



Maharshi Karve Stree Shikshan Samstha's

Dr. B. N. College of Architecture

Karvenagar, Pune-411052

Yogasana

- Min. 3 students from each college. Max 6
- More than 1 team can participate from each college.
- Each college must perform immediately after Suryanamaskar (College can change the participants.)
- Each college team must perform 4 compulsory Asanas by lottery system.
- And 2 asanas as per their liking from the given list.
- 10 marks for each Asana, the judges will mark out of 60.
- Evaluation will be based as follows

Sr. No. (No College Name only number)	Starting Position पूर्वस्थिती (2)	Capacity & Comfort सहजता व क्षमता (2)	Final Position अंतिम स्थिती (3)	Team Presentation संघ कौशल्य व व्यक्तिमत्व (1)	Judge's Opinion परीक्षकांचे मत (2)	Total Marks एकूण गुण (10)
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College No.						
1 Aasan						
2 Aasan						
						Total Marks out of 60

नेमलेली सक्तीचे आसने

१. पश्चिमोत्तानासन २. सर्वांगासन ३. धनुरासन ४. कर्नपिडासन ५. वीरासन, विरभद्रासन
 ६. शलभासन ७. अर्धमत्स्येन्द्रासन ८. वृक्षासन

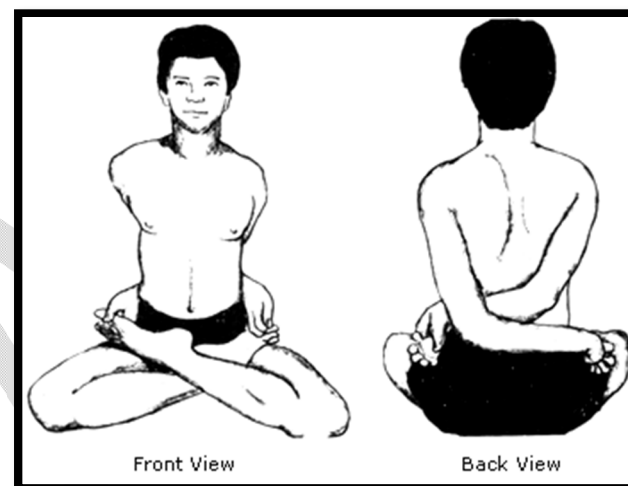
नेमलेली ऐच्छिक आसने

१. वातायनासन २. पूर्णभुजंगासन ३. पूर्वमत्स्येन्द्रासन ४. एकपाद शिरसासन ५. अर्धबद्ध पद्मासन
 ६. विभक्त पश्चिमोत्तानासन ७. नटराजासन ८. एकपाद राजकापोतनासन

