

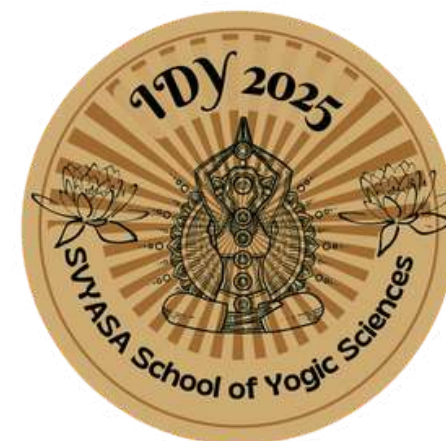


S-VYASA, SCHOOL OF YOGIC SCIENCES.

CELEBRATES

**11TH INTERNATIONAL
DAY OF YOGA**





IDY 2025 AT S-VYASA, SCHOOL OF YOGIC SCIENCES

SVYASA – SCHOOL OF YOGA, BENGALURU, IS CELEBRATING THE 11TH INTERNATIONAL DAY OF YOGA WITH A SERIES OF EVENTS THROUGHOUT JUNE. JOIN US FOR A CHANCE TO EXPERIENCE THE SPIRIT OF YOGA AND FOSTER PERSONAL GROWTH!

THIS DOCUMENT CONTAINS SEPARATE LINKS FOR ALL PROGRAMS SCHEDULED. YOU MAY PARTICIPATE IN MULTIPLE EVENTS; HOWEVER, PLEASE COMPLETE A SEPARATE FORM FOR EACH EVENT.

Offline Events for S-VYASA Campus Students	Online Events (Open to all)
Extempore/Speech https://forms.gle/DXkEgUq7b7dAjCyP7	National Level Poster Competition https://forms.gle/4hEHbYhMGDCtUoubA
Surya Namaskar – Mantra and Synchronization https://forms.gle/pngfBeidXZj2xVfWA	Reel Competition https://forms.gle/4RkwuAYDezy2A9wh8
Team Yoga Competition https://forms.gle/pngfBeidXZj2xVfWA	National Level Essay Competition https://forms.gle/4hEHbYhMGDCtUoubA
Rhythmic Yoga https://forms.gle/pngfBeidXZj2xVfWA	National Seminar on Career and Entrepreneurship https://forms.gle/ap5u8mRMvEtDXsJ68
National Seminar on Career and Entrepreneurship in Yoga https://forms.gle/ap5u8mRMvEtDXsJ68	

STUDENT/ALUMNI CONTRIBUTION LINK <https://shorturl.at/72HtC>

FREE YOGA CLASS LINK <https://shorturl.at/8VveS>

**21 DAY: 21 MINUTES - FREE
ONLINE LECTURE SERIES ON
SVYASA YOUTUBE CHANNEL**

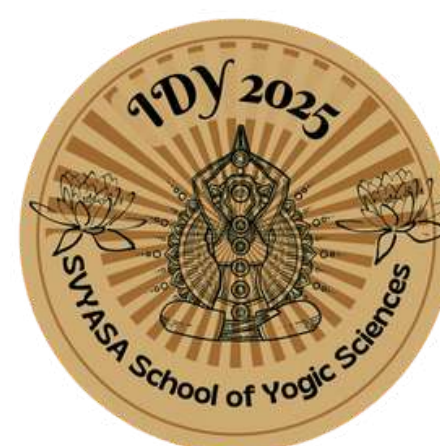
[HTTPS://FORMS.GLE/ID21Y59XJHVOSQY18](https://forms.gle/ID21Y59XJHVOSQY18)



Event List for IDY 2025

S.No.	Event/Competition Name
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- | | |
|----|---|
| 1 | Sun Salutation Competition |
| 2 | Rhythmic Yoga Competition |
| 3 | Team Asana Competition |
| 4 | Yoga Vani Speech Competition |
| 5 | National Level Poster Making Competition |
| 6 | National Level Essay Writing Competition |
| 7 | Reel Making Competition |
| 8 | National Seminar on Career and Entrepreneurship in Yoga |
| 9 | 11 Days of Free Yoga Classes |
| 10 | 21 Days, 21 Minutes - Lecture Series |
| 11 | Student and Alumni Participation in IDY 2025 Events |
| 12 | Village Training |
| 13 | 21 Days, 21 Reels |
-



