



**Shri Yog Pragati**

**2<sup>nd</sup> Delhi State Yogasana Championship-2017**

D-13/61 (Basement), Near Mufti Showroom, Sec-8, Rohini New Delhi-110085

(M) : 9990942526, 9891174854

**Organized by : Maitryee Education and Welfare Society (Regd.)**

Dated.....

To,

The Principal

\_\_\_\_\_  
\_\_\_\_\_

**Subject : Invitation for Shri Yog Pragati 2<sup>nd</sup> Delhi state Yogasana Championship-2017 (1<sup>st</sup> Sep. 2017 to 2<sup>nd</sup> Sep. 2017)**

Respected Sir / Madam

Shri Yog Pragati, is a society situated in Delhi is going to organizing 2<sup>nd</sup> Delhi State Yogasana Championship at Ganapati Mahotsav Sthal, **Ramleela Maidan, Mahindra Park Chowk, Road No. 43, Delhi-110034**, on 1<sup>st</sup> and 2<sup>nd</sup> September 2017 with immense invites your school to participate in this Yogasana competition.

Dated	Age Group	Birth of Date
1/9/2017	<b>Yogasana Competition</b> Under 8 (Boys & Girls)	After 1 <sup>st</sup> Sep. 2009
	Under 12 (Boys & Girls)	Between 2 <sup>nd</sup> Sep. 2005 to 31 <sup>st</sup> Aug 2009
	Under 14 (Boys & Girls)	Between 2 <sup>nd</sup> Sep. 2003 to 31 <sup>st</sup> Aug. 2005
2/9/2017	<b>Rhythmic Pair (One entry from One school/ College)</b> Junior Group (8-17) Senior Group ( Above 17)	Between 2 <sup>nd</sup> Sep. 2009 to 31 <sup>st</sup> Aug. 2000 Before 1 <sup>st</sup> Sep. 2000
	<b>Artistic Pair</b> Junior Group (8-17) Senior Group ( Above 17)	2 <sup>nd</sup> Sep. 2009 to 31 <sup>st</sup> Aug. 2000 Before 1 <sup>st</sup> Sep. 2000
	<b>Free Flow Yoga Dance (One entry from One School / College)</b>	Open age group

\* **NOTE: (I) No entry fee.**

**(II) Attractive cash prize will be given to winners in each category.**

## **Program on 1<sup>st</sup> September 2017**

- 8:30 A.M. Registration.
- 9.00 A.M. Opening ceremony
- 9.25 A.M. Honor of the chief guest.
- 9.40 A.M. Yogasana Competition.

## **Program on 2<sup>nd</sup> September 2017**

- 9.00 A.M. Speech by Yoga Expert.
- 9.30 A.M. Rhythmic Pair, Artistic Pair and Free Flow Yoga Dance Competition.
- 1.00 P.M. Prize Distribution and closing ceremony.

It would be our honor to have the students of your esteemed organization participated in the event and win accolades.

The participating School has to submit a list of all the participants on the school letter head duly attested by School Principal on the day of the event at the registration desk.

We request you to confirm your participation at the earliest through a phone call or email as under :-

<b>Name</b>	<b>Contact No.</b>
Shalu Deepak Saini (Organizing Secretary)	9990942526
Dharpal Singhal (Assistant Organizing Secretary)	9819174854
Ravi (Event Coordinator)	9711032279
Sumit (Event Coordinator)	9310114970

**Email : [shriyogpragati@gmail.com](mailto:shriyogpragati@gmail.com)**

**Founder of Shri Yog Pragati :- Dr. J.P. Sharma and Dr. Tarak Nath Pramanik**

With regards

Mrs. Shalu Deepak Saini  
(Organizing Secretary)

**Note:- Find the Attached file for :-**

- I. Appendix – A :- Rule and Regulation of the Championship.
- II. Appendix – B :- Detail Entry Form For Yogasana Competition
- III. Appendix – C :- Detail Entry Performa For Artistic, Rhythmic and Free Flow Yoga Dance Competition.

## Appendix - A

### SHRI YOG PRAGATI

#### Rules and Regulations for Championship

##### • **Yogasana Competition**

1. Yogasana Competition will be held for Boys and Girls separately (under 8), (under 12) and (under 14)
2. The Competition will be Individual Yoga Competition. There will be 03 (Three) categories in both the section (Boys and Girls) as under:

