

GOVT. OF N. C.T. OF DELHI  
DIRECTORATE OF EDUCATION: (SPORTS BRANCH)  
CHHATTRASAL STADIUM: MODEL TOWN: DELHI: 110009

No.F.12/5/DE/PE/Yoga/2011/10116-65

Dated: 11/11/2011

To

The zonal convener,  
Zone 1 to 28  
Delhi / New Delhi.

Sub: Schedule of Inter Zonal Yoga Sana Competition 2011-2012.

Sir / Madam,

Like previous years, the Inter-zonal Yogasana competition will be held in three groups separately for Boys & Girls i.e. Sr., Junior, Sub-Junior. The competition will be held only in individual category. The Inter-zonal competition will be held from 21<sup>st</sup> November, 2011 to 1<sup>st</sup> December 2011. It is therefore, requested to all the Zonal conveners to complete the zonal yoga competition before 15<sup>th</sup> November 2011 and forward the names of the winners to the undersigned for Inter-zonal competitions to be held from 21<sup>st</sup> November, 2011. For individual competition, only first three winners (not 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> position holders) of the zone shall participate. The competition shall start daily at 8.30 am and all are requested to be in time.

**Individual Competitions (Boys & Girls)**

<b><u>'A' Group</u></b>	<b><u>'B' Group</u></b>	<b><u>'C' Group</u></b>
1. Paschimotanasan	7. Chakrasan	13. Sankhyasan
2. Sarvangasan	8. Kuku tasan	14. Vyaghrasan
3. Matsyasan	9. Garbh asan	15. Urdha Kukutasan
4. Dhanurasan	10. Bakasan	16. Utith titibhasan
5. Puran Matsendrasan	11 Bhunamasan	17. Shirsasan
6. Uttanpadasan.	12. Purna Shalbhasan	18. Utith Padahastasan

S.No.	Date & Time	Category	Description
1.	21.11.2011	Sr. Boys	Individual Competition
2.	22.11.2011	Jr. Boys	Individual Competition
3.	23.11.2011	Sub. Jr. Boys	Individual Competition
4.	24.11.2011	Sr. Girls	Individual Competition
5.	25.11.2011	Jr. Girls	Individual Competition
6.	26.11.2011	Sub. Jr. Girls	Individual Competition

7.	28.11.2011	Sub Jr. Boys & Sub. Jr. Girls	Rhythmic & Artistic
8.	29.11.2011	Jr. Boys & Jr. Girls	Rhythmic & Artistic
9.	30.11.2011	Sr. Boys & Sr. Girls	Rhythmic & Artistic

Note:

1. All the above mentioned Asana are applicable in all the categories.
2. The individual Yogasan competition will be played as per SGFI Rules.
3. Each zone must participate in individual Yoga competitions.
4. It is compulsory for all the participants to bring their identity card on the day of participation & all the entries must be sent in the prescribed performa (enclosed).
5. The venue of the tournament will be Chhatrasal Stadium, Model Town, Delhi-110009
6. No entry shall be made on the spot.
7. All the participants must report before the draw is made.
8. In individual competition, maximum three entries from a zone is allowed.

Yours faithfully,



(SAT PAL)

ADDL. DIR. OF EDN. (SPORTS)

Copy forwarded to the:-

1. All District DDE's
2. EO's Zone 1-28
3. SPE's Zone 1-28
4. PS to Director of Education.
5. PA to All Regional Director
- ✓ 6. OS (IT) with the request to place the same on website.

ENTRY PERFORMA (YOGA COMPETITION)

Group : Sr. / Jr./ sub Jr.

Category: Boys / Girls

Individual Competition

S.No.	Name of Student	Father's Name	School Name	Class	D.O.B.	ID No.
1.						
2.						
3.						

Rhythmic Yog

1. \_\_\_\_\_

Artistic Yog

1. \_\_\_\_\_

Signature of Coach/Teacher

Signature of Convener/Secretary