Time	Event Name	Mode	Timing & Venue	Faculty In charge	Contact Person	Registration (Last Date)
13-06-2025 To 16-06-2025	Village Training	-	-	Ms. Maheshwari Ms. Simla	Raghavendra - 9663508521	-
17-06-2025	National Seminar on Career and Entrepreneurship	Hybrid	2:30 to 5:30 PM	Dr. Satyaprakash	Kedar - 9545655272	15-06-2025
18-06-2025	Yogvāṇī: Voices of Yoga for One Earth, One Health Extempore /Speech Competition	Offline	Will be informed soon	Dr. Sridhar NP	Manasa - 8296051969	15-06-2025
19-06-2025	Sun Salutation and Rhythmic Yoga Competition	Offline	Will be informed soon	Dr. Komal	Shobhit - 8171362626	15-06-2025
20-06-2025	Team Asana Competition	Offline	Will be informed soon	Ms. Gayatri	Reena - 9005160723	15-06-2025

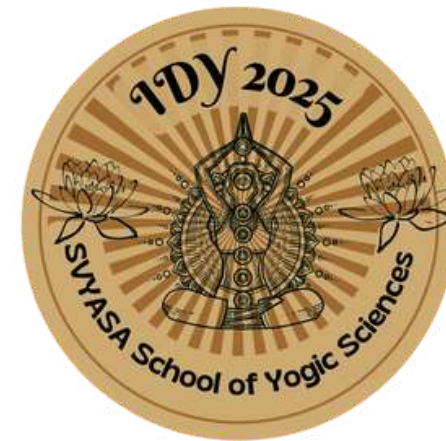
Competition Name	Last Date of Registration	Last Date of Submission	Mode of Competition	Contact Person
National-Level Essay Competition	12th June 2025	17th June 2025	Online Mode	Kedar - 9545655272
National Level Poster Making Competition	12th June 2025	17th June 2025	Online Mode	Kedar - 9545655272
Reel Making Competition	12th June 2025	19th June 2025 (Last collaboration date)	Online Mode	Ishan - 7991612244



GUIDELINES FOR ONLINE EVENTS



NATIONAL SEMINAR ON CAREER AND ENTREPRENEURSHIP IN YOGA



DATE : 17TH JUNE 2025
TIME. : 2:30 PM – 5:30 PM
VENUE. : SHRUTI BHAVAN, S-VYASA, JIGANI, BENGALURU, INDIA
FACULTY COORDINATOR: DR. SATYAPRAKASH

ABOUT THE SEMINAR:

THIS NATIONAL SEMINAR IS BEING CONDUCTED AS PART OF THE INTERNATIONAL DAY OF YOGA (IDY) 2025 CELEBRATIONS. IT AIMS TO EXPLORE THE DIVERSE CAREER AND ENTREPRENEURIAL OPPORTUNITIES IN THE FIELD OF YOGA, AND TO PROVIDE A PLATFORM FOR PROFESSIONALS, SCHOLARS, AND STUDENTS TO INTERACT WITH LEADING EXPERTS IN THE DOMAIN.

THEME : CAREER AND ENTREPRENEURSHIP IN YOGA – IDY 2025

REGISTRATION DETAILS:

OFFLINE PARTICIPATION : FREE (OPEN TO ALL ON-CAMPUS ATTENDEES)
ONLINE PARTICIPATION. : ₹100 (E-CERTIFICATES WILL BE PROVIDED TO ALL CANDIDATES)
VENUE : SHRUTI BHAVAN, S-VYASA UNIVERSITY
GOOGLE MEET LINK : WILL BE SHARED WITH REGISTERED PARTICIPANTS VIA EMAIL.

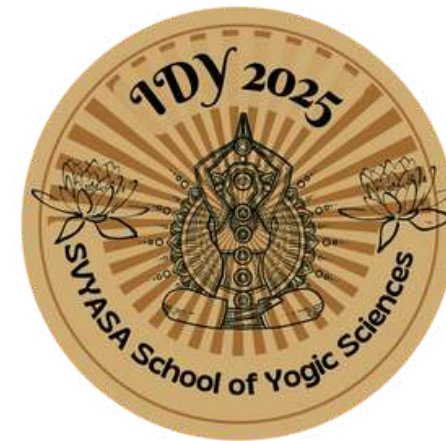
LAST DATE FOR REGISTRATION : 15TH JUNE 2025

NOTE: CERTIFICATES WILL BE ISSUED ONLY TO PARTICIPANTS WHO ATTEND ALL SESSIONS. ATTENDANCE WILL BE RECORDED. FOR OFFLINE EACH SESSION WILL INCLUDE 25 MINUTES OF PRESENTATION FOLLOWED BY 5 MINUTES OF Q&A.

