



**4th**

# yogtākta

## INTER SCHOOL YOGA EVENT



4th  
**yogtakta**



**4th Inter School Yoga Event – 2022**

- Date of Event : 2<sup>nd</sup> December 2022
- Venue : Seth M.R. Jaipuria School Auditorium, Gomti Nagar, Lucknow.
- Reporting Time : 8:30 a.m.

Groups Age as on 1 <sup>st</sup> July, 2022	Event	Categories	Rules	No of participants	Judgement criteria	
<b>Group I (Boys &amp; Girls) 8-11 Yrs.</b>	1	Rhythmic Yoga (Group)	Recorded or live instrumental music to be used for rhythmic yoga (time -5 min)	6	Costume	10
					Music synchronization	10
					Flexibility	10
					Clarity of final posture	10
					Time taken	10
					<b>Total</b>	<b>50</b>
<b>Group II (Boys &amp; Girls) 11.1-14 Yrs.</b>	1	A. Yogasana (Group)	To stay in the final position of the yogasana for 30 seconds.	5	Flexibility	10
		B. OM Chanting	Only one participant from Yogasana can do chanting.		Clarity of final posture	10
		C. Quiz – “Effect of food on the physical and mental being.”			Duration	10
		A. PPT on the above topic			Pronunciation	10
		B. Written round			<b>Total</b>	<b>40</b>
	2	C. Final round on Stage Round		2		
<b>Group III (Boys &amp; Girls) 14.1-17 Yrs.</b>	1	Yogasana (Group)	To stay in the final position of the yogasana for 45 seconds.	5	Flexibility	10
					Clarity of final posture	10
					Duration	10
					<b>Total</b>	<b>30</b>
	2	Artistic Yogasana (Group)	It is synchronization of body movement with instrumental music only	2	Music synchronization	10
					Flexibility	10
					Clarity of final posture	10
					Duration	10
					<b>Total</b>	<b>40</b>
	3	Group Conversation	Topic for conversation (English or Hindi): - <b>“Role of yoga in the physical &amp; mental health of Adolescents”</b>	3	Content	10
					Delivery	10
					Strength of each participant	10
					Overall presentation	10
					<b>Total</b>	<b>40</b>
Total no. of Participants per school				23		





#### Dress Code:

Participants should wear white or colored skin-tight T-shirt and leggings, so that the body posture can be clearly assessed. Rhythmic Yoga participants are allowed to wear a costume of their choice. (No School Sports Shirt & Shorts)

#### Rules & Guidelines

The **YOGAUTSAV** Championship will be held in the following **three age groups and six events**. In all groups a team can have both boys and girls or either of them.

**1. Group – I: Rhythmic Yoga: Age Category: 8 to 11 (Maximum 6 participants)**

The competitor has to perform not less than **10 asanas and not more than 15 asanas** within a time duration of maximum **5 minutes**. In the presentation of various Asanas (postures) including forward and backward bending, balancing, lying postures, sitting postures, pyramids etc. performed with music. The team manager should carry the pen drive with recorded music. They should also keep the music in their mail inbox as a backup. No Prop will be allowed during the performance of the Competition.

**2. A. Group – II: Yogasana (Group) Age Category: 11.1 to 14 (Maximum 5 participants)**

- Each participant will perform 5 Asanas from the attached list.
- Participants are required to stay in the final position of the Asana **for 30 seconds**.
- The school trainer will be required to stand at the allotted place with the participants for safety and support and he will be liable for any injury of competitors of his school during the competition.

**B. Group – II: OM chanting:** Om chanting can be done by any one of the group performers of Yogasana before the performance of the asanas.

**C. Group – II Quiz on Yoga: Age Category: 11.1 to 14 (Maximum 2 participants)**

This event will be in 3 rounds. **First** is PPT, Time: 4 to 5 minutes. Maximum number of slides: 10.

(The team manager should carry the pen drive with power point presentation. They should also keep the PPT in their mail inbox as a backup). **Topic: “Effect of food on the physical and mental being”**.