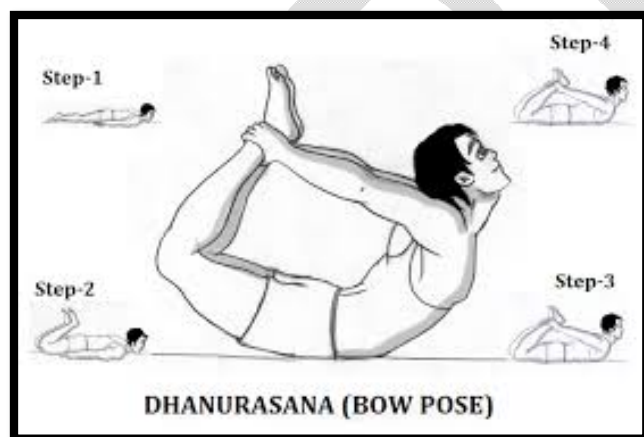
EKA-PADA-SIRSASANA



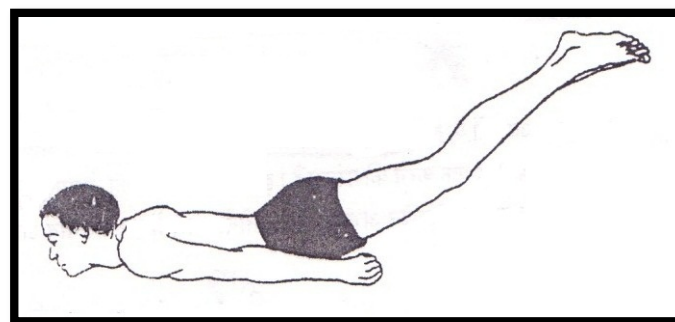
BADDHA-PADMASANA



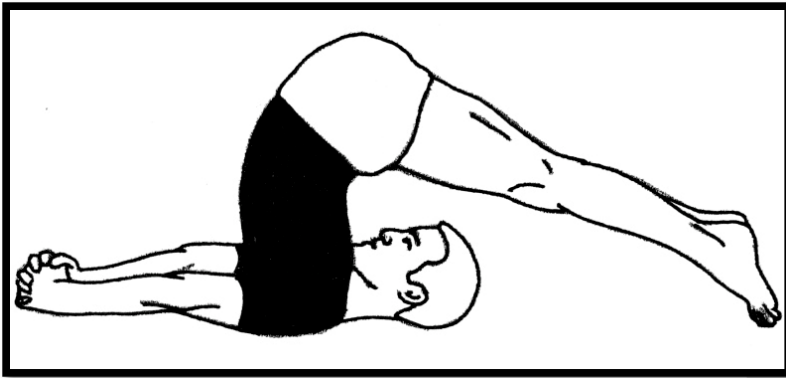
DHANURASANA



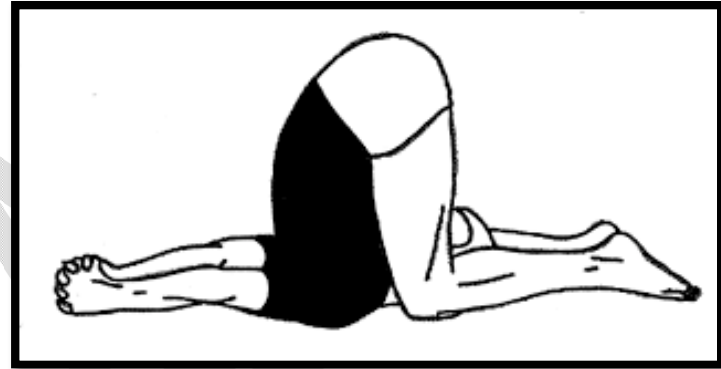
SHALBHASANA



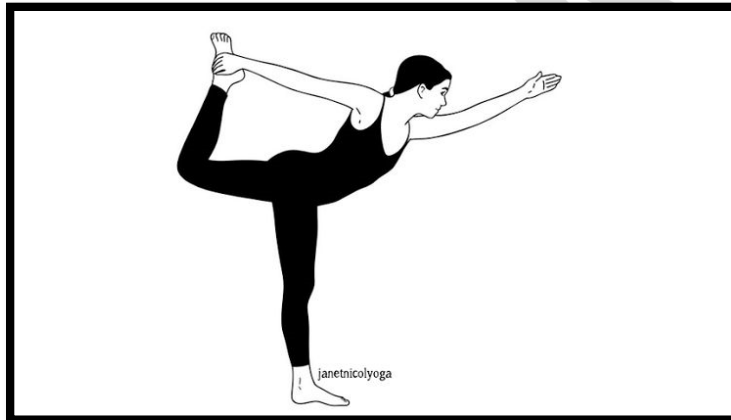
HALASANA



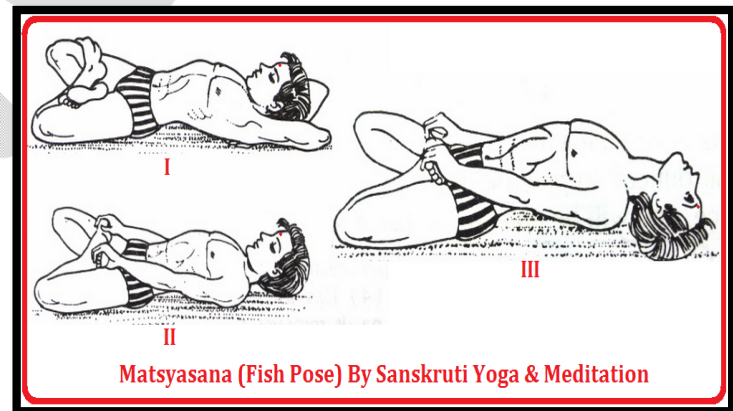