Time	Session Title	Speaker/Moderator
2:30 – 2:45 PM	Inauguration and Welcome Address	-
2:45 – 3:15 PM	Career in Yoga Therapy	Dr. Amit Singh
3:15– 3:45 PM	Entrepreneurship in Yoga Services	Dr. Chametcha Singphow
3:45– 4:15 PM	Yoga Business Models	Dr. Anitha Bhat
4:15– 4:45 PM	Career in Vedic Wellness	Dr. N Sridhar
4:45 – 5:15 PM	Career in Yoga Research	Dr. Ramesh M N
5:15– 5:30 PM	Vote of Thanks	-



NATIONAL LEVEL ONLINE POSTER MAKING COMPETITION



THEME:

“YOGA FOR ONE EARTH, ONE HEALTH”

SUB-THEMES (OPTIONAL) :

HARMONY WITH NATURE THROUGH YOGA
TRADITIONAL WISDOM FOR MODERN HEALTH ISSUES

ELIGIBILITY. : OPEN TO ALL

REGISTRATION FEE : 50/-

LANGUAGE. : ENGLISH

SIZE OF POSTER : A3 SIZE (11.7 X 16.5 INCHES / 29.7 X 42 CM)

FORMAT:

- USE LEGIBLE AND CLEAN FONTS.
- ENSURE READABILITY WITH CONTRASTING COLOURS.
- SUBMIT YOUR POSTER IN PDF OR JPEG FORMAT.
- FILE NAME: “POSTER_IDY2025_YOURNAME”

REGISTRATION DEADLINE : 12TH JUNE 2025

SUBMISSION DEADLINE : 17TH JUNE 2025

SUBMISSION GUIDELINES : WILL BE SHARED ON 13TH

EVALUATION CRITERIA:

- ORIGINALITY AND CREATIVITY
- CONTENT AND STRUCTURE
- ADHERENCE TO THE TOPIC
- WOW FACTOR

PRIZES:

- FIRST PRIZE: ₹3,000 , SECOND PRIZE: ₹2,000, THIRD PRIZE: ₹1,000
- E-CERTIFICATE FOR ALL PARTICIPANTS.
- “THE TOP 3 POSTERS WILL BE PUBLISHED IN THE S-VYASA’S MAGAZINE.”

RESULT ANNOUNCEMENT: 21ST JUNE 2025

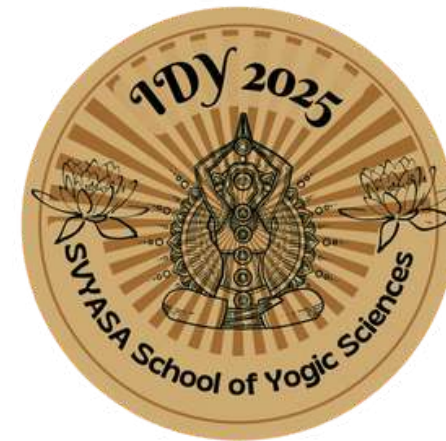
MISCELLANEOUS:

- AVOID COPY RIGHTED IMAGES OR CONTENT.
- EACH PARTICIPANT CAN SUBMIT ONLY ONE ENTRY.
- THE DECISION OF THE JUDGES WILL BE FINAL AND BINDING.
- POSTER SHOULD BE DIGITALLY CREATED.

✨ LET YOUR CREATIVITY SHINE AND HELP US SPREAD THE MESSAGE OF HEALING THE EARTH THROUGH YOGA!



NATIONAL-LEVEL ONLINE ESSAY COMPETITION



THEME: “YOGA FOR ONE EARTH, ONE HEALTH”

SUB-THEMES:

- CONSUMERISM AND MATERIALISM: FINDING CONTENTMENT THROUGH YOGA
- CLIMATE DESPAIR AND ECO-ANXIETY: INNER PEACE FOR OUTER ACTION
- UNHEALTHY LIFESTYLES AND CHRONIC DISEASES: THE YOGIC PATH TO WELLNESS

ELIGIBILITY : OPEN TO ALL

REGISTRATION FEE : 50/-

LANGUAGE : ENGLISH

WORD LIMIT. : 700-900 WORDS

FORMAT:

- TYPED IN A4 SIZE, TIMES NEW ROMAN FONT, 12PT, SINGLE-SPACED.
- NO PICTURES OR ILLUSTRATIONS.
- SAVED AS A PDF OR WORD DOCUMENT.
- FILE NAME : “ESSAY_IDY2025_YOURNAME”

REGISTRATION DEADLINE : 12TH JUNE 2025

SUBMISSION DEADLINE : 17TH JUNE 2025

SUBMISSION GUIDELINES : WILL BE SHARED ON 13TH

EVALUATION CRITERIA:

- ORIGINALITY AND CREATIVITY : AI CHECK.
- CONTENT AND STRUCTURE
- GRAMMAR AND SPELLING
- ADHERENCE TO THE TOPIC
- WOW FACTOR
- NO USE OF FOUL LANGUAGE, DEROGATORY WORDS, OR INSINUATIONS.