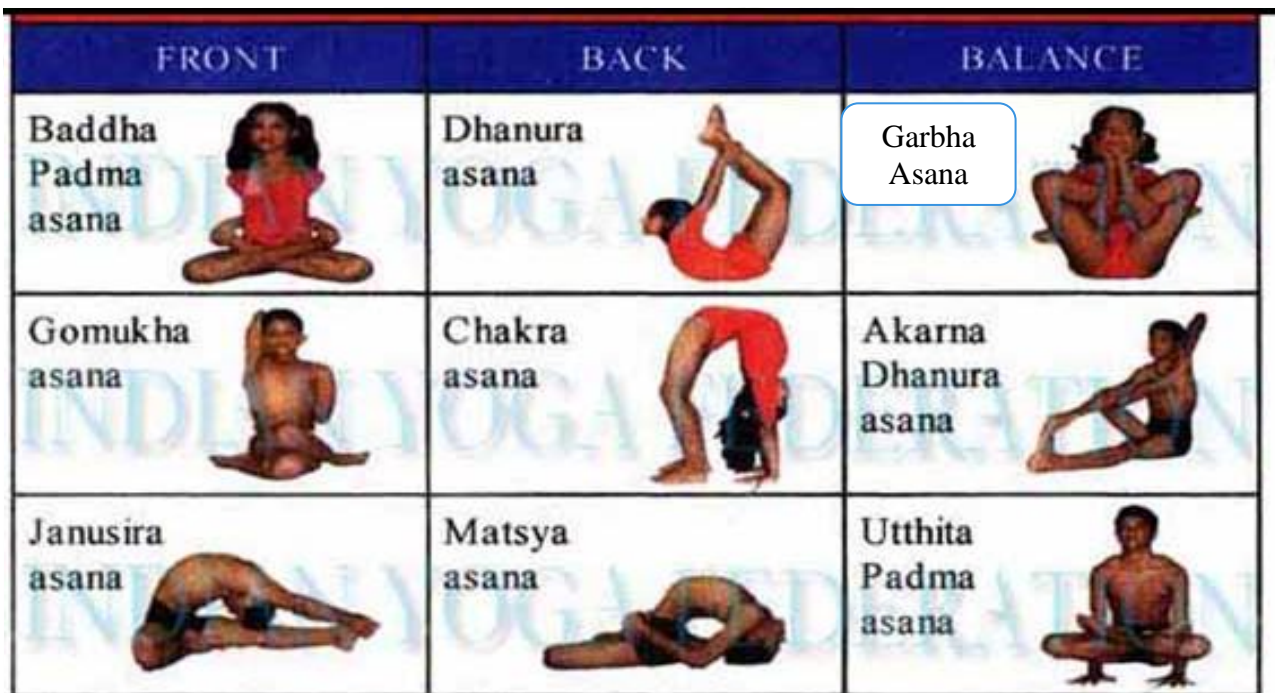
Dated	Age Group	Birth of Date
1/9/2017	<b>Yogasana Competition</b> Under 8 (Boys & Girls)	After 1 <sup>st</sup> Sep. 2009
	Under 12 (Boys & Girls)	Between 2 <sup>nd</sup> Sep. 2005 to 31 <sup>st</sup> Aug 2009
	Under 14 (Boys & Girls)	Between 2 <sup>nd</sup> Sep. 2003 to 31 <sup>st</sup> Aug. 2005

**3. Maximum 6 participants will be allowed for the each age group from each organization.**

4. The Yogasana Competition will include the following asanas :-










**Group 1 : Girls** (under 8, under 12, under 14)

Baddh Padmasan, Dhanur Asana, Garva Asana, Gomukhasan, Chakrasan, Akarna Dhanurasan, Janusira Asana, Matsya Asana, Utthita Padma Asana.



**Group 2 : Boys** (under 8, under 12, under 14)

Padhastasana, Ustrasana, Kukkutasana, Gomukhasana, Ardha Chandra Asana, Bakasana, Halasana, Chakra Asana, Mayura Asana.

FRONT	BACK	BALANCE
<b>Padahasta asana</b> 	<b>Ustrasana</b> 	<b>Kukkuta asana</b> 
<b>Gomukha asana</b> 	<b>Ardha Chandra asana</b> 	<b>Bakasana</b> 
<b>Halasana</b> 	<b>Chakra asana</b> 	<b>Mayura asana</b> 

**Note:** Each participant has to perform total 5 Asanas (such as 3 given by judge choice selecting, one from forward bending, one from backward bending and one from balancing category and two asanas choice by participant but apart from already done, among the total asanas as per their age categories syllabus given in this letter.

**5. Artistic pair yoga competition**

- The Artistic Pair Yoga Competition (either both Girls or both Boys or a Boy and a Girl) will be held in **Junior (8-17 Years)** and **Senior (above 17 Years)** Age Groups.
- Artistic Pair Yoga consists of presentation of various Asanas (postures) including forward and backward bending, balancing, lying postures, sitting postures etc. including pyramid making, performed with music.
- Both the participants will perform two different postures at a time. Performing same posture will be a disqualification
- Body touch is allowed in the competition as per the discretion of the competitors
- Making of **pyramid** will be given preference
- Synchronization of body movements with music will be given top preference
- Number of postures performed should be **8-10 of competitor's choice**
- Time duration for the presentation will be **(2 to 2½ Minutes)**
- The competitor will maintain each posture for at least **3-5 seconds** during the performance
- The transition from one posture to another posture should be slow, Artistic and Synchronized