**Second** is written round (elimination round to choose 4 teams for the final stage round)

**Third** is a final stage round.

**Judgment criteria: - 1. Content 2. Explanation by the children 3. Overall presentation**

**3. A. Group – III Yogasana (Group): Age Category: 14.1 to 17 (Maximum 5 participants)**

- Each participant will perform 5 Asanas from the attached list.
- Participants are required to stay in the final position of the Asana for 45 seconds.
- The school trainer will be required to stand at the place allotted with the participants for safety and support and he will be liable for any injury of competitors of his school during the competition.

**B. (Group – III) Artistic Yogasana with Rhythm: Age Category: 14.1 to 17. (Maximum 2 participants)**

- 5 Asanas should be chosen from the attached list. Time duration for the presentation will be **120 to 180 seconds**.
- Chandra Namaskar is Compulsory Asana.
- Synchronization of body movement with instrumental music will be tested. (Without break)
- The transition from one posture to another posture should be slow, rhythmic, artistic and synchronized.

**C. (Group – III) Group Discussion: Age Category: 14.1 to 17 (Maximum 3 participants)**

Participants can speak in either English or Hindi. Topic for conversation (English or Hindi): -

**“Role of yoga in the physical & mental health of Young Adolescents”**





### General Rules

- A team should not have more than **23** participants. No extra participant will be allowed.
- Any indiscipline on and off the field will invite disciplinary measures including disqualification of the players or the team.
- The school trainer will be required to stand at the allotted place with the participants for safety and support and he will be liable for any injury of competitors of his school during the competition.
- A school may participate in one or more group kindly note that the team will have to participate in all the events of a group.
- Participants are requested to carry their school ID cards. The officials will check the identity of the players before starting the competition.
- A photo identity card with the date of birth and class of study certified by the principal of the concerned School should be with the participants for verification. Principals are requested to verify the medical fitness of their participants before sending the entries. Accompanying teachers are requested to carry the medical fitness certificate of each participant.
- Except Om chanting none of the participants will be repeated.
- At least two teachers must accompany the team, since the competition will be held at 2 different venues.
- The registration form must be filled in only capital letters.
- Participants should carry their own lunch boxes and water bottles at the venue.
- Decision of the judges will be final.
- A School may participate in one or more group kindly note that the team will have to participate in all the events of a group.

### **Online Registration Link**

Contact Persons : Bishwanath Kumar

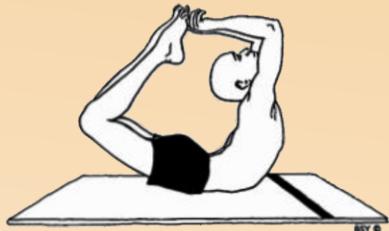
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## **Group II (Group Yogasana) (11.1 to 14 years)**

