

**Ram Lal Anand College**  
Nirvana  
Yoga and Meditation Committee

**Event Report**  
(Session 2024-25)  
**43<sup>rd</sup> National Yogasana Championship**  
**28<sup>th</sup>-30<sup>th</sup> December 2024**

**NAME OF THE EVENT:** 43<sup>rd</sup> National Yogasana Championship

**NATURE OF THE EVENT:** Competition

**DATE:** 28<sup>th</sup> December to 30<sup>th</sup> December 2024

**VENUE:** Credo World School, Govindpur, Dhanbad, Jharkhand

**NUMBER OF PARTICIPATING STUDENTS:** 2

**Overview:**

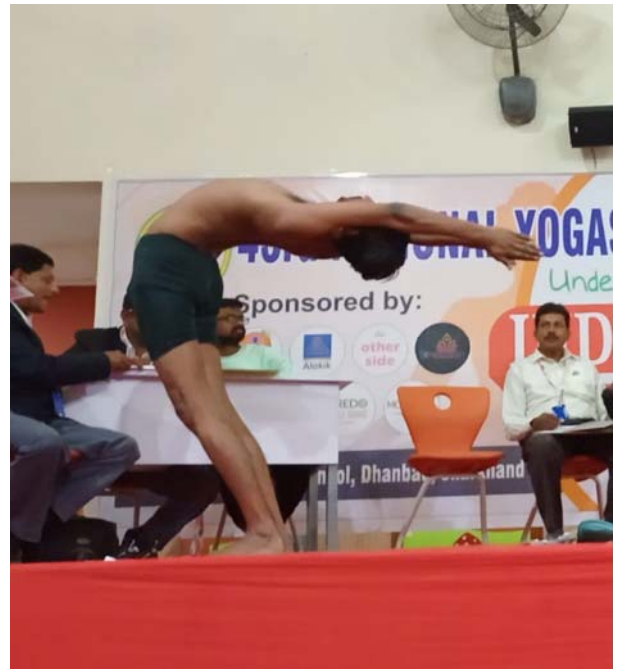
Credo World School in Dhanbad, Jharkhand, hosted the 43<sup>rd</sup> National Yogasana Championship organized by the Indian Yoga Federation at the end of 2024. The event highlighted participants' remarkable yoga talents, with a focus on balance, flexibility, peacefulness, and concentration. The competition celebrated the discipline and art of Yogasana while creating a spiritually enlightening environment.

The 43<sup>rd</sup> National Yogasana Championship was an incredible event that drew almost 800 competitors from all over the nation. Teams showcasing their outstanding Yogasana talents came from Tamil Nadu, Kerala, Madhya Pradesh, Andhra Pradesh, Meghalaya, Odisha, Delhi, Haryana, and Assam. In addition to showcasing the commitment and skill, the competition promoted harmony and cross-cultural interaction between the various contingents.

The two hardworking and dedicated members of Nirvana the Yoga and Meditation Society, Digvijay Ayush and Arpit Kumar Manjhi were able to qualified for the national level in the SYSA 22<sup>nd</sup> Delhi State Yogasana Championship and proudly represented our Delhi State and our College on 29<sup>th</sup> December. Both participants competed in the 20 to 24 years age male category and demonstrated remarkable skill and dedication. Their selection at the national level reflects their hard work and the rigorous training they underwent as part of the society. The championship provided an excellent platform for our participants to compete with the best talents from across the state, further strengthening our society's commitment to Promoting yoga and fitness.



Arpit Kumar Manjhi participating in the Competition



Digvijay Ayush participating in the Competition