**Name**: SrijaniYoga Competition

**Category**: Yoga

**Organizing Unit**: Cultural Sub-Committee, RKSMVV

**Date**: 25.11.2022

**Time**: 12:15 pm to 1:30 pm

**Number of students**: 14

**Number of Teachers/ Resource Persons**: 2

**No of Beneficiaries**: 14

| **Competition** | **First** | **Second** | **Third** |
| --- | --- | --- | --- |
| **Yoga** | **1** | **1** | **1** |

**Brief Description of the event**:

Srijani Yoga Competition was organized by the Cultural Sub-Committee, RKSMVV on 25th November 2022. . 14 Students participated in the competition. 2 judges judged the participants according to their performances. It was instructed that all yoga postures must be attempted very slowly without strain or application of excessive pressure. Sunanda Roy (Sem 3 Roll No 147), Chandrima Koyal (Sem 3 Roll No 136) and Baisakhi Barman (Sem 1 Roll No 3) held 1st, 2nd , and 3rd positions respectively.

**Outcome**:

This competition helps the students to understand, explain and express the true meaning of Yoga as a way of life, as well as a spiritual path to self-actualization and Self-realization. It helps to gain inner Peace, grace, composure, charisma, discipline and determination of the students.