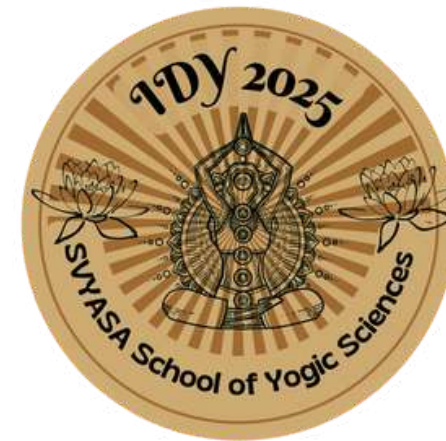
PRIZES:

- FIRST PRIZE: ₹5,000
- SECOND PRIZE: ₹3,000
- THIRD PRIZE: ₹1,000
- E-CERTIFICATE FOR ALL PARTICIPANTS.
- THE TOP 3 ESSAYS WILL BE PUBLISHED IN THE S-VYASA’S MAGAZINE

RESULT ANNOUNCEMENT : 21ST JUNE 2025

MISCELLANEOUS:

- PLAGIARISM WILL RESULT IN DISQUALIFICATION.
- DO NOT MENTION YOUR NAME OR IDENTITY INFORMATION INSIDE THE DRAFT.
- EACH PARTICIPANT CAN SUBMIT ONLY ONE ENTRY.
- THE DECISION OF THE JUDGES WILL BE FINAL AND BINDING.



REEL COMPETITION

THEME: “ONE EARTH, ONE HEALTH”

REGISTRATION DEADLINE : 15TH JUNE 2025
LAST DATE FOR REEL SUBMISSION: 19TH JUNE 2025
EVALUATION DATE : 20TH JUNE 2025
RESULT ANNOUNCEMENT : 21ST JUNE 2025

PARTICIPATION GUIDELINES:

- THE REEL MUST BE BASED ON THE OFFICIAL INTERNATIONAL YOGA DAY 2025 THEME – “ONE EARTH, ONE HEALTH.”
- CONTENT MUST PROMOTE YOGA, WELL-BEING, AND HARMONY WITH NATURE.
- REELS MUST BE UPLOADED ON INSTAGRAM AND:
- COLLABORATE WITH THE OFFICIAL INSTAGRAM HANDLE: @SVYASA_SYS
- FOLLOW THE HANDLE @SVYASA_SYS
- USE THE HASHTAG: #SVYASA

REEL MUST BE A MAXIMUM OF 60 SECONDS IN LENGTH.

CONTENT MUST BE ORIGINAL, RESPECTFUL, AND NOT VIOLATE ANY COPYRIGHT LAWS OR COMMUNITY GUIDELINES.

EVALUATION

HIGHEST NUMBER OF VIEWS

RELEVANCE TO THE THEME

CREATIVITY AND PRESENTATION

PRIZES:

1ST PRIZE : ₹2100

2ND PRIZE: ₹1100

ALL PARTICIPANTS WILL RECEIVE A E-CERTIFICATE OF PARTICIPATION

GENERAL RULES:

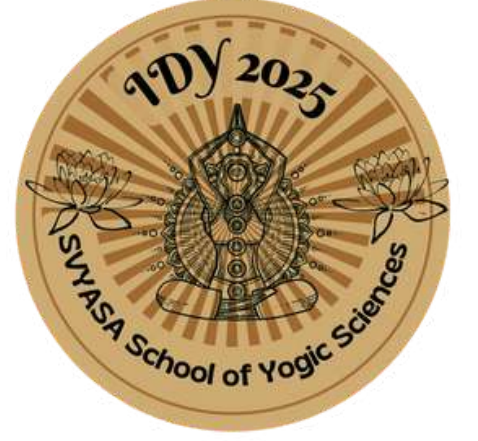
- PARTICIPANTS MUST COMPLETE REGISTRATION BEFORE 15TH JUNE TO BE ELIGIBLE.
- ONE ENTRY PER PARTICIPANT IS ALLOWED.
- ORGANIZERS RESERVE THE RIGHT TO DISQUALIFY ANY ENTRY NOT FOLLOWING THE THEME OR VIOLATING RULES.
- BY PARTICIPATING, YOU GRANT PERMISSION TO THE ORGANIZERS TO REPOST, SHARE OR USE THE REEL ON SOCIAL MEDIA AND PROMOTIONAL PLATFORMS.
- ORGANIZER’S DECISION WILL BE FINAL AND BINDING.



