



# 4th State Level Yogasana Championship - 2020

Organised by

**TAMILNADU SPORTS YOGASANA  
ASSOCIATION (Regd.)**

In Co-ordination with

**MEENAKSHI ACADEMY OF HIGHER  
EDUCATION AND RESEARCH (MAHER)**  
(Deemed to be University), Chennai - 78.

&

**Indian Yoga Association**  
New Delhi

**Date:**

**16-02-2020 Sunday**

**Time : 8.00 am to 6.00 pm**

**Venue :**

**Infosys Hall,  
Ramakrishna Mission Mat. Hr. Sec. School  
No.71, Bazullah Road, T.Nagar,  
(opp. to Joy Alukkas), Chennai - 17.**

**Online Registration : [www.tnsya.org](http://www.tnsya.org)**

Registration starts from February 1st, 2020



**90032 88211**



**98656 88211**

# **Competition Rules and Regulations**

## **Rules and Regulations:**

1. This Yogasana competition is open to all individuals as well as bonafide students of schools and colleges and recognized yogasana institutions.
2. Competition will be conducted as per the rules and regulations.
3. The decision of the Judges will be final.
4. Compulsory three asanas from the prescribed chart and two asanas of their own choice should be performed.
5. Each group should perform 'compulsory asanas' as per lot. The lot will be decided at the time of the competition.
6. Yoga Teachers are requested not to participate in the competition.
7. Participants with CHRONICAL DISEASES are not allowed to participate in the competition.

## **Dress code:**

1. Male should wear bottom only(Half-shorts).
2. Female should wear round neck t-shirt with tight leggings.

NOTE: Bangles, necklaces, rings, chains etc should be avoided.

## **Prizes :**

1. Participants will get participation prize and certificate.
2. Each age group will be awarded first three prizes for male and female separately with attractive memento and certificate.
3. Merit certificate will be awarded For Fourth and Fifth place.
4. Special memento will be awarded for the Yoga centers, Schools & Colleges those produce maximum number of participants.

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## **Entrance fee:**

1. Rs.400/- should be paid for each participant.
2. Entry fee should be paid on or before 10-Feb-2020.
3. Rs.500/- will be CHARGED for Spot registration.
4. For online registration, amount has to be transferred to the details given below,

**Bank : IDBI Bank, Nanganallur Branch,  
TAMILNADU SPORTS YOGASANA ASSOCIATION,  
A/C No.0735104000070559, IFSC: IBKL0000735.**

**NOTE:** Registration through online, please get information and acknowledgement from the organizer.

**FEES PAID WILL NOT BE REFUNDABLE.**

**Age group:** 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-21, 22-35, 36-45, 46 and above.

**Food:** Lunch will be provided to all the participants.

## **Championship Rules**

1. Championship will be awarded only to the age groups between "6 to 21" years only.
2. The Championship Asanas will be announce at the time of meet.
3. The Championship meet will include viva voce. Page No.83, Viva Questions 1 to 100.
4. Reference "A PREMIER OF YOGA THEORY" by Yogacharya Dr. Ananada Bala Yogi Bhavanani.
5. The Champions both male and female will be awarded separately attractive trophy with Merit certificate.

## **Advisor**

**Dr. R. ELANGOVAN**

Professor & Head, Faculty of Yoga Sciences and Therapy, MAHER

## **Committee Members**

**Mr. M. Babu**

**Yogi P. Nehru**

**Dr. M. Ravi Arumugam**

**Mrs. A. Koolaiammal**

**Mr. K. Madhu Magesh**

**Mr. M.R. Gokulakrishnan**

**Mr. R. Nandakumar**

**Mr. V. Rajasekaran**

**Mrs. Srividhya Kalayanaraman**

**Mrs. T. Ramya**

**Online Registration : [www.tnsya.org](http://www.tnsya.org)**

# **COMPULSORY ASANAS - LIST**

## **6-7 Yrs (17.02.2012 to 16.02.2014)**

1. PACHIMOTTANASANA (155)
2. KAPOTASANA (552)
3. AKARNA DHANURASANA (173)
4. BHARADVAJASANA (300)
5. VRIKSHASANA (2)

## **8-9 Yrs (17.02.2010 to 16.02.2012)**

1. HALASANA (244)
2. LAGHU VAJRASANA (513)
3. EKAPADA SIRSASANA (371)
4. BHUJAPIDASANA (348)
5. ARDHA MATSYENDRASANA (313)

## **10-11 Yrs (17.02.2008 to 16.02.2010)**

1. PARSVOTTANASANA (28)
2. LAGHU VAJRASANA (513)
3. EKAPADA RAJAKAPOTASANA (541)
4. VATAYANASANA (58)
5. PARIVRTTA JANU SIRSASANA (132)

## **12-13 Yrs (17.02.2006 to 16.02.2008)**

1. KARNAPIDASANA (246)
2. EKAPADA RAJAKAPOTASANA (541)
3. KROUNCHASANA (142)
4. BHUJAPIDASANA (348)
5. UTTHITA HASTA PADANGUSTHASANA (21)

## **14-15 Yrs (17.02.2004 to 16.02.2006)**

1. HALASANA (244)
2. LAGHU VAJRASANA (513)
3. KROUNCHASANA (142)
4. PARIVRTTA JANU SIRSASANA (132)
5. ARDHA CHANDRASANA (19)

## **16-17 Yrs (17.02.2002 to 16.02.2004)**

1. PARSVOTTANASANA (28)
2. EKAPADA SETU BANDHA SARVANGASANA (260)
3. TITTIBHASANA (395)
4. PARIVRTTA JANU SIRSASANA (132)
5. UTTHITA HASTA PADANGUSTHASANA (21)

## **18-21 Yrs (17.02.1998 to 16.02.2002)**

1. HALASANA (244)
2. EKAPADA RAJAKAPOTASANA (541)
3. SIRSASANA (190)
4. PARIVRTTA TRIKONASANA (6)
5. VATAYANASANA (58)

## **22-35 Yrs (17.02.1984 to 16.02.1998)**

1. PACHIMOTTANASANA (155)
2. EKAPADA SETU BANDHA SARVANGASANA (260)
3. TITTIBHASANA (395)
4. PARIVRTTA JANU SIRSASANA (132)
5. VIRABHADRASANA (17)

## **36-45 Yrs (17.02.1974 to 16.02.1984)**

1. PACHIMOTTANASANA (155)
2. DHANURASANA (63)
3. PURVOTTANASANA (171)
4. PARIVRTTA TRIKONASANA (6)
5. ARDHA MATSYENDRASANA (313)

## **46 – Yrs. And ABOVE (Before 16.02.1974)**

Contact Address:

**Yogachemmal Dr. M. RAVI ARUMUGAM**

General Secretary, Tamilnadu Sports Yogasana Association



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No.1, Nehru Street, Co-operative Nagar, Adambakkam, Chennai - 88.

email: [tnsya2014@gmail.com](mailto:tnsya2014@gmail.com) website: [www.tnsya.org](http://www.tnsya.org)

**Online Registration : [www.tnsya.org](http://www.tnsya.org)**

# Compulsory Asanas for all Age Groups (B.K.S. Iyengar Light on Yoga)