KARNAPIDASANA



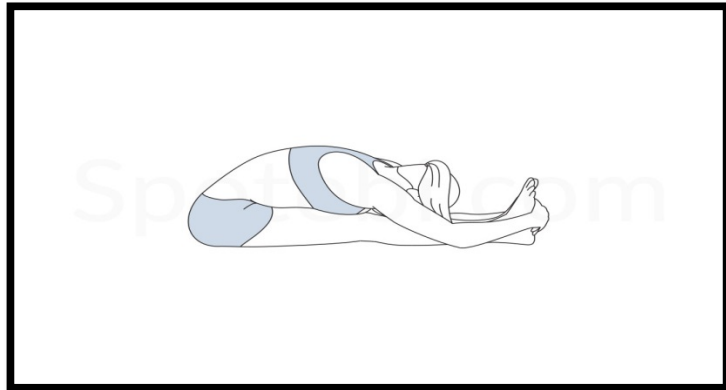
NATRAJASANA



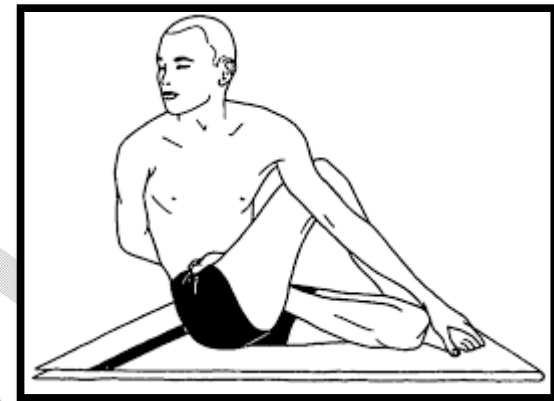
MATSYASANA



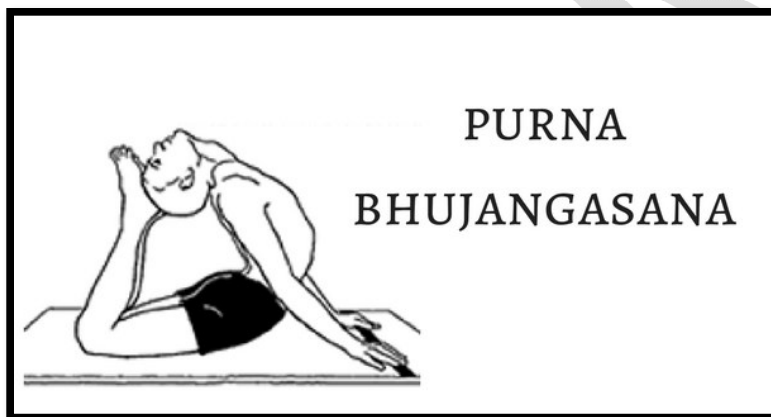
PASCHIMOTTASANA



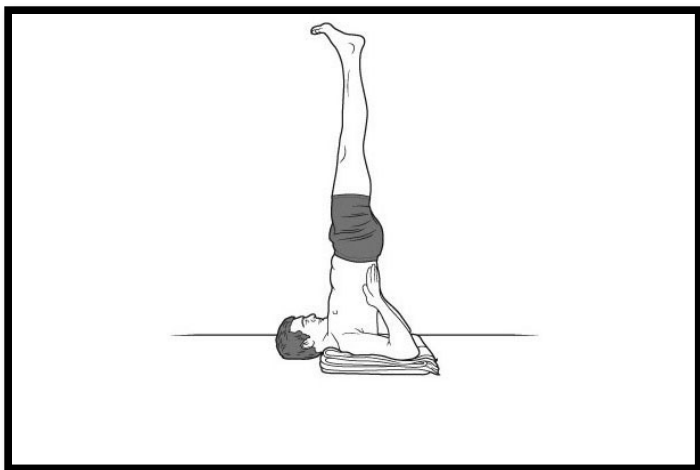
PURNA-MATSYEDRASANA



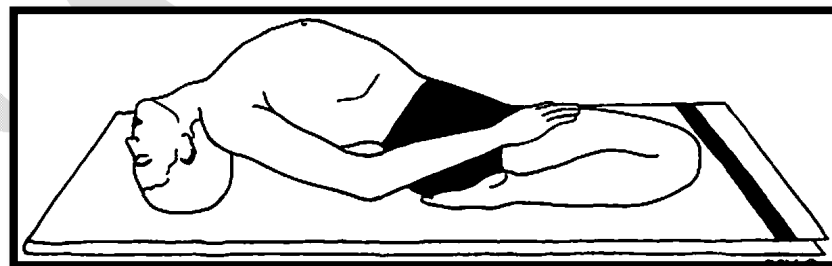