GUIDELINES FOR OFFLINE EVENTS



SURYA NAMASKARA AND RHYTHMIC YOGA COMPETITION



EVENT DETAILS :

DATE : 19TH JUNE 2025
TIME : WILL BE INFORMED
VENUE. : WILL BE INFORMED

हिरण्मयेन पात्रेण सत्यस्यापिहितं मुखम् ।
तत्त्वं पूषन्नपावृणु सत्यधर्माय दृष्टये ॥ ईशावास्योपनिषत्-१५ ॥

Hiraṇmayena pātreṇa satyasyāpihitaṁ mukham ।
Tat tvaṁ pūṣannapāvṛṇu satyadharmāya dṛṣṭaye ॥ Īśāvāsyopaniṣad-15॥

SURYA NAMASKARA :

UP TO 3 TEAMS PER SCHOOL
11 PARTICIPANTS PER TEAM

PERFORMANCE:

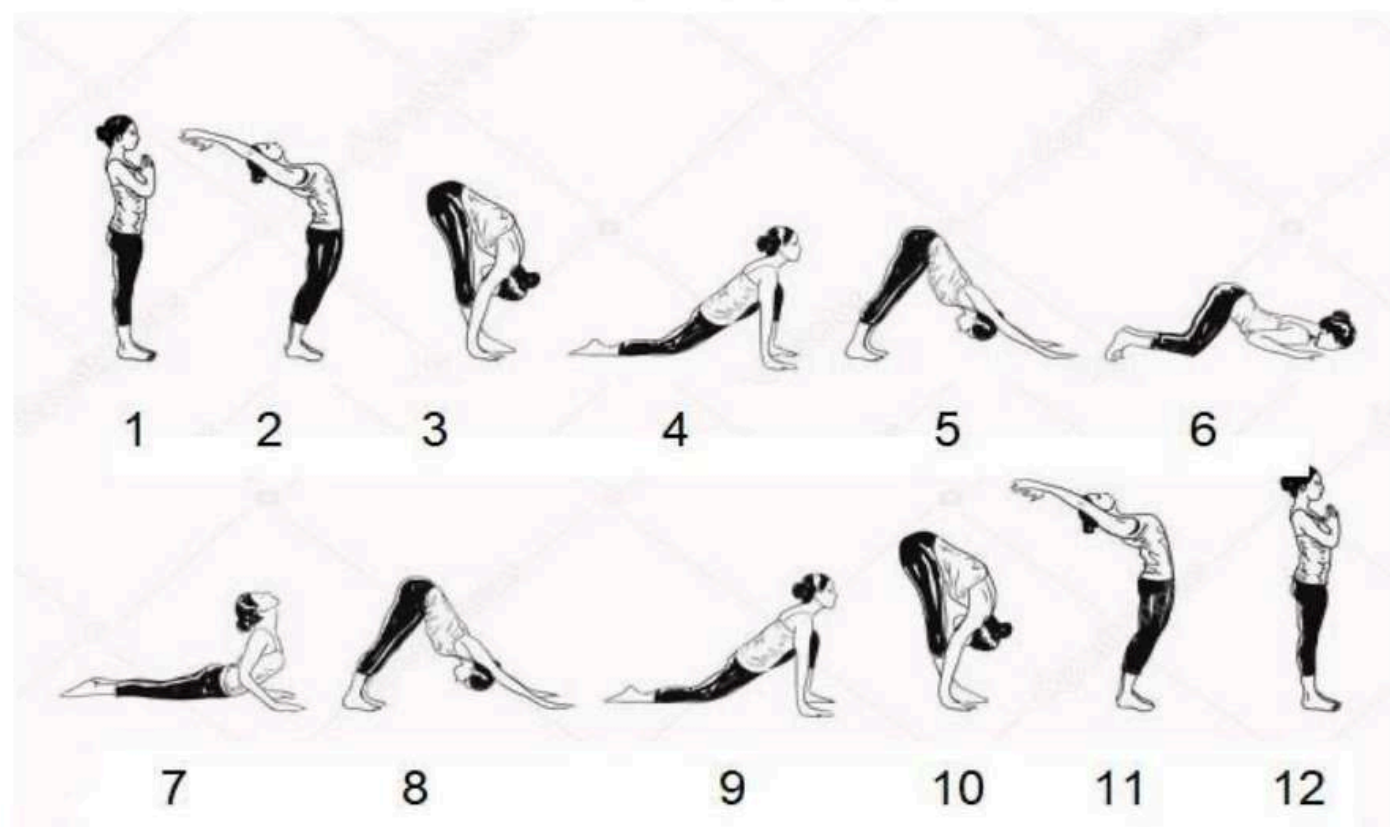
4-5 MINUTES
STARTING PRAYER
MANTRA RECITATION ALONG WITH EACH POSTURE.
PLEASE FOLLOW THE GIVEN STYLE OF SURYANAMASKAR ONLY.
BOTH SIDES SHOULD BE PERFORMED(RIGHT AND LEFT) = 1 ROUND
2 ROUNDS ONLY.

