

From: Principal & Secretary
257747

+91 3213 255282 ; +91 3213

SARAT CENTENARY COLLEGE

DHANI AKHALI, HOOGHLY, WB, PIN - 712302



Founded: 1976 :: Re-Accredited by NAAC (CGPA: 2.33) :: Affiliated to The University of Burdwan

e-Mail: saratcentenary@gmail.com ; principal_sccollegednk@rediffmail.com

Website: www.sccollegednk.ac.in ; www.sccollegednk.org.in

Date: 01.12.2022

NOTICE

It is hereby notified that Burdwan University Sports Board will organize a selection trial on **Yoga and best Physique** for the year 2022-23, interested students are requested to contact Physical Education department. Details of Asanas attached herewith.

EVENTS

Sl. No	Game	Section	Selection Trial Date	Days	Venue	time
1.	Yoga	Men	06.12.2022	Tuesday	Gymnasium Hall	10 am
2.	Yoga	Women	06.12.2022	Tuesday	Gymnasium Hall	10 am
3.	Best Physique	men	06.12.2022	Tuesday	Gymnasium Hall	10 am

REQUIRED DOCUMENT:

- ❖ Madhyamik Admit Card
- ❖ H.S Mark sheet
- ❖ Current College Receipt

Countersigned by

Dr. Sandip Kumār Basak]
Principal & Secretary
Education
Sarat Centenary College

Principal & Secretary
Sarat Centenary College
Dhaniakhali, Hooghly

Signature of HOD
Dept. of Physical

Sarat Centenary College

GROUP-A

1. Compulsory (Men & Women)

❖ Surya Namaskar (12 counts)

ASANAS:

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana
5. Garudasana

GROUP-B

2. Optional Asanas for Men (Select any Four)

1. Mayurasana
2. Padma Vakasana (Urdha Kukkkutasana)
3. Hanumanasana
4. Tittbhasana
5. Purna Chakrasana
6. Setubandha Sarvangasana
7. Vrischikasana
8. Purna Shalavhasana
9. Omkarasana

3. Optional Asanas for Women (Select any Four)

1. Vatayanasana
2. Purna Bhujandasana
3. Purna Matsyaendrasana
4. Ekapad Shirasana
5. Ardha Badha Padmottanasana
6. Vibhakta Paschimottanasana
7. Natarajasana
8. Ekapad Rajkapotasana


01/12/22