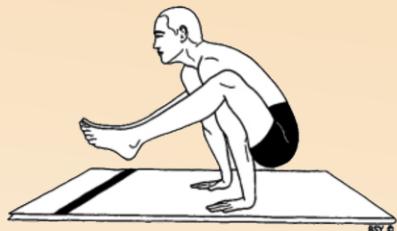
**POORNA DHANURASANA**



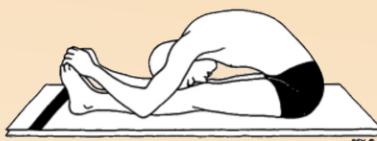
**UTTHITA HASTA PADANGUSTHASANA**



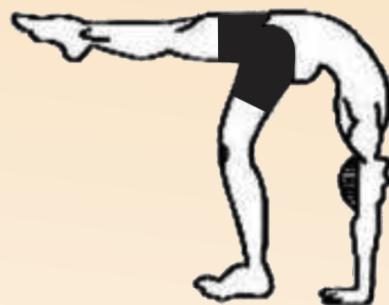
**DWI HASTA BHUJASANA**



**PASCHIMOTTANASANA**

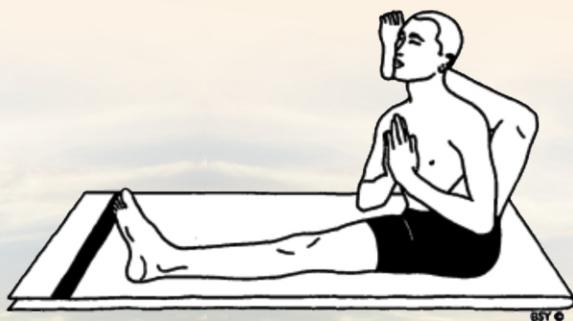


**GARBHASANA**



**Eak pada chakrasana**

**EKA PADA SIRASANA**





## **Group III (Group Yogasana) (14.1 to 17 years)**

**NIRALAMBA PASCHIMOTTANASANA**



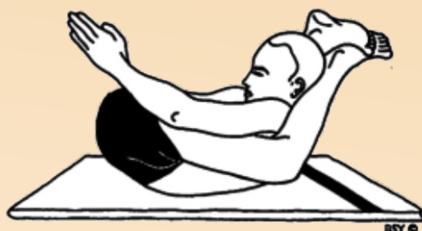
**SARVANGASANA**



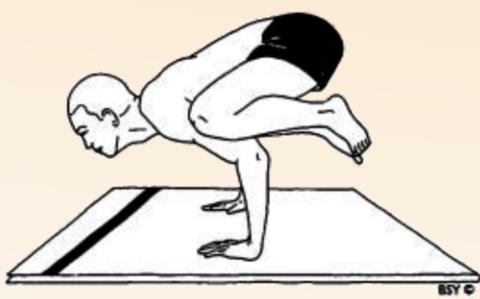
**HANUMANASANA**



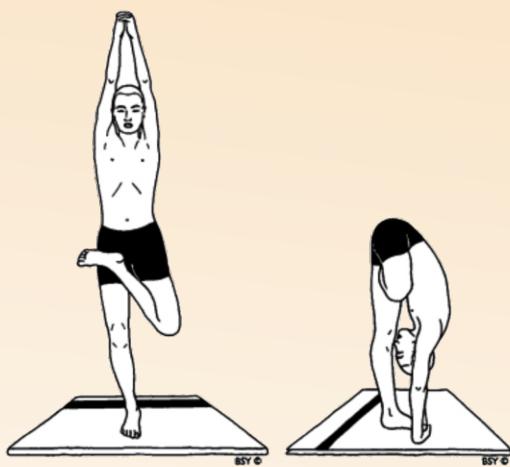
**DWI PADA KANDHARASANA**



**BAKA DHYANASANA**



**ARDHA BADDHA PADMOTTANASANA**



**POORNA DHANURASANA**



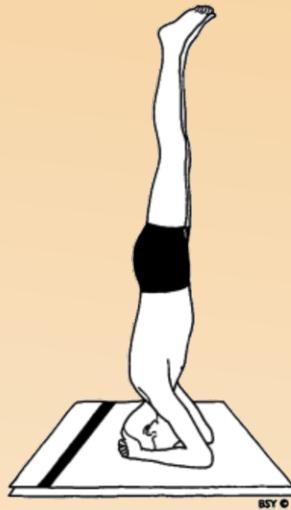


## **Group III (Group Artistic) (14.1 to 17 years)**

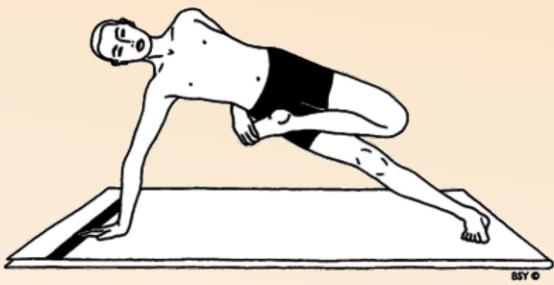
