

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

No.F.12/5/DE/Sports/Yoga/2015/10266-10315

Dated: 20<sup>th</sup> Oct. 2015

To

The District Deputy Director of Education,  
Dte. of Edn., GNCT Delhi  
Delhi / New Delhi.

Sub: Schedule of Inter Zonal Yogasana Competitions 2015-16.

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 in the two categories i.e. in group & individual. The Inter-zonal competition will be held from 9<sup>th</sup> November, 2015 to 2<sup>nd</sup> December 2015. It is therefore, requested to the entire Zonal conveners to complete the zonal yoga competition before 6<sup>th</sup> Nov., 2015 and forward the names of the winners to the undersigned for Inter-zonal competitions to be held from 9<sup>th</sup> November, 2015. For group competition, only the winner team shall participate whereas in individual category, only first three participant of the zone shall participate.

**Individual Competitions (Boys & Girls)**

<b>'A' Group</b>	<b>'B' Group</b>	<b>'C' Group</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

**Group competition (Boys & Girls)**

1. Paschimotanasan	7.Chakrasan	13.Sankhyasan
2. Sarvangasan	8.Kuku tasan	14.Vyaghrasan
3. Matsyasan	9.Garbh asan	15.Urdha Kukutasan
4. Dhaurasan	10.Bakasan	16.Utith Titibhasan
5. Puran Matsendrasan	11.Bhunamasan	17. Shirsasan
6. UttanPadasan	12.Purna Shalbhasan	18.Utith Padahastasan

(Individual competition)

S.No.	Date	Group	Time
1.	9.11.2015	Under 14,17 & 19 Boys& Girls (Preliminary round)	8.30 a.m.
2.	9.11.2015	Artisitic Competition 14,17 & 19 Boys& Girls	11.00 a.m.
3.	10.11.2015	Rhythmic Competition 14,17 & 19 Boys& Girls	8.30 a.m.
4..	16.11.2015	Sr. Boys(Final)	8.30 a.m.
5.	17.11.2015	Jr. Boys(Final)	8.30 a.m.
6.	18.11.2015	Sub Jr. Boys(Final)	8.30 a.m.
7.	19.11.2015	Sr. Girls(Final)	8.30 a.m.
8.	20.11.2015	Jr. Girls(Final)	8.30 a.m.
9.	21.11.2015	Sub Jr. Girls(Final)	8.30 a.m.

(Group Competition):

S.No.	Date	Group	Time
1.	26-11-2015	Sr. Boys	8.30 a.m.
2.	27-11-2015	Jr. Boys	8.30 a.m.
3.	28-11-2015	Sub Jr. Boys	8.30 a.m.
4.	30.11.2015	Sr. Girls	8.30 a.m.
5.	01-12-2015	Jr. Girls	8.30 a.m.
6.	02-12-2015	Sub Jr. Girls	8.30 a.m.

**Note:**

1. All the above mentioned Asana are applicable in all groups.
2. Maximum time limit 15 minutes for all groups.
3. The individual Yogasan competition will be played as per SGFI Rules.
4. Each zone must participate in group as well as individual Yoga competitions.
5. For the group yoga competition (12) asana are compulsory and minimum strength for group is (16)
6. It is compulsory for the all groups and individuals to bring their identity card on the day of participation & all the entries must be sent in the prescribed performa (enclosed).
7. The venue of the tournament will be Chhatrasal Stadium, Model Town, Delhi-110009
8. Teams shall bring their own music system/drum etc.
9. No entry shall be made on the spot.
10. All the teams must report before the draw is made.
11. In individual competition, maximum three entries from a zone is allowed.

(ASHA AGGARWAL)  
DY. DIR. OF EDN.(SPORTS)

Copy forwarded to the:-

1. All RDE's
2. All DDEs of the Zones.
3. All SPE's.
4. PS to Director of Education.
5. OS (IT) with the request to place the same on website.

ENTRY PERFORMA (YOGA COMPETITION)

**Group** : Sr. / Jr. / sub Jr.

**Category:** Boys / Girls

**Name of School** .....

SN.	Name of Student	Father's Name	Class	D.O.B.	ID No.
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

Individual Competition

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Rhythmic Yog

1 \_\_\_\_\_

Artistic Yog

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

Signature of Coach/Teacher

Signature of Convener/Secretary