



# SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

P.O. Kapgari: Dist. Jhargram (W.B.): Pin. – 721 505: Mob. 9433122259

Date: 09.11.22.

## NOTICE

It is notified to all students of Seva Bharati Mahavidyalaya, Kapgari, Jhargram that the Inter College Yogasana (Men and Women) Competition final selection trial will be held on 14-11-2022, Monday, at 11:30 a.m. in Yoga Hall of Administrative building.

Contact no. 9434802543/ 8927751127

HOD

Dr. Binod Chowdhury  
Department of Physical Education  
Seva Bharati Mahavidyalaya

Principal

Dr. Deba Prasad Sahu  
Seva Bharati Mahavidyalaya

**Principal**  
**Seva Bharati Mahavidyalaya**  
**Kapgari, Jhargram**

# Suryanamaskar



(Step 5 Parvatasana or Dandasana both are allowed)

## PART A

### COMPULSORY ASANAS



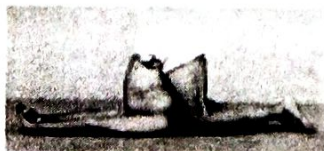
PASCHIMOTTANASANA



SARVANGASANA



PURNA DHANURASANA



KARNA PINDASANA



GARUDASANA



## PART B

### Optional Asanas for Men (Select any Four)



MAYURAASANA



PADMABAKASANA



HANUMANASANA



TITIBHASANA



PURNA  
CHAKRASANA



SETUBANDH  
SARVANGASANA



VRISCHIKASANA



PURNA  
SHALABHASANA



OMKARASANA



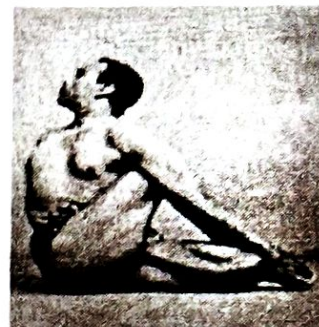
## Optional Asanas for Women (Select any Four)



**VATAYANASANA**



**PURNA  
BUJANGASANA**



**PURNA  
MATSYENDRASA**



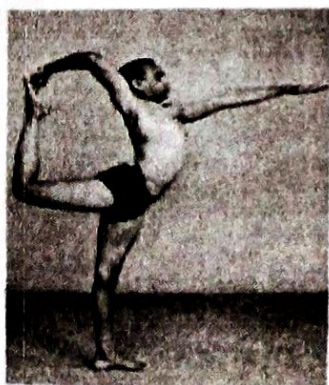
**EKAPADA  
SIRSASANA**



**ARDHA BADDHA  
PADMOTTANASANA**



**VIBAKTHA  
PASCHIMOTTANAS**



**NATARAJASANA**



**EKAPADA  
RAJAKAPOTASANA**



**UTTHITA  
PADHASTASAN**