Prelude

International Day of Yoga, or commonly and unofficially referred to as Yoga Day, is celebrated annually on 21 June since its inception in 2015. This year due to COVID 19 we have limited options.

Online International Yoga Championship

We have announced Online International Championship competition. Two categories were worked out.

How To Participate: Register yourself by clicking the following link
https://docs.google.com/forms/u/1/d/e/1FAIpQLSeikjduq-2CSrTN27ubkQ0sMipx41FFC8LbQb06RxGQ/viewform

How the contest will be conducted: Below 20 yrs: Any Five Asanas that you feel convenient
Above 20 yrs: Any Five Asanas that you feel convenient
Shoot the 3 minutes video of the Asanas on 19 June 2020 and post it for contest entries.

How to share the videos: After Registration you will be added in the Whatsapp group you can Post your videos on 19 June 2020 in the Whatsapp group created for this purpose.

Participants will be given Digital Participation Certificate. Winners will be felicitated with prizes and it will be sent through post.

For Details Contact
for Tamil 1. 9865063292 & 9443442519
for English 2. 8270003301
for Hindi 3. 9920680301

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Category 1 – Below 20 yrs and Category 2 – Above 20 years.

They should perform any five Asanas and upload the videos

Online Registration form was shared across and we concentrated more on getting local entries and District level entries. Based on the entries 136 people registered online.

We have conducted the competition on June 19, 2020 and all the 136 people participated in the event and uploaded the respective videos in the WhatsApp group.

**GR Yoga WhatsApp Group**

Panel of senior yoga practitioners namely: 1) Shri.Hegdeji, 2) Shri.Shanmugavel and 3) Shri.Kalanjiam examined each video posted in the group and based on the performance announced the prizes on 21st June.

<table>
<thead>
<tr>
<th>Above 20yrs - Male</th>
<th>Above 20yrs - Females</th>
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<tbody>
<tr>
<td><strong>1st Prize:</strong> Shri.K.N.Kalanjiam</td>
<td><strong>1st Prize:</strong> Dr.P.Swetha MBBS</td>
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<tr>
<td><strong>2nd Prize:</strong> Shri.T.Selvaraj</td>
<td><strong>2nd Prize:</strong> K.Selvi</td>
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<tr>
<td><strong>3rd Prize:</strong> Shri.M.Ganesan</td>
<td><strong>3rd Prize:</strong> B.Preetha</td>
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</tbody>
</table>
Below 20 yrs – Male

1st Prize: S.Madhavan
2nd Prize: S.Hari Prasad
3rd Prize: M.Lohesharan

Below 20 yrs – Female

1st Prize – Sri Magathi
2nd Prize – S.Preethi
3rd Prize - K.Trinetra shree and K.Titikha shree (twins)

Consolation prizes
1. Keerthana
2. Subhash Chandrabose
3. K.Divakar
4. T.Gurucharan
5. K.Harini
6. M.Naveen
7. S. Jegadeeswaran

On seeing our efforts Doordarshan Podhigai tamil national channel came to our office and did a special coverage. Link of the special coverage is given below

https://youtu.be/9sxTYywAeR8

Few pictures from the entries are as follows: