



Activity: Yoga Competition (Individual or Team)	
Date: 20-10-2021	Time: 3:00 PM
Location: ISME Bangalore	
No of students present: 9	

Poster / Flyer / Notice



YOGA

Date: 20th october 2021

3: 00 PM TO 5: 30 PM

**VENUE :
ISME FIT ZONE**

Event Report

The Yoga Competition unfolds as a serene and contemplative journey into the ancient practice of yoga. Participants showcase their flexibility, strength, and mindfulness as they gracefully transition through poses, sequences, and creative flows. With each breath, they find a sense of peace and balance amidst the intensity of the competition, demonstrating the holistic benefits of yoga for mind, body, and spirit. Whether performed individually or as a team, the competition fosters a sense of connection and community, as participants come together to honor the ancient traditions of yoga and celebrate the beauty of inner harmony.

Event Details:

Date: 20-10-2021

Location: ISME Bangalore

Divisions: Men and women

Team Registration: 5-6 Per class

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.

Yoga Competition at Amphi Theatre





List of Participants:

Sl No	Name of the Student	Course	Semester
1	Nitishree Bhansali	BBA	3
2	Shalini T	BBA	3
3	Sonal Verma	Bcom	3
4	Zoya Syedi	Bcom	3
5	Harshitha U	Bcom	3
6	T Yaswanth	Bcom	1
7	Vanshaj Chawla	BBA	1
8	C K Bilwa	BBA	1
9	Surendar G V	BBA	1

Head / Coordinator SDC Signature

Name:

Shubh Kauri ..

Date:

20.10.2021

International School of Management Excellence

[Signature]
Program Coordinator

[Signature]

PRINCIPAL

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