Yogasan Competition - Yoga for Humanity - 15.06.2022

Programme : - Yogasan Competition - Yoga for Humanity


Date : - 15.06.2022

As per direction from directorate of AYUSH, 8th international yoga week was celebrated by department of Swasthvritta & Yoga from 14/06/2022 to 21/06/2022.

Yogasana competition was arranged at Yogasana Kaksha SGAK. Participants had to perform Suryanamaskar and any three Asanas given below- Baddhapadmasana, Pavanmuktasana, Shalbhasana, Sarvangasana, Dhanurasana in scientific manner. Total 8 candidates participated for the competition. Dr. Ramesh Ujwale, Dr. Nitesh Joshi & Dr. Roma Gangawane were appointed as Judges in this competition.

The Winners for competition are as follows –

**First Prize** – Ms. Pranita Divekar
**Second Prize** – Dr. Jyoti Gavali
**Third Prize** – Dr. Sayali Tanpure

(Dr. Nilesh M. Phule)
Principal

PUNE-26.
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