ASSESSMENT CRITERIA :

MANTRA RECITATION
POSTURE AND ALIGNMENT
SYNCHRONIZATION
TEAM COMPOSITION

ॐ मित्राय नमः ।
ॐ रवये नमः ।
ॐ सूर्याय नमः ।
ॐ भानवे नमः ।
ॐ खगाय नमः ।
ॐ पुष्णे नमः ।
ॐ हिरण्यगर्भाय नमः ।
ॐ मरीचये नमः ।
ॐ आदित्याय नमः ।
ॐ सवित्रे नमः ।
ॐ अर्काय नमः ।
ॐ भास्कराय नमः ।

SURYANAMASKAR



RHYTHMIC YOGA:

MAXIMUM OF 3 TEAMS PER SCHOOL
11 PARTICIPANTS PER TEAM
EACH PERFORMANCE: 5-7 MINUTES (MINIMUM 10-12 FORMATIONS, WHOLE STAGE SHOULD BE COVERED, SYNCHRONIZATION SHOULD BE THERE)

ASSESSMENT CRITERIA :

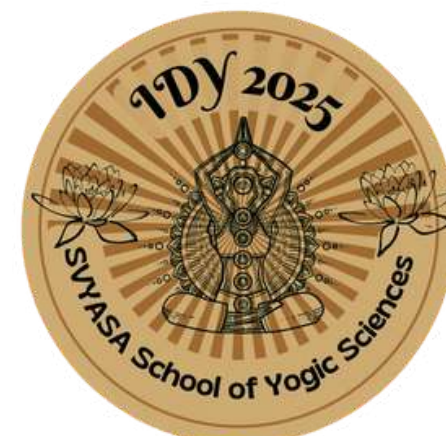
FORMATION PATTERNS
DEGREE OF DIFFICULTY
FLOW WITH MUSIC
COSTUME PRESENTATION

PRIZES

TROPHIES/MEDALS WILL BE AWARDED TO THE TOP 2 WINNING TEAMS.
CERTIFICATES FOR ALL PARTICIPANTS



TEAM ASANA COMPETITION



DATE. : 20TH JUNE 2025
TIME. : WILL BE INFORMED
VENUE : WILL BE INFORMED

PARTICIPANTS : MAX 2 GROUP FROM EACH SCHOOL WITH 11 PARTICIPANTS PER GROUP, PERFORMING EACH OF THE FOLLOWING ASANAS: PADMASANA ,SHAVASANA ,VRIKSHASANA

GUIDELINES:

SHAVASANA:

- HEAD MAY BE TILTED BUT MUST REMAIN MOTIONLESS.
- LEGS SHOULD BE SLIGHTLY APART.
- EYES SHOULD BE CLOSED.
- HANDS SHOULD BE ONE FOOT AWAY FROM THE BODY.
- ONE MINUTE WILL BE GIVEN TO ADJUST THE BODY; AFTER THAT, REMAIN COMPLETELY STILL.
- REGARDLESS OF EXTERNAL CONDITIONS, THE BODY SHOULD NOT MOVE—NO PILLOW, NO QUILT IS ALLOWED.
- WEAR COMFORTABLE CLOTHING.

VRIKSHASANA:

- HANDS SHOULD BE POSITIONED ABOVE THE HEAD.
- MINOR MOVEMENTS ARE ALLOWED AND EYES MAY REMAIN OPEN.
- FEET MUST BE POSITIONED ABOVE KNEE LEVEL.
- THE FOLDED KNEE SHOULD BE AT LEAST 45 DEGREES FROM THE SAGITTAL PLANE.
- ONCE BALANCE IS LOST, THE ATTEMPT CANNOT BE RESTARTED—IT WILL BE CONSIDERED AS OUT.

