

SELF ASSESMENT AND YOGA COMPETITION

Sub: - Self-Assessment of all Volunteers and Yoga competition-2023.

Self-Assessment guidelines

- Volunteers need to undergone self-assessment test and perform any asanas within 56 asanas syllabus
- All the volunteers need be thorough with theory and practical's
- Volunteers who are above 35 age will be given exemption in practical's only if they are thorough with theory and practical knowledge.
- 100% participation is must for the assessment test
- Volunteers who pass in the Assessment test will continue with the organization and carry on his activities in the school for coming Academic Years .
- Who ever fails in the assessment test will be in suspension till the time they Clear the Assesment test .
- Those who do not attend or skip for Assessment test will be suspended for 3 months no excuses will be encouraged

GUIDELINES FOR YOGA COMPETITION

General rules & regulations for the yoga championship

Separate competition for boys & girls will be held

Dress

Every competitor must perform in the costume.

Conditions

i. Competitor will perform asana's category-wise in total of which all will be determined by judges

panel from prescribe syllabus of their respective group and any 2 asana of Panel choice.

ii. The duration of time to maintain each asana will be different for different category asana's .





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EVALUATION CRITERIA

Each Asana will judge on the basis of 4 variable i.e:

1. Stability
2. Efficiency in movement
3. Grace of the movement
4. Degree of difficulty

Note : Winner is decided by highest marks earned by Yogi in total.

Syllabus for the championship

Category A - Standing Asana

(Need to perform any 2 as per the panel selection - $2*5=10$ MARKS)

Category B - Sitting Asana

(Need to perform any 2 as per the panel selection - $2*5=10$ MARKS)

Category C – Stomach laydown and Back laydown Asana

(Need to perform any 2 as per the panel selection - $2*5=10$ MARKS)

Category D – Advanced Asana's

(Will disclose the five Asana's and one is taught through online and remaining 4 to be prepared on your own)

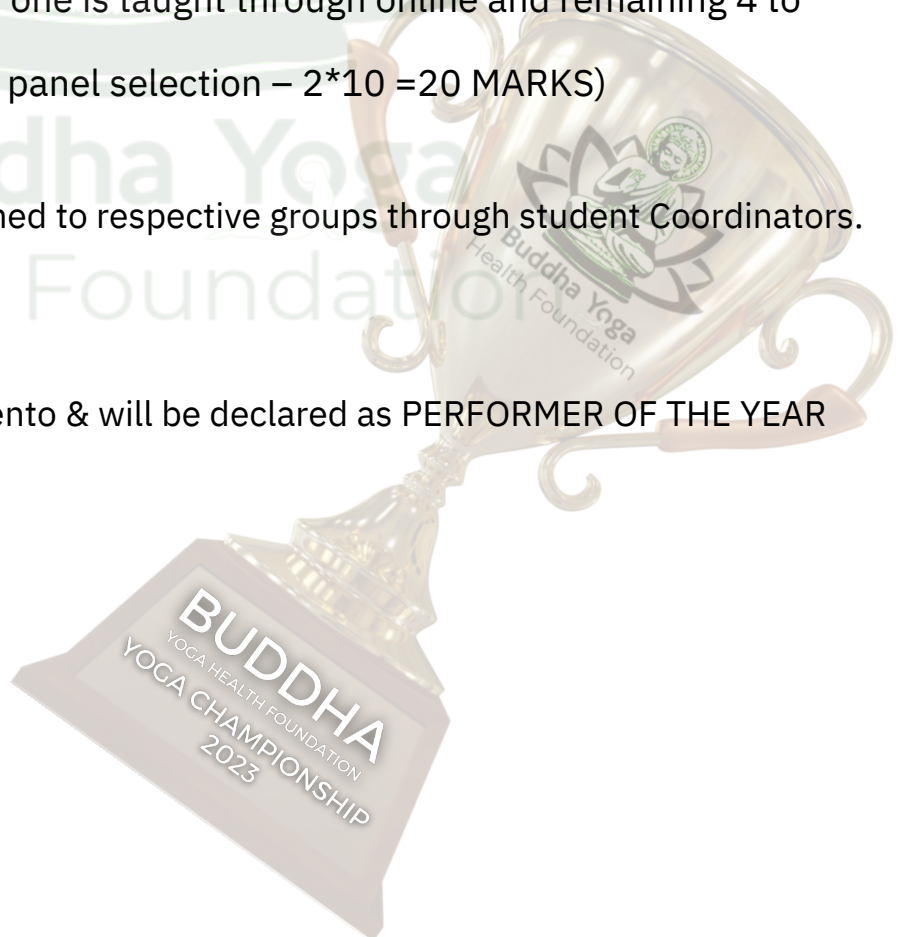
(Need to perform any 2 as per the panel selection – $2*10 =20$ MARKS)

TOTAL = 50 MARKS

Note: Specific timings will be informed to respective groups through student Coordinators.

For any queries
contact Your Group Admin.

Winners Will get Cash Prize + Memento & will be declared as PERFORMER OF THE YEAR 2022- 23 .





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Prize Money:

1st Prize

2nd Prize



3rd Prize

