



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

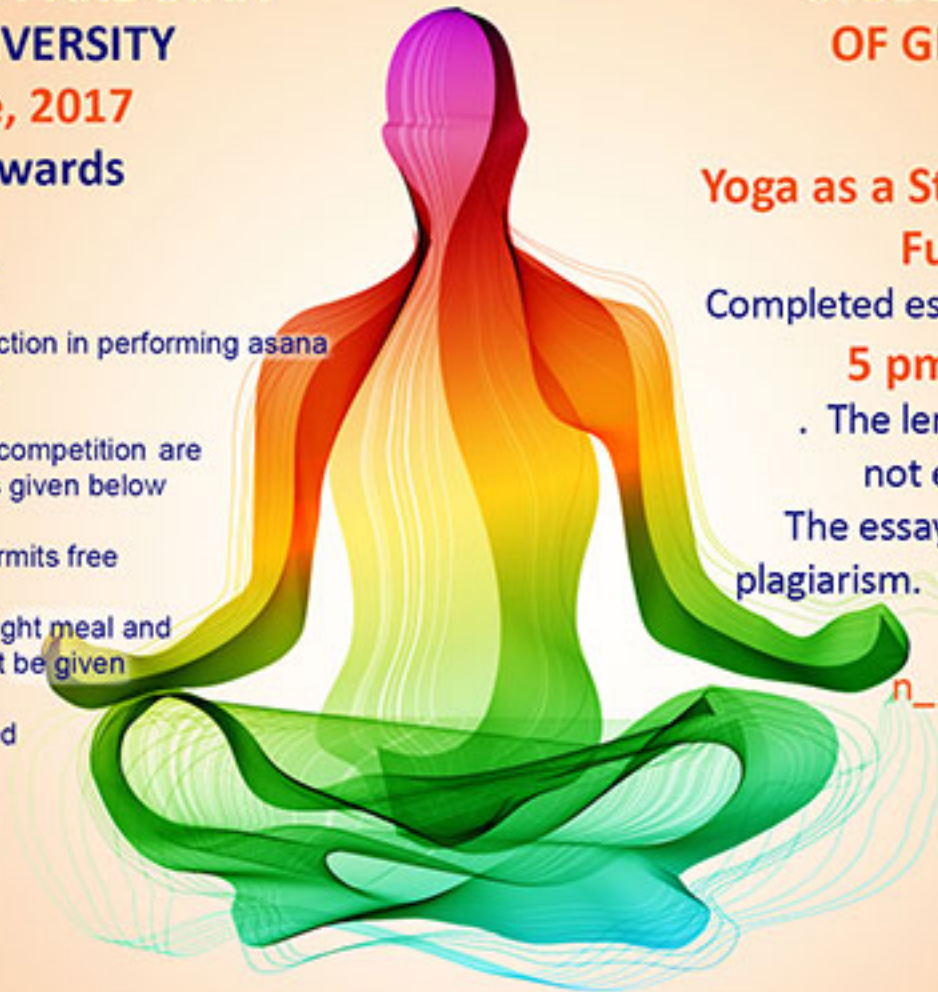
YOGA ASANAS COMPETITION

FOR
STUDENTS, FACULTY AND STAFF
of GITAM UNIVERSITY

on 20th June, 2017
9.30 am onwards

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