



Uka Tarsadia University
The Center of Humanities & Development
YOGA COMPETATION 2018-19



Uka Tarsadia University had organized yoga competition specifically for faculties of the university on 8th December 2018. The Competition started at 9:00 am, all the three rounds evaluation were been done by Ms Nidhi Mehta , Mr. Zaki Shekh, Mr. Trushar Patel and photo documentation by Ms. Roshni Panwala.

The following are the details of the competition

Date: 8th September 2018

Venue: SRCP Yoga Hall

Timing: 9.00 to 11.00 am

Participants: 13

Round 1 consists of Compulsory Asana

1. Paschimottanasana.
2. Sarvangasana.
3. Dhanurasana.
4. Uttanpadasana.

Round 2: Surya Namaskar

Round 3: consists of any 3 Asanas

For men

1. Matsyasana.
2. Ustrasana.
3. Kukkutasana.
4. Halasana.
5. Chakrasana.
6. Mayurasana.
7. Setubandhasarvangasana.
8. Bakasana.
9. Ekapadashirshasana.

For women

1. Eka pada rajakapotasana.
2. Janu shirshasana.
3. Baddhapadmasana.
4. Natrajasana.
5. Halasana.
6. Chakrasana.
7. Ekapadshirshasana.
8. Matsyasana.
9. Ardhamatsyendrasana.

Active participation was there from all the participants and winners are been listed below.

First position was awarded to Mr. Chaitanya J C

First runner's up was awarded to Ms. Krupa Naik

Second runner's up was awarded to Mr. Amit Chaudhari

UKA TARSADIA UNIVERSITY		
The Center for Humanities and Development		
No	Name	sign
1	Kunal Naik	
✓ 2	Akash Modi	
3	Parvez Dhensa	AB
✓ 4	Amit Chaudhari	
5	Bhargav C. Patel	
6	Haresh Ghoniya	
7	Urvin Patel	
8	Prof. Chaitanya J, C	Chaitanya Jc
9	Mr. Manish Pathak	
10	Mr. Vipul Gamit	
✓ 11	Mr. Manish Vala	
12	Krupa Naik	
✓ 13	Ms. Bhoomi Patel	
✓ 14	Ms. Abha Damani	



Glimpses of Competition





1st





2nd



3rd

