



Surenthranath College IQAC Celebrating



# The International Day of YOGA

Along With  
NCC Unit, (2 Bengal BN NCC, Kol-B)  
&  
NSS, Unit- I



A National Level Webinar & Virtual Yoga Competition

Theme : "Be with YOGA, Be at Home"



June 21,2021,@ 11 am  
Platform: Zoom

## OUR SPEAKER & JUDGE



Mrs. Mohua Dutta  
Registered Yoga trainer  
West Benal Council of Yoga and Naturopathy.  
National Yoga Referee.

Registration : <https://forms.gle/6DeXHDqLn97rT5vV8>

e-Certificate will be provided to all the participants.

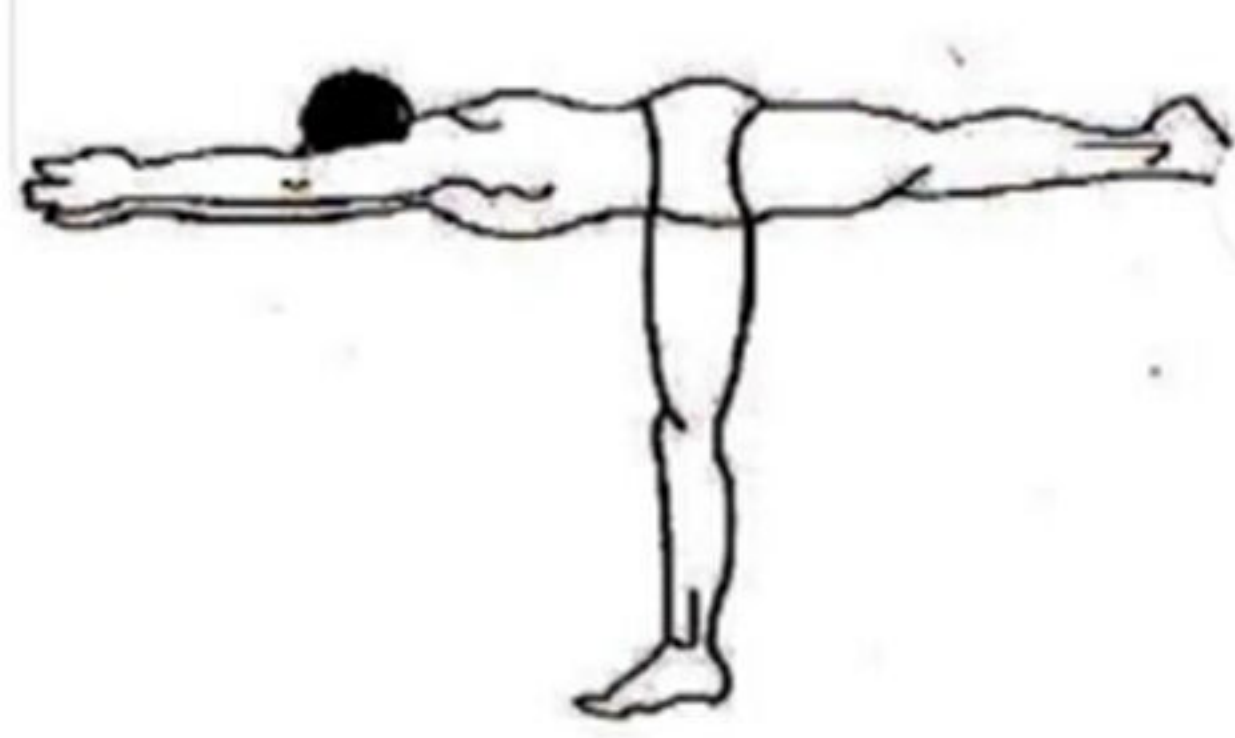
Registration Link is open upto 20 June, 12:00 PM



# CHOICE OF ASANAS

## WITH CAMERA GUIDELINES

### 1. Balancing Asana (choose any one)



#### 1. VIRBHADRASANA

1. start from front side (hand side)
2. go to side view , full view
3. go to back side



