



# Antarman

The Yoga and Meditation Committee  
Rajdhani College | University of Delhi



Organises

## SURYA NAMASKAR COMPETITION



March 19, 2024



Amphitheatre



1 pm onwards



- Participants are advised to bring their yoga mat and other accessories required with them
- E-Certificates will be awarded to all participants

SCAN ME 😊  
TO REGISTER

Principal  
Prof. Rajesh Giri

President  
Gourav kr. Tiwari

Convener  
Ms. Krishna Threja



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## QUIZ COMPETITION

THEME : HISTORY OF YOGA



March 19, 2024



Amphitheatre



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## YOGA COMPETITION

THEME : RHYTHMIC YOGA



March 19, 2024



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