

GOKHALE CENTENARY COLLEGE, ANKOLA.

VIRTUAL YOGA COMPETITION



ORGANIZED BY

NSS UNIT, DEPT OF PHYSICAL EDUCATION & YRC UNIT

29TH OF JUNE 2021

A BRIEF REPORT

VIRTUAL YOGA COMPETITION

After organizing a virtual yoga camp of 7 days through organizing a Virtual competition among students who attended the virtual camp.

Rules and regulations in connection with the competition was sent to students who wanted to participate in the competition. Students who wanted to be part of the competition were asked to send a video of 2 minutes which included 6 yogic postures from the given options. A total of 14 students participated in the Virtual Yoga Competition. The competitors were judged on the complexity of the poses, the transition between the postures, the hold, flexibility, the presentation and dress of the competitors.

The winners of the competition were given cash prizes and gifts.

PLACE WINNERS AT THE VIRTUAL YOGA COMPETITION



1st place – Mr ARYAN ANKOLEKAR – Cash Prize of Rs 1000/-



IIrd Prize – Cash prize of Rs 750/-



IIIrd Place – Cash Prize of Rs 500/-



IIIrd Place – Cash Prize of Rs 500/-

Dr. ASHWIN.R