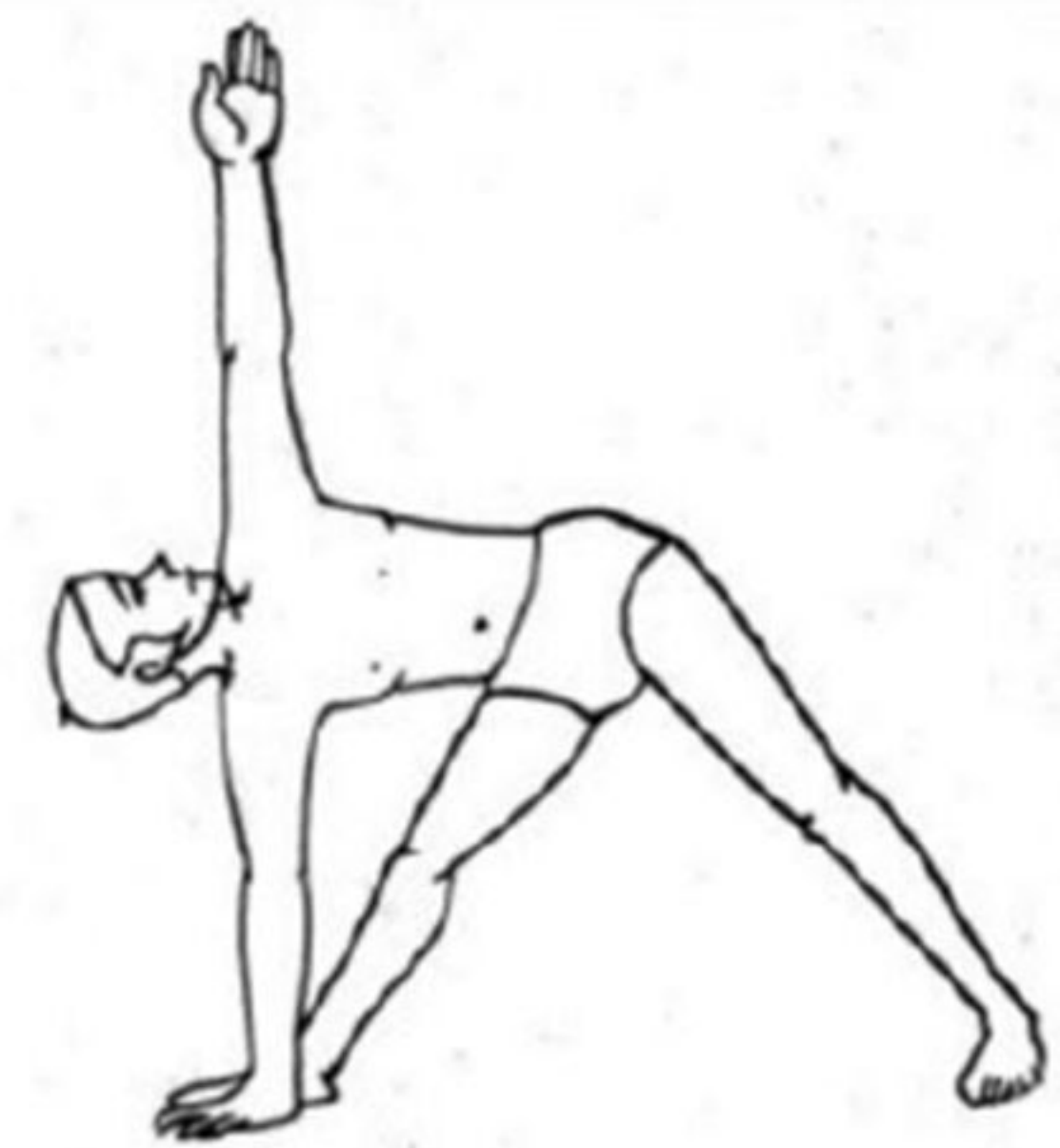
#### 1. GARUDASANA

1. start from side
2. go side , full view (lifted leg)



#### 1. VRIKSHASANA

1. Camera start from front side with full view.
2. side view from lifted leg, full view



#### 1. TRIKONASANA

1. start from front side
2. go to side
3. go to back

### 2. Back Bending Asana (choose any one)



#### 10. DHANURASANA

1. start from front
2. go side
3. go back



#### 8. CHAKRASANA

- 1 start from leg side
- 2 go side , camera down at height of asana
3. go back side, camera down



#### 9. SETU BANDHA SARVANGASANA

1. Start from Front side (leg side)
2. go to side, sitting position
3. go to head side



#### 4. USHTRASANA

- 1 start from front ,(leg side) sitting position
- 2 go side , in sitting position
- 3 go back side , sitting position

### 3. Front Bending Asana (choose any one)



#### 2. PADAHASTASANA

1. Camera start from front side with full view.
2. side view, full view
3. go back



1. Start from Front side, sitting position
2. go to straight leg side. full view
3. focus on grip

marichyasana



#### 3. SASANGASANA

1. Start from side
2. Go back



#### 2. PASCHIMOTTASANA

1. start from front, focus on toes
2. go side, full view
3. focus on thigh

### 4. Participants choice (any one Asana)

### 5. Judges choice (any one step from Surya Namaskar)

IMPORTANT: EACH POSE TO BE HELD FOR 20 SECONDS  
DRESS CODE : WHITE YOGA DRESS





# A handy guide to Suryanamaskar



## ☉ Step 1 Pranamasana (Prayer pose)

With your feet together, fold your hands. Inhale, then exhale. \*



## ☉ Step 2 Hastautthanasana (Raised arms pose)

Taking your arms upwards & backwards, stretch your body as much as you can.



## ☉ Step 3 Hasta Padasana (Hand to foot pose)

Bring your arms forward. Bending down, try to touch your feet. \*\*



## ☉ Step 4 Ashwa Sanchalanasana (Equestrian pose)

Bend your left leg at the knee & lean forward, pushing your torso back with your hands.



## ☉ Step 5 Dandasana (Stick pose)

Bring your left leg behind to join your right leg, with your hands straight.



## ☉ Step 6 Ashtanga Namaskara (Salute with eight parts or points)

Bend your elbows & lower your body to the ground.



## ☉ Step 7 Bhujangasana (Cobra pose)

Straighten your hands, pushing your torso backwards.



## ☉ Step 8 Parvatasana (Mountain pose)

Raise your butt upwards, so your body forms an inverted 'V'.



## ☉ Step 9 Ashwa Sanchalanasana (Equestrian pose)

Repeat step 4, but with your right leg forward this time.



## ☉ Step 10 Hasta Padasana (Hand to foot pose)

Repeat step 5.



## ☉ Step 11 Hastautthanasana (Raised arms pose)

Repeat step 2.



## ☉ Step 12 Tadasana

Come back to step 1, with folded hands. This is one full Suryanamaskar.

\* Maintain the cycle of inhaling & exhaling with the asanas, it should form a rhythm.

\*\* You can bend your knees if you're a beginner. With practice, you won't have to.