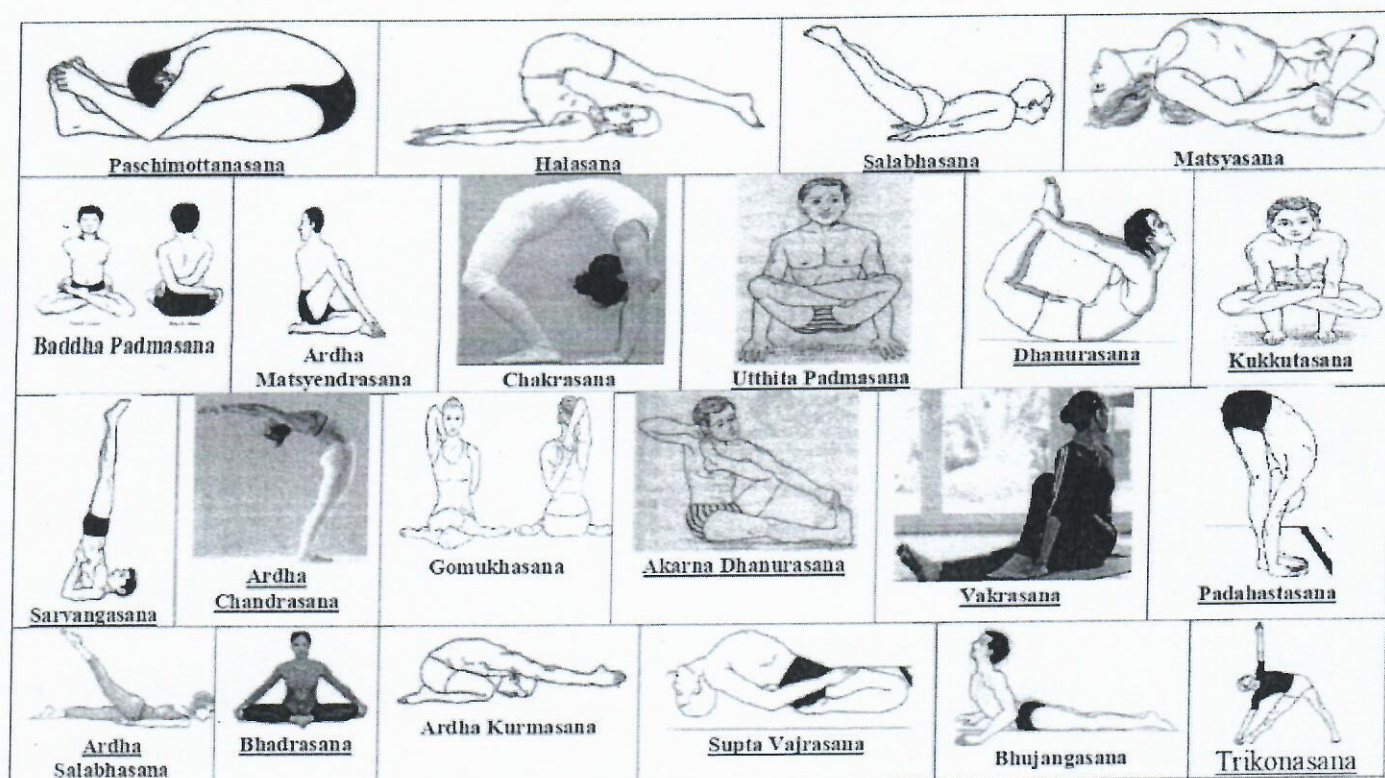


**List of Yoga Asanas for the competitions on Ambedkar Jayanti 2022:-**

Age Groups	Front Bending Asanas	Back Bending Asanas	Balancing Asanas
Upto age 10 yrs.	<u>Paschimottanasana</u> , Gomukhasana, Ardha Kurmasana.	Ustrasana, Matsyasana, <u>Dhanurasana</u> .	Utkatasana, Vrikshasana, <u>Utthita Padmasana</u> .
11 yrs. - 18 yrs.	<u>Baddha Padmasana</u> , <u>Padahastasana</u> , <u>Halasana</u> .	Chakrasana, <u>Ardha Chandrasana</u> , Bhujangasana.	Ardha Matsyendrasana, <u>Kukkutasana</u> , <u>Akarna Dhanurasana</u> .
19 yrs. - 30yrs.	<u>Padahastasana</u> , <u>Halasana</u> , Ardha Kurmasana.	<u>Salabhasana</u> , Bhujangasana, Ustrasana.	<u>Sarvangasana</u> , Utkatasana, <u>Utthita Padmasana</u> .
Above 30 yrs.	<u>Vakrasana</u> , Gomukhasana, <u>Bhadrasana</u> .	<u>Supta Vajrasana</u> , Bhujangasana, Ardha Salabhasana.	Vrikshasana, <u>Trikonasana</u> , Tuladandasana.
All age groups	One Optional Asana.		



Venue: SAC, NITD on 14<sup>th</sup> April from 07 AM onwards.

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