

# 1<sup>ST</sup> ALL ASSAM YOGA CONVENTION AND SEMINAR

30<sup>th</sup> June and 1<sup>st</sup> July, 2018

Organised by:

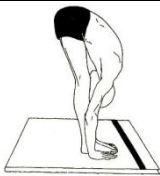













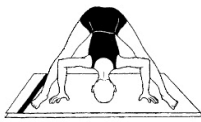
Department of Yogic Science and Naturopathy,  
Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Guwahati campus, Rupnagar

## State level Yogasana Competition

On 30<sup>th</sup> June, 2018 (Saturday)

For Jr. College and Degree College/ University level

### Syllabus for Junior College Level Boys & Girls

Group	Type of Practice	Asana-1	Asana-2	Asana-3
Group A (Junior College) Boys & Girls	Forward Bending Asanas	 Pad-hastasana	 Ardha Padma Paschimottanasana	 Halasana
	Backward Bending Asanas	 Ushtrasana	 Chakrasana	 Shalabhasana
	Balancing Asanas	 Natrajasana	 Bakasana	 Veerbhadrasana
	Twisting Asanas	 Ardha- Matsyendrasana	 Parivrtta Trikonasana	 Parivritti Janu Sirshasana
	Inverted Asanas	 Sarvangasana	 Sirshasana	 Moordhasana
	Advance Asana 1	Own Choice		
	Advance Asana 2	Own Choice		