

## YOGA COMPETITION REPORT

9<sup>th</sup> State level yogasana championship – 2020 was organized by Alpha Yoga Institute and Yoga Cultural Society, which is affiliated to All India Yoga Cultural Federation and AYUSH, Ministry of Health and Family Welfare, Govt. of India. The event was held on 01/02/2020 at Mettupalayam Road, Coimbatore.

Two students of JSS Institute of Naturopathy and Yogic Sciences, Coimbatore participated in the competition and Ms. S. Samithaa of I BNYS: Part II won the first prize under the category of UG and PG in leg balancing, artistic solo, artistic duet.



Report submitted by,

S. Samithaa,  
I BNYS: Part II.