

Activity: Yoga Competition (Individual or Team)

Date: 26-10-2022

Time: 5:00 PM

Location: ISME Bangalore

No of students present: 12

Poster / Flyer / Notice




YOGA

Date: 26th october 2022

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: 26-10-2022

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.


Photographs with Caption



List of Participants:


SI No	Name of the Student	Course	Semester
1	T Yaswanth	BBA	3
2	Vanshaj Chawla	BBA	3
3	C K Bilwa	Bcom	3
4	Surendar G V	Bcom	3
5	P Srinivas Manoj Kumar	Bcom	3
6	Parth Nikhil	Bcom	1
7	Shalini T	BBA	1
8	Sonal Verma	BBA	1
9	Zoya Syedi	BBA	1
10	Harshitha U	BBA	1
11	Jyoti Thakur	BBA	1
12	Kasikala Purna Swetha	BBA	3

Head / Coordinator SDC Signature

Name: 
Date: 26.10.22

International School of Management Excellence


Program Coordinator


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