



St. Clare's College

AUTONOMOUS | BENGALURU

Accredited with A+ Grade by NAAC | Affiliated to Bangalore University | AICTE Approved

NURTURING VALUES AND EXCELLENCE

FITNESS CLUB
ORGANIZES

YOGA

FOR A BETTER TOMORROW

VIDEO CHALLENGE
CREATION & UPLOAD



SCAN TO UPLOAD

**EXCITING
CASH PRIZES!**

1st & 2nd
PLACE WINNERS

21 to 31
AUG
2026

ABOUT THE CHALLENGE

Create a yoga video showcasing your practice, creativity and commitment to a healthy lifestyle. Upload it to inspire others and embrace yoga!

HOW TO PARTICIPATE

1. Record your Yoga Video
2. Edit your video (if required)
3. Fill in the Registration Form
4. Upload your video through the registration link

GUIDELINES

- Video Duration: 30 sec - 3 min.
- Content: Any Yogasana, Sequence, Pranayama, Meditation or Yoga routine.
- Original & Creative content only.
- Mention the benefits or importance of yoga in your video.
- Ensure your video is positive, respectful and inspiring.

Target Audience:
SCC Students, Faculty & Staff

Event Coordinator:
Mr. Suresha N.