PURNA-BHUJANGASANA



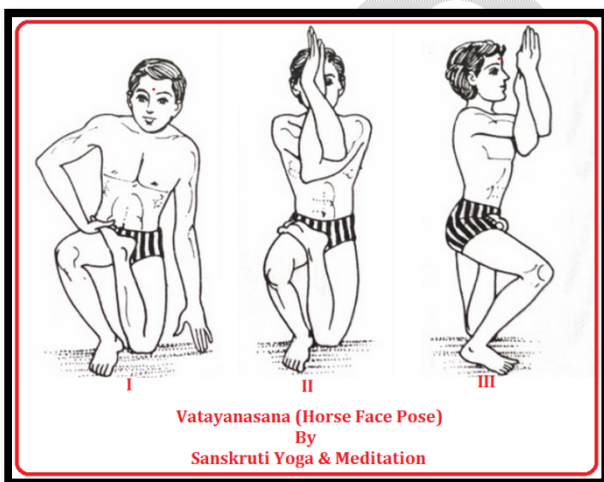
SARVANGASANA



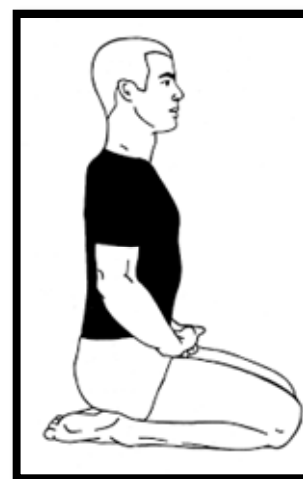
SUPTA VAJRASANA



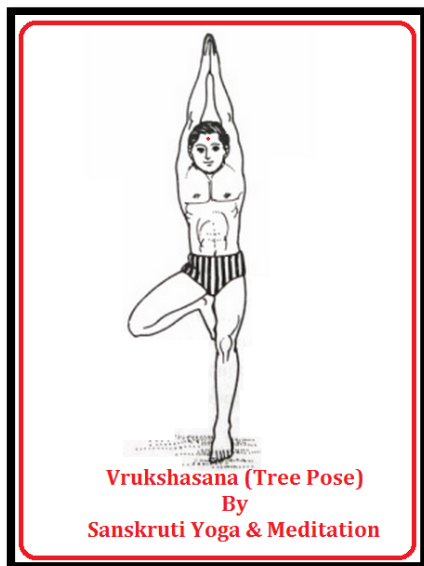
VATAYANASANA



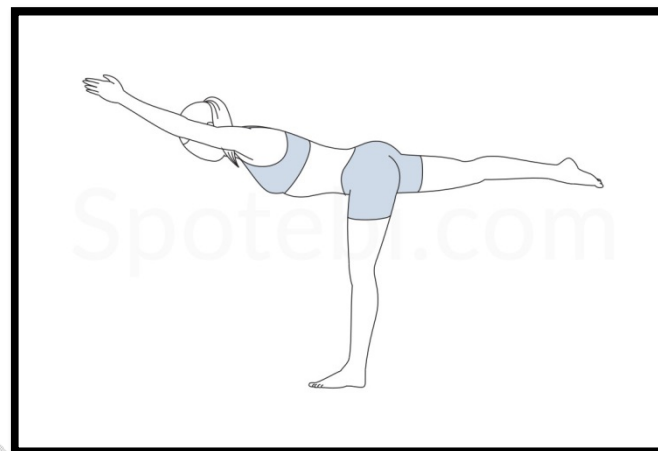
VEERASANA



VRUKSHASANA



VIRABHADRASANA



VIRABHADRASANA-I



CHAKRASANA

