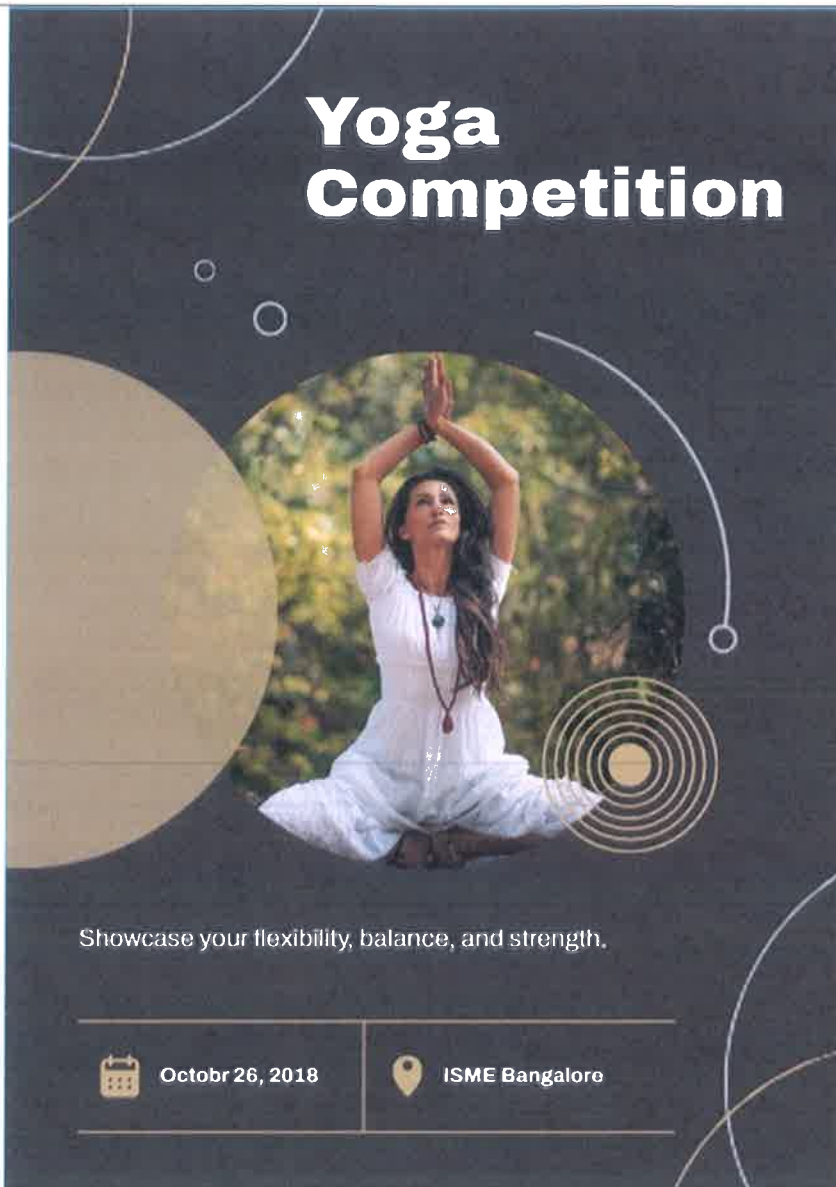


Activity: Yoga Competition (Individual or Team)	
Date: 26-10-2018	Time:3.00PM
Location: : ISME Bangalore	
No of students present:4	

Poster / Flyer / Notice



Event Report

Intramural yoga competitions offer a unique twist on traditional athletics, emphasizing mindfulness, flexibility, and balance. Participants showcase their yoga skills through sequences and poses, judged on technique, creativity, and grace. This non-traditional event fosters self-awareness, relaxation, and stress relief in a competitive setting. Yogis compete with a focus on personal growth and expression rather than rivalry, promoting a supportive atmosphere. Intramural yoga competitions encourage students to explore wellness practices beyond conventional sports, highlighting the importance of mental and physical well-being. These events contribute to a holistic approach to fitness and encourage a deeper connection with oneself and others within the school community.

Photographs with Caption



The event tested the flexibility and fitness of the students. The competition was based on various postures known by the students and the perfection with which they performed.



List of Participants:

SI No	Name of the Student	Course	Semester
1	Talapagala Bhavani	BBA	V
2	Talapagala Deepthi	BBA	V
3	Varun Singh	BBA	V
4	Walter Samuel Dheeraj Dommeti	BBA	V

Head / Coordinator SDC Signature

Name:

Shurthy Anwar

Date:

26.10.2018

AS

PRINCIPAL

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SS
Program Coordinator