**UTTHAN EKA PADA SIRASANA**



**SHIRSHASANA**



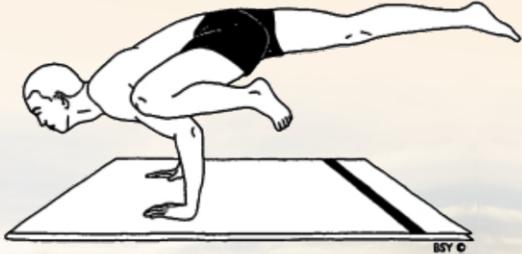
**KASHYAPASANA**



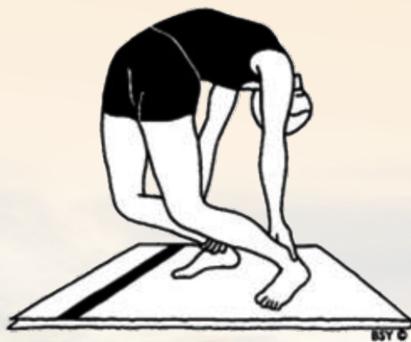
**POORNA SHALABHASANA**



**EKA PADA BAKA DHYANASANA**



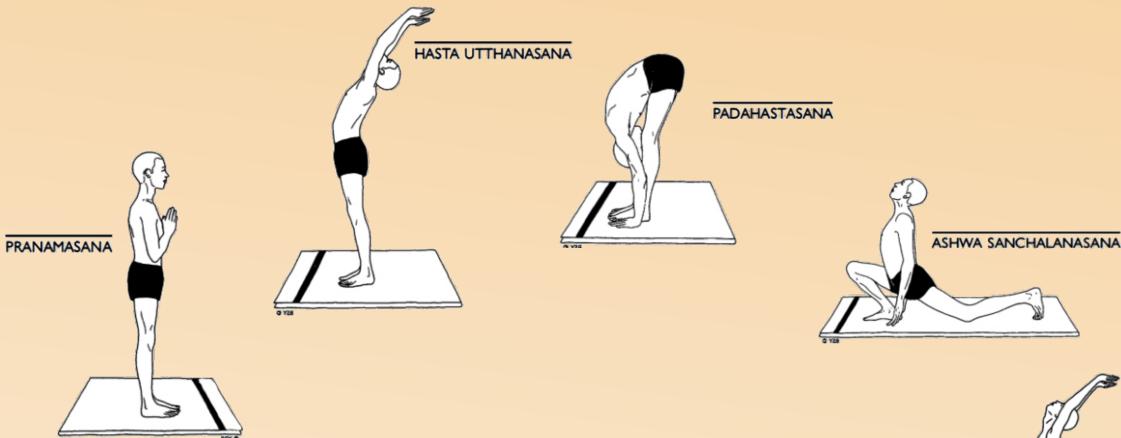
**PRISHTHASANA**



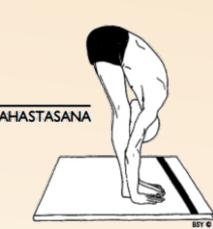


## **Group III (Group Artistic) (14.1 to 17 years)**

### **Compulsory Asana (Chandra Namaskar)**



HASTA UTTHANASANA

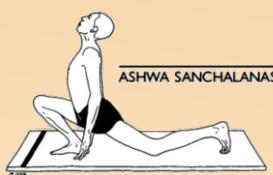


## **CHANDRA NAMASKAR**

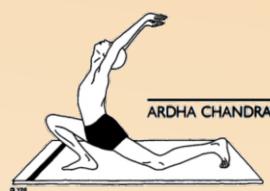
PADAHASTASANA



ASHWA SANCHALANASANA



ARDHA CHANDRASANA



PARVATASANA



PADAHASTASANA



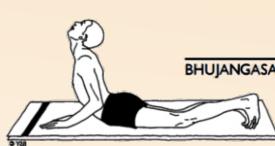
ASHTANGA NAMASKARA



ARDHA CHANDRASANA



BHUJANGASANA



PARVATASANA



ASHWA SANCHALANASANA

