



GITAM
UNIVERSITY

(Estd. u/s 3 of the UGC Act, 1956)

Visakhapatnam®Hyderabad®Bengaluru

Accredited by NAAC with 'A+' Grade



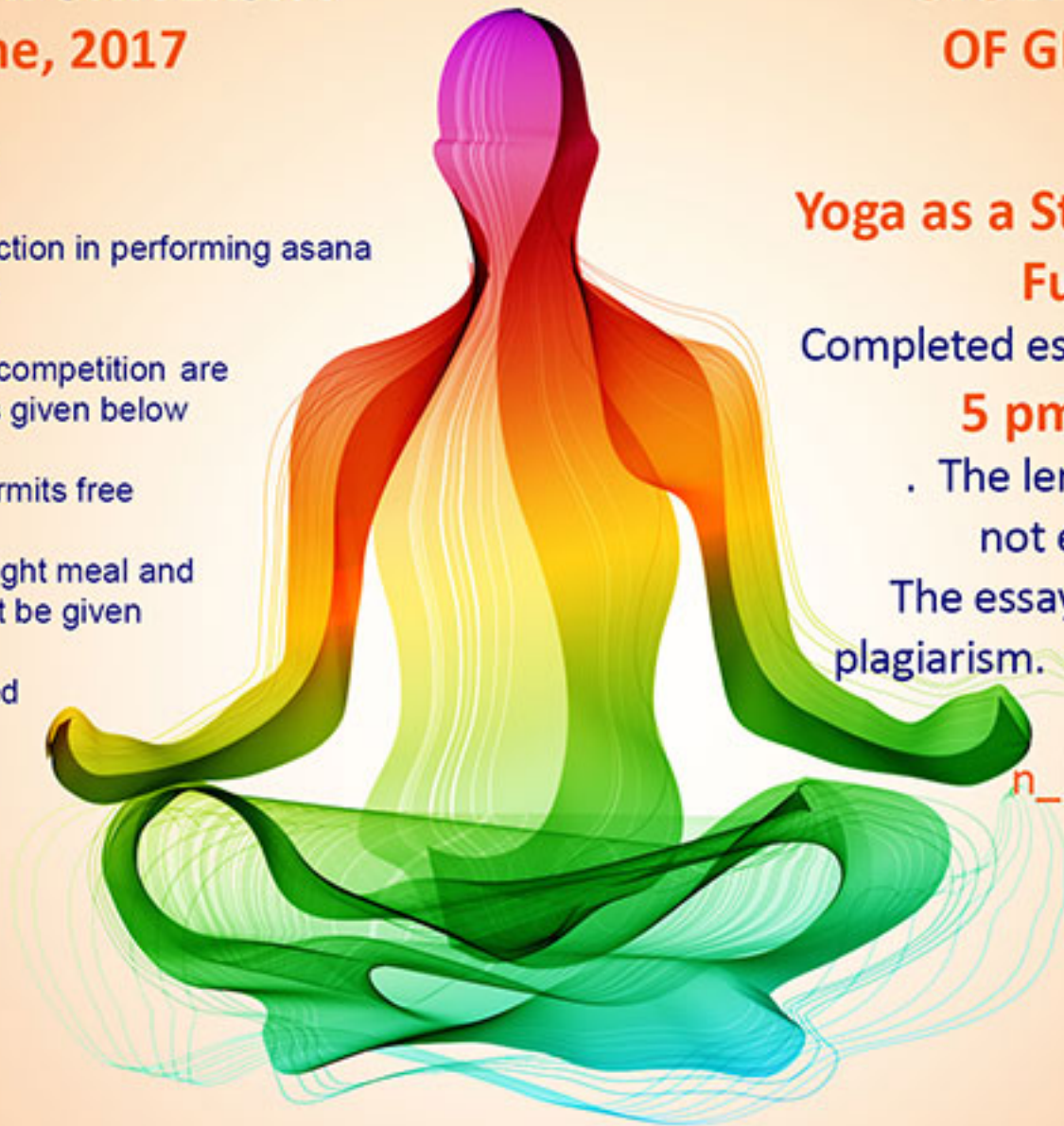
INTERNATIONAL DAY OF YOGA

YOGASANA COMPETITION FOR STUDENTS OF GITAM UNIVERSITY

YOGA ASANA
COMPETITIONSON
FOR
STUDENTS OF GITAM UNIVERSITY
9 am, 20th June, 2017

NOTE FOR THE PARTICIPANTS:

- I. Grace, bodily flexibility and perfection in performing asana will be the criteria for evaluation
- II. All the participants of Yogasana competition are advised to follow the instructions given below
 - a. To wear loose dress which permits free movements of the limbs
 - b. A time gap of 1½ hours after light meal and 3 hours after heavy meal must be given before yoga practice.
 - c. Yogasanas should be practiced on a yoga mat or a thick bed sheet



ONLINE
ESSAY COMPETITION
FOR
STUDENTS AND FACULTY
OF GITAM UNIVERSITY

TOPIC

**Yoga as a Strategy for Realizing the
Fullest Potential**

Completed essays should be posted before

5 pm, 19th June, 2017

- . The length of the Essay should not exceed 2,000 words.

The essays would be screened for plagiarism. Completed essays are to be

Sent to:

n_jansi@yahoo.com

PRANAYAMA CAMP

FOR THE FACULTY AND STAFF OF GITAM UNIVERSITY

at 10 am to 11 am on 19th and 20th of June 2017

Venue : Yoga Hall, GITAM School of Gandhian Studies

Note: Participants are requested to

1. Finish breakfast by 8 am
2. Wear loose fitting clothes that permit free movement of the limbs (ladies – SalwarKameez)

GITAM SCHOOL OF GANDHIAN STUDIES