



KALINDI COLLEGE

UNIVERSITY OF DELHI

ACCREDITED WITH NAAC 'A' GRADE

AROGYA: THE FITNESS CLUB

PRESENTS

**INTER-COLLEGE AEROBICS AND RYTHEMIC
YOGA COMPETITION**

Date: 12th April, 2022

Day: Tuesday

Time: 11:00 a.m. onwards

Venue: Sports Utility Centre

*Free
Registration*

*Cash
Prizes*

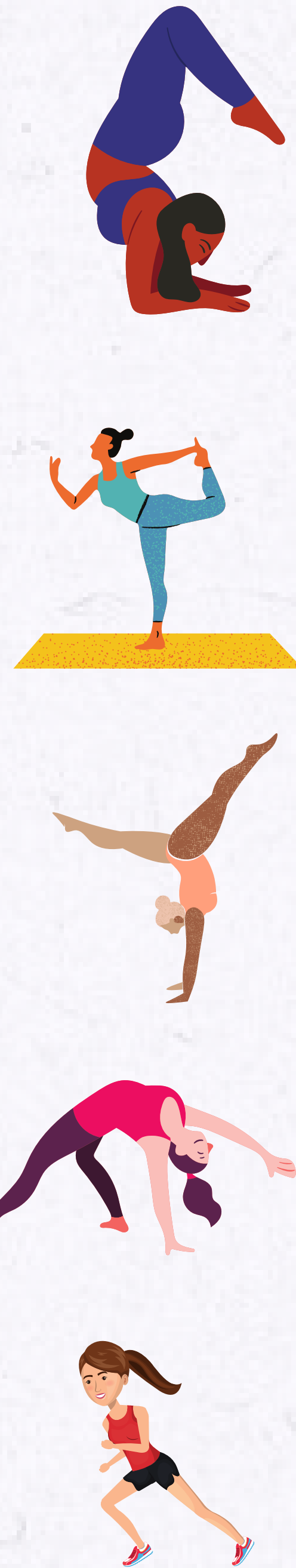
**Prof. Naina Hasija
Principal**

**Ms. Anshu Chotani
ECA Convener**

**Dr. Ranjana Roy Mishra
Convener**

**Dr. Sudha Pandey
Co-Convener**

For further details:- Contact: Ms. Ekta Sharma (9625448401) (Aerobics), Ms. Harshita (7840025239) (Rhythmic Yoga)



INSTRUCTIONS



1. Only Bonafede Women students of Delhi University can participate as per Delhi University Inter College eligibility conditions.

2. All the players must carry their identity cards and be in proper uniform.

3. Decision of the Jury/Referee and organizing committee will be final and binding in all matters.

4. Each team will report 30 minutes before the competition.

5. One entry (consist of 1 or 2 players) from a college for each activity.

6. The time duration of the performance should be 120-150 seconds.

7. The number of postures performed should be 8-10 of competitor's choice. (RHYTHMIC YOGA)

8. The competitor will maintain each posture for at least 3-5 seconds during the performance. (RHYTHMIC YOGA)

