

Name of the event: Inter-college Yoga Competition

Organizing Unit: WBSU, In collaboration with RKSMVV

Date: 26.11.2024

Time: 9 am

Venue: Muktiprana Sabhagriha, Ramakrishna Sarada Mission Vivekananda Vidyabhaban

No. Of Participants: Selected students of the following colleges:

1. RKSMVV
2. Shri Chaitanya Mahavidyalaya
3. Shri Chaitanya College
4. APC College
5. East Calcutta Girls College
6. Bhairav Ganguli College

No. Of resource person: 02

Name of resource persons: 1. Dr Anirban Sarkar, Director, Sports Board, WBSU

2. Dr. Jyotsanashis Ghosh, observer, WBSU Sports Board

Brief Description of the event: The Intercollege Yoga Competition was organized to promote physical and mental well-being among students. The event aimed to bring together yoga enthusiasts from various colleges and universities, providing a platform to showcase their skills and compete in a healthy and supportive environment.

Event Highlights: Inaugural Ceremony:_ The event began with the Vedic chant by the students of our College. Students of our college have felicitated the chief guest, Prof. Dr Anirban Sarkar, Director, WBSU Sports Board and Dr Jyotsanashis Ghosh, (observer, WBSU Sports Board), three judges Tania Nag, Malabika Dey, Lina Laskar and Verification Official, SK Masud Hossain. Ashoke Kumar Mukherjee was also felicitated. The competition consisted of three rounds: Asana (postures), Pranayama (breathing techniques), and Vinyasa (flowing sequences). Participants were judged on their technique, flexibility, balance, and overall performance. Two extra categories were introduced in this competition :

1. Artistic Yoga.
2. Rhythmic Yoga.

The results were as follows:

Champion: Shri Chaitanya Mahavidyalay

Runner-up: APC College

Programme Outcome: The Intercollege Yoga Competition was a huge success, with participants showcasing their skills and competing in a spirit of friendship and sportsmanship. The event promoted the importance of yoga in maintaining physical and mental well-being and encouraged students to adopt yoga as a way of life.