## 6. Rhythmic Yoga competition

- The Rhythmic Yoga Competition (The pair may consist of either both the boys or both the girls) will be held in **Junior(8-17 Years)** and **Senior (above 17 Years)** Age Groups
- Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga is the presentation of various Asanas (postures) including forward bending, backward bending, balancing, lying postures etc. performed with music
- The same posture should be performed by the pair together
- Number of postures performed should be 8-10 of competitor's choice
- There should not be any body touch between the two participants
- There should be perfect synchronization of body movements with the music
- Number of postures performed should be 8-10 of competitor's choice
- Time duration for the presentation will be 120-150 seconds
- The competitor will maintain each posture for at least 3-5 seconds during the performance
- The transition from one posture to another should be Slow, Rhythmic and Synchronized

## 7. FREE FLOW YOGA DANCE COMPETITION:

- **Number of Entries:** Only One team from one school/college can participate in the Free Flow Yoga Dance Competition
- The Free Flow Yoga Dance Competition (The team will consist of **5 players** either all boys or all girls or boys and girls mixed) will be held in **only one open Group** (mixture of all age groups)
- It is the presentation of various Asanas (postures) including forward bending, backward bending, balancing, lying postures etc. performed in dancing movements with music, preferably with some theme
- The team can perform same postures/different postures / pyramids/ free flow movements
- There should be perfect synchronization of body movements with the music
- Number of postures performed should be 8-12 Combination of Asana of competitor's choice.
- Time duration for the presentation will be 180-210 seconds (3 to 3½ Minutes)
- The competitor will maintain each posture for atleast 3-5 seconds during the performance
- The transition from one posture to another should be Slow, Rhythmic, Synchronized and in dancing movement.
- No Prop will be allowed during the performance of Artistic Yoga Competition, Artistic Pair Yoga Competition, Rhythmic Yoga Competition & Free Flow Yoga Dance Competition.

## 8. Dress:

Male competitors should wear swimming Track / Short tightly fitted. Female competitors will wear Gymnastic Costume / Swimming costume / Short and Skirts (Tight fitted)

## **9. Judging For Yogasana Competition**

- Competitors will be called individually at the dais for judging the grace of the body and the performance of the postures prescribed in the respective age group.
- Chest number once allotted shall not be changed. Replacement of the chest number will be treated as a serious and punishable offence.
- The competitors should stay for 15 seconds in the final position of all the Asanas or less as per judge's instruction.
- The performance of the yogasana will be judged on the basis of degrees of flexibility required in maintained therein. The decision of the judge will be final and binding.
- The judges will be free to move about in order to see the different aspects of a pose during the retention period from different angles.
- Judges can also ask any competitors to come back to the rest position if they feel that the competitor was too much tense during performance.
- Medal and certificates will be provided to the I, II, III position holders and merit certificate will be given to the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> position holders on the basis of highest point.

## **10. Age Proof**

The Participating School has to submit a list of all the participants with Date of Birth on the School letter head duly attested by School Principal on the day of the event at registration desk.

## **11. REPORTING TIME OF PARTICIPANTS: 8.00 a.m.**

## **12. NO ENTRY FEE**

## **13. Attractive Cash Prize, certificate and Trophy will be awarded to 1<sup>st</sup> position holder in yogasana competition, Rhythmic Pair, Artistic Pair and Free Flow Yoga Dance Competition.**

## Appendix – B

# SHRI YOG PRAGATI

2<sup>nd</sup> Delhi State Yogasana Championship – 2017

On 1<sup>st</sup> and 2<sup>nd</sup> September 2017

Name of the School : \_\_\_\_\_  
\_\_\_\_\_

Category : Under 8  Under 12  Under 14   
Boys  Girls

### LIST OF PARTICIPANTS FOR YOGASANA COMPETITION

S. No.	Name of Student	Class	D.O.B.	Admn. No.	Sign. of Participant	Chest No. (to be filled by staff only)
1.						
2.						
3.						
4.						
5.						
6.						

Name of the Coach \_\_\_\_\_  
Signature \_\_\_\_\_

Signature & Seal of Head of the School \_\_\_\_\_

## Appendix – C

# SHRI YOG PRAGATI

2<sup>nd</sup> Delhi Inter School Yoga Championship – 2017

On 1<sup>st</sup> and 2<sup>nd</sup> September 2017

Name of the School / College : \_\_\_\_\_

\_\_\_\_\_

## LIST OF PARTICIPANTS FOR ARTISTIC PAIR COMPETITION

S. No.	Name of Student	Class	D.O.B.	Admn. No.	Sign. of Participant	Chest No. (to be filled by staff only)
1.						
2.						

## LIST OF PARTICIPANTS FOR RHYTHMIC PAIR COMPETITION

S. No.	Name of Student	Class	D.O.B.	Admn. No.	Sign. of Participant	Chest No. (to be filled by staff only)
1.						
2.						

## ENTRY FOR FREE FLOW YOGA DANCE SHOW

(For Men/Female Section)

S. No.	Name of Student	Class	D.O.B.	Admn. No.	Sign. of Participant	Chest No. (to be filled by staff only)
1.						
2.						
3.						
4.						
5.						

Name of the Coach \_\_\_\_\_  
Signature \_\_\_\_\_

Signature & Seal of  
Head of the School