

GOVERNMENT OF MANIPUR
OFFICE OF THE PRINCIPAL
S. KULA WOMEN'S COLLEGE,
NAMBOL, MANIPUR.



C I R C U L A R

The 12th June, 2021

No. SKWC-1/1/2021-IYD: In pursuance of the resolution no.4 of the joint IQAC Meeting held on the 3rd of June 2021 on ZOOM platform that the college is organising an Online Video Yoga Competition for students of this college in collaboration with Nature Cure & Yoga Hospital, Kongba Kshetri Leikai, Imphal East, Manipur as a part of the International Yoga Day celebration. In this programme, the following two teachers are assigned as Programme Coordinator and Assistant Programme Coordinator for smooth conduction of the said competition.

Sl. No.	Name and Contact No.	Department	Role
1	Dr. S. Bhogendra Singh, 7005110868	HoD, Department of Sociology	Programme Coordinator
2	Mrs. Ch. Ritu Devi, 8837491947	Assistant Professor, Department of Home Science	Assistant Programme Coordinator

It is further notified for information that all the interested students are requested to join the competition as per provided syllabus & Dress code and to send your video recording to the following WhatsApp nos. i.e., 7005110868, 8837491947, 7085360645 on or before 7:30 am of 21st June, 2021. All the students should follow the Government guidelines and maintained SOP while performing Yoga.

Copy to:

1. The Director, University & Higher Education,
Government of Manipur
2. All the HoDs, SKWC.
3. Chairman, Academic Council, SKWC.
4. Coordinator, IQAC, SKWC.
5. Office file.

(Dr. W. Robindro Singh)
Principal,
S. Kula Women's College,
Nambol, Manipur.

Principal
S. Kula Women's College
Nambol, Manipur



7th International Day of Yoga

Online Video Yoga Competition:

Organized by: Mental Health and Counselling Unit, SKWC, Nambol

In collaboration with: Dr. K. Basanta Singh,

Chief Consultant, Nature Cure & Yoga Hospital,

Kongba Kshetri Leikai, Imphal East, Manipur

Date line for video submission: June 21, 2021 (6: 30 to 7: 30 a.m.)

Dress Code: Tide Sport Suits

Declaration of Result: June 21, 2021 (on or before 4: 30 p.m.)

Prize: Rs.1000/-, Rs. 700/- and Rs. 500/- for 1st, 2nd and 3rd prizes respectively


Programme Coordinator: Dr. S. Bhogendra Singh, Nodal Officer, AISHE, SKWC, Nambol

Assistant Programme Coordinator: Mrs. Ch. Ritu Devi, Assistant Professor,

Department of Home Science

Whatsapp No: 7005110868, 8837491947, 7085360645

Syllabus is attached herewith:


Principal
S. Kula Women's College
Nambol, Manipur

Syllabus Online Video Yoga Competition:

1. VRIKSHASANA
2. PASCHIMOTTANASANA
3. USHTRASANA
4. BADDHA PADMASANA
5. AKARNA DHANURASANA
6. ARDHA MATSYENDRASANA
7. HALASANA
8. MATSYASANA
9. CHAKRASANA
10. DHANURASANA

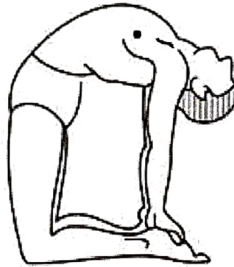
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1. VRIKSHASANA



2. PASCHIMOTTANASANA



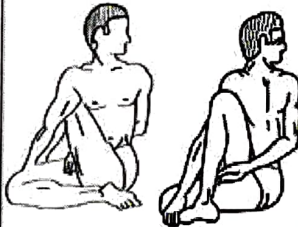
3. USHTRASANA



4. BADDHA PADMASANA



5. AKARNA DHANURASANA



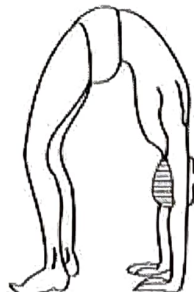
6. ARDHA MATSYENDRASANA



7. HALASANA



8. MATSYASANA



9. CHAKRASANA



10. DHANURASANA


Principal
S. Kula Women's College
Nambol, Manipur