

Activity Report

Program Details

Yoga Championship – Yog Saptah Celebration Sankalchand Patel University

Event Title: Yoga Championship 2025

Occasion: Yog Saptah Celebration

Date: 17/06/2025

Venue: Sankalchand Patel University Campus

Chief Judge: Dr. Satyajitsinh Zala, Lakulish Yog University

Objective:

To promote physical and mental well-being through yoga and to encourage participation and excellence in yogic practices among students as part of the Yog Saptah (Yoga Week) celebrations.

Overview:

Sankalchand Patel University organized a **Yoga Championship** as a key event during the **Yog Saptah** celebrations to raise awareness about the benefits of yoga and to showcase the talent and discipline of students in yogic postures and practices.

The event witnessed enthusiastic participation from students across various faculties. Participants were judged on their precision, posture alignment, breathing control, and overall presentation.

Highlights:

- The championship was inaugurated with a Lamp lighting & SPU Anthem.
- Over 90 participants took part in the championship, demonstrating various asanas and Suryanamsakr.
- The event was judged by **Dr. Satyajitsinh Zala**, a renowned yoga expert and faculty member from **Lakulish Yog University**, who shared valuable insights and feedback with the participants.
- Winners were felicitated with certificates and mementos in a closing ceremony.

Outcome: The event successfully fostered a spirit of health and harmony and encouraged students to integrate yoga into their daily lives. The presence and guidance of Dr. Satyajitsinh Zala elevated the standard of the championship and inspired many to pursue yoga with greater dedication.

Event Photos

