
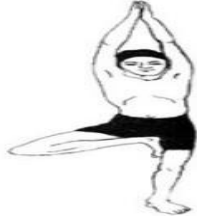

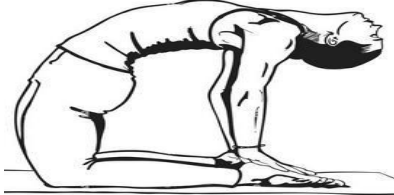

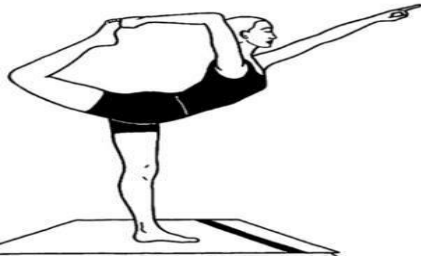
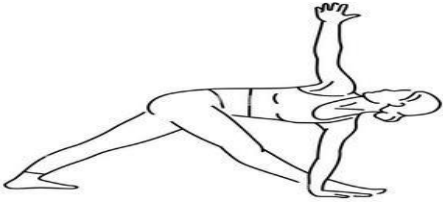



AGE CATEGORY- 18-25vrs (Male & Female)

COMPULSORY ASANA (20 Sec Hold)

<p>COMPULSORY ASANA</p> <ul style="list-style-type: none"> • Baddha Konasana • Vriksh Asana • Dhanur Asana • Parivartita Trikonasana • Ushtraasana • Paschimottanasana • Natraj asana • Uttanpad Asana 30⁰ <p>ADVANCE ASANA</p> <ul style="list-style-type: none"> • Sarvangasana • Suptvajasana • Chakarasana 	<p align="center">Dhanurasana</p>  <ul style="list-style-type: none"> - Lie on stomach - Bend knees & Grab ankles. - Lift chest & legs while balancing on abdomen. 	<p align="center">Vrikshasana</p>  <ul style="list-style-type: none"> - Stand straight. - Shift weight to one foot. - Lift opposite foot and place it on inner thigh. - Balance & Stretch arms up or bring palms together.
<p align="center">Baddha Konasana</p>  <ul style="list-style-type: none"> - Sit lengthen spine & legs extended. - Bend knees & feet together. - Hold feet with hands. - Gently press knees toward floor. 	<p align="center">Ushtraasana</p>  <ul style="list-style-type: none"> - Kneel on the floor. - Feet hip-width apart. - Hands on lower back. - Arch back, lift chest. - Tilt head back, look up. 	<p align="center">Paschimottanasana</p>  <ul style="list-style-type: none"> - Sit on floor, legs straight. - Reach arms up. - Hinge at hips, fold forward. - Lengthen spine & Hold feet.
<p align="center">Natrajasana</p>  <ul style="list-style-type: none"> - Stand tall on one leg. - Bend opposite knee, hold ankle. - Reach forward with opposite arm. - Gaze ahead. 	<p align="center">Parivartita Trikonasana</p>  <ul style="list-style-type: none"> - Stand straight & feet wide apart. Rotate one foot out, other slightly in. - Extend arms, reach forward. Twist torso, bring hand to opposite foot. 	<p align="center">Uttanpadasana 30⁰</p>  <ul style="list-style-type: none"> - Lie flat on back. - Keep legs together. - Lift both legs 30⁰. - Keep hands by sides.

ADVANCE ASANA (10 Secs Hold)

Sarvangasana



- Lie on back & lift legs up.
- Support lower back with hands.
- Raise hips off floor.
- Straighten legs toward ceiling & keep neck straight.

Suptvajrasana



- Kneel on the floor.
- Sit back on heels.
- Lie back, place elbows on the ground.
- Lower back onto the floor.
- Arch back, reach arms overhead.

Chakarasana



- Lie flat on back.
- Bend knees, feet flat.
- Place palms by ears.
- Lift hips & chest, Arch back, straight arms & gaze up.