



C.V. Raman

Global University

CGU YOGA CLUB NOTICE

We are thrilled to invite you all to participate in a ***Friendly Yogasana Competition*** organised by **Yoga Club, CGU**. Apart from achieving your health goal, this competition will boost motivation, enhance teamwork and help in improving overall performance in a friendly atmosphere. It will allow you to push yourselves more while still maintaining a positive relationship with the fellow competitors.

Important Points

1. Participants are to be divided into 2 groups.
2. Each group will participate in 2 rounds of competition.
3. Group scoring maximum points will be declared winner.
4. 1st Round will contain 2 rounds of Surya Namaskar, 3 compulsory asanas (postures) & 1 optional asana
5. 2nd Round will contain 3 compulsory asanas (postures) & 2 optional asanas.
6. Holding time for each asana will be 20 seconds.

Time & Venue

Yoga Hall (Civil Building 2nd Floor), 06:00 am on 08/02/2025 (Saturday)

Mr. Prafulla Kumar Behera
Coordinator
Yoga Club

Dr. Mohua Chakraborty
Co-Coordinator
Yoga Club