

National Online Yoga Competition

The Sri Guru Nanak Dev Khalsa College University of Delhi organized a national-level- online yoga competition on 1st and 2nd June 2020. The event saw very enthusiastic participation of more than 100 participants, from states like Rajasthan, Gujarat also, and not just Delhi.

The event started with a virtual opening ceremony in which students, judges, and observers were welcomed, the event was conducted following a strict honor code with the judges and an observer to ensure the event was fair and the best talent was awarded.

The competition was bifurcated into two halves, the first part was the preliminary where self-recorded videos were asked, only those who were shortlisted based on their performance were selected to go to the next level.

In the next level, Students were asked to join a google meet and they were called out by names one by one to perform their yoga asanas in front of the judges and marking were done based on timing, holding of an asana, Clarity in getting into an asana and coming out of the same.

In girls, Srushti Patil received the first prize followed by Saloni, Sehnazi whereas in boys Ankit received the first prize followed by Naresh, Rohit.