རྒྱལ་ ལྷོང་  
Email: [skwcollege@gmail.com](mailto:skwcollege@gmail.com)  
Phone: 0385-2453428 & 2453465  
Website: [www.skwomenscollege.ac.in](http://www.skwomenscollege.ac.in)  
A "College with Potential for Excellence"  
awarded by the UGC  
Accredited "A" Grade by NAAC

Ref. No. SKW-34/1-2020/UGC/UAMP/N-2:

Dated: 21 June 2020

## 6<sup>th</sup> International Day of Yoga 2020

With the directives of UGC vide D.O. No. F 14-13/2015(CPP-II) Dated 18<sup>th</sup> June, 2020 in regard to the celebration of Yoga Day-2020 (IDY) (Yoga at Home and Yoga with family), The S. Kula Women's College, Nambol has organised 6<sup>th</sup> International Day of Yoga on 21 June 2020. The situation compelled to do online competition of Yoga for students. Many students and faculty members from different places were participated through online.

The competition was organised under the aegis of **Fitness Club of the college** in which six students competed by sending their videos of three best asan they like that recorded during the given time frame (10.30 am to 2.00 pm) and submitted within 3.00 pm.

The winner of the competition will be awarded

First winner - Certificate + Rs. 1000/-

First runner up - Certificate + Rs. 700/-

Second runner up - Certificate + Rs. 500/-

Consolation prize upto 10<sup>th</sup> position - Appreciation Certificate

Result of the competition will be announced tomorrow the 22<sup>nd</sup> June 2020

(Dr. N. Joykumar Singh)

Principal

S. Kula Women's College,  
Nambol, Manipur.

**Principal**

**S. Kula Women's College**  
Nambol, Manipur.



Office of the Fitness Club SKWC  
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Nambol, Manipur



## **RESULT FOR INTERNATIONAL DAY OF YOGA 2020**

Nambol 22<sup>nd</sup> June 2020

No. SKW-34/1-2020/UGC/UAMP/N-2: It is hereby announced the result of **Online Yoga Competition** held on 21 June 2020 to mark the observance of 6<sup>th</sup> International Day of Yoga 2020.

### Result

Sl. No	Name of student	Position
1	<b>Moirangthem Priya Devi</b> B Sc. 2 <sup>nd</sup> Sem.	1 <sup>st</sup>
2	<b>Grace Yumnam</b> BA 4 <sup>th</sup> Sem.	2 <sup>nd</sup>
3	<b>Thounaojam Tababi Chanu</b> B Sc. 2 <sup>nd</sup> Sem.	3 <sup>rd</sup>
4	<b>Ch. Babina</b> B Sc, 4 sem.	4 <sup>th</sup>
5	<b>Th. Geetashana</b> B Sc, 4 sem.	5 <sup>th</sup>
6	<b>M. Birbala</b> B Sc, 4 sem.	6 <sup>th</sup>

The prizes will be handed over on a function to be held when normal situation is arrive  
All the winners will inform in time

First winner - Certificate + Rs. 1000/-

First runner up - Certificate + Rs. 700/-

Second runner up - Certificate + Rs. 500/-

Consolation prize upto 10<sup>th</sup> position - Appreciation Certificate

*Kaishram Tomba*  
(L. Tomba Meitei)  
Coordinator  
Fitness Club SKWC