PADMASANA:

- DO NOT PERFORM BADDHA PADMASANA.
- FEET SHOULD REST ON OPPOSITE THIGHS.
- ANY HAND MUDRA IS ACCEPTABLE, BUT ONCE ADOPTED, IT CANNOT BE CHANGED.
- THE BACK SHOULD BE STRAIGHT, WITH THE NECK AND HEAD ALIGNED.
- MAINTAIN A RELAXED EXPRESSION ON THE FACE.
- EYES SHOULD BE CLOSED IN THE FINAL POSTURE.

GENERAL GUIDELINES

- JUDGES WILL MONITOR THE PARTICIPANTS. THOSE WHO ARE UNABLE TO CONTINUE OR OUT WILL BE ASKED TO QUIETLY LEAVE THE VENUE WITHOUT CAUSING ANY DISTURBANCE OR ARGUMENT.
- A MINIMUM OF 5 STUDENTS MUST REMAIN IN A GROUP. IF THE NUMBER DROPS BELOW 5, THE ENTIRE GROUP WILL BE DISQUALIFIED.
- THE GROUP THAT LASTS THE LONGEST WITH AT LEAST 5 REMAINING PARTICIPANTS WILL BE DECLARED THE WINNER. SECOND AND THIRD PLACES WILL BE DECIDED SIMILARLY.
- **THIS IS A COMBINED COMPETITION FOR ALL THREE ASANAS:**
- **POINTS AWARDED FOR 1ST, 2ND, AND 3RD PLACES ARE 5, 3, AND 1 RESPECTIVELY.**
- THE AVERAGE SCORE ACROSS ALL THREE ASANAS WILL BE USED TO DETERMINE THE FINAL WINNERS.

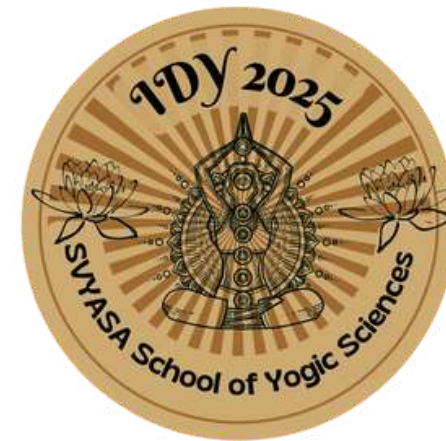
RESULTS: WILL BE DECLARED ON 21ST JUNE 2025.

ALL PARTICIPANTS WILL RECEIVE CERTIFICATES.

THE TOP TWO PERFORMING SCHOOLS WILL BE AWARDED MEDALS AND MEMENTOS WITH CERTIFICATES.



YOGVĀṆĪ: VOICES OF YOGA FOR ONE EARTH, ONE HEALTH (EXTEMPORE SPEECH COMPETITION)



THEME : YOGA FOR ONE EARTH, ONE HEALTH

DATE. : 18TH JUNE 2025

TIME. : WILL BE INFORMED.

VENUE : WILL BE INFORMED.

RULES AND REGULATIONS:

- LANGUAGE : ENGLISH ONLY.
- PARTICIPANTS MUST BE IN UNIFORM AND CARRY THEIR UNIVERSITY ID CARD.
- EACH PARTICIPANT WILL PICK A CHIT AND SPEAK ON THE TOPIC WRITTEN ON IT.
- PREPARATION TIME : 5 MINUTES
- SPEAKING TIME: MAXIMUM 4 MINUTES.
- A WARNING BELL WILL RING AT THE 3RD MINUTE, AND THE FINAL BELL AT THE 4TH MINUTE.
- USE OF MOBILE PHONES OR ELECTRONIC GADGETS IS PERMITTED DURING PREPARATION BUT NOT WHILE SPEAKING.
- PLEASE BRING YOUR OWN PAPER AND PEN FOR BRIEF NOTES DURING PREPARATION; READING DIRECTLY FROM NOTES WHILE SPEAKING IS DISCOURAGED.
- EXCEEDING THE TIME LIMIT MAY RESULT IN A POINT DEDUCTION.
- THE JUDGES' DECISION WILL BE FINAL AND BINDING.

EVALUATION CRITERIA:

CONTENT & CREATIVITY
RELEVANCE TO THEME
ORIGINALITY OF THOUGHT
FLUENCY AND CLARITY
CONFIDENCE AND BODY LANGUAGE

PRIZES:

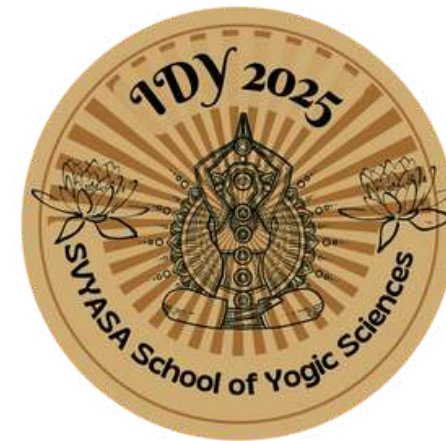
FIRST PRIZE: ₹ 1100

SECOND PRIZE: ₹ 501

E-CERTIFICATE WILL BE PROVIDED TO ALL PARTICIPANTS.



OTHER ACTIVITIES ON THE OCCASSION OF IDY 2025.



S-VYASA SCHOOL OF YOGIC SCIENCES: IDY 2025 INITIATIVES

11-DAY FREE YOGA CLASSES:

THE S-VYASA SCHOOL OF YOGIC SCIENCES IS ORGANIZING 11 DAYS OF FREE YOGA CLASSES FOR EVERYONE, CONDUCTED BY ADVANCED YOGA EXPERT STUDENTS OF OUR UNIVERSITY. DATES: 11TH JUNE TO 21ST JUNE 2025

ONLINE LECTURE SERIES ON THE OCCASION OF IDY 2025

AS PART OF THE INTERNATIONAL DAY OF YOGA CELEBRATIONS, THE SCHOOL OF YOGIC SCIENCES IS CONDUCTING A FREE 21-DAY ONLINE LECTURE SERIES, STARTING FROM 5TH JUNE 2025.

THIS SERIES WILL FEATURE YOGA EXPERTS AND EMINENT PERSONALITIES FROM S-VYASA DEEMED TO BE UNIVERSITY.

PLATFORM: OFFICIAL YOUTUBE CHANNEL OF S-VYASA DEEMED TO BE UNIVERSITY
SPEAKERS INCLUDE: PADMA SHRI DR. H.R. NAGENDRA JI AND OTHER DISTINGUISHED GUESTS.

STUDENT AND ALUMNI PARTICIPATION IN IDY 2025 EVENTS

THE SCHOOL OF YOGIC SCIENCES IS ENCOURAGING ALL STUDENTS AND ALUMNI OF S-VYASA DEEMED TO BE UNIVERSITY TO ACTIVELY CONDUCT IDY 2025 YOGA EVENTS AT THEIR RESIDENCES AND THROUGH ONLINE PLATFORMS.

WE ARE IN THE PROCESS OF COLLECTING DATA ON THESE EVENTS AND CONTRIBUTIONS FROM PARTICIPANTS.

VILLAGE TRAINING CAMPS

THE SCHOOL OF YOGIC SCIENCES IS ORGANIZING VILLAGE TRAINING CAMPS FROM 13TH TO 16TH JUNE 2025, AS PART OF THE INTERNATIONAL DAY OF YOGA (IDY) CELEBRATIONS. THESE CAMPS AIM TO SPREAD AWARENESS ABOUT YOGA AMONG STUDENTS AND THE WIDER COMMUNITY, PROMOTING ITS BENEFITS FOR HEALTH, WELL-BEING, AND SUSTAINABLE LIVING.

21 DAYS, 21 REELS – ASK YOUR FACULTY SERIES

ON THE OCCASION OF INTERNATIONAL DAY OF YOGA (IDY), SVYASA SCHOOL OF YOGIC SCIENCES IS SHARING ONE REEL DAILY FOR 21 DAYS ON OUR OFFICIAL INSTAGRAM CHANNEL.

STUDENTS ASK INSIGHTFUL QUESTIONS, AND OUR EXPERT FACULTY SHARE THEIR KNOWLEDGE ON A WIDE RANGE OF YOGIC TOPICS.

✨ DON'T FORGET TO LIKE, FOLLOW, AND SHARE!



**ALL RESULTS WILL BE ANNOUNCED
ON OUR OFFICIAL INSTAGRAM
CHANNEL.**

RESULT DATE :21st JUNE

**SO PLEASE FOLLOW US ON INSTAGRAM
[@SVYASA_SYS](#) AND STAY TUNED.**