

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

No.F.12/5/DE/PE /Yoga/2016/ 14074-1493 Dated: 16th November 2016

To

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

Sub: Schedule of Inter Zonal Yogasana Competitions 2016-17.

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 two categories i.e. in group & individual. The Inter-zonal competition will be held from 21th November, 2016 to 5nd December 2016 at Chhatrasal Stadium, Model Town, Delhi from 08.00 a.m. onwards. It is therefore, requested to the Zonal S.P.Es to forward the names of the Zonal winners to the undersigned upto 18th November, 2016 positively. For group competition, only the winner team shall participate whereas in individual category, only first three participants of the zone, shall participate and for Artistic and Rhythmic competitions only zonal winner will participate.

Individual & Group Competitions (Boys & Girls)

'A' Group	'B' Group	'C' Group
1. Paschimotanasan	7. Chakrasan	13. Sankhyasan
2. Sarvangasan	8. Kukutasan	14. Vyaghrasan
3. Matsyasan	9. Garbhasan	15. Urdha Kukutasan
4. Dhanurasan	10. Bakasan	16. Utith tibhasan
5. Puran Matsendrasan	11 Bhunamasan	17. Shirsasan
6. Uttanpadasan.	12. Purna Shalbhasan	18. Utith Padahastasan

(Group Competition):

S.No.	Date	Group	Time
1.	21.11.2016	Sr. Girls (Distt. East, North East, North, NW-A and NW-B)	8.00 a.m.
	21.11.2016	Sr. Girls (Distt. West –A, West- B, SW-A, SW-B, South, South –East, Central & New Delhi)	10.30 a.m.
2.	22.11.2016	Jr. Girls (Distt. East, North East, North, NW-A and NW-B)	8.00 a.m.
	22.11.2016	Jr. Girls (Distt. West –A, West- B, SW-A, SW-B, South, South –East, Central & New Delhi)	10.30 a.m.
3.	23.11.2016	Sub-Jr. Girls (Distt. East, North East,	8.00 a.m.

		North, NW-A and NW-B)	
	23.11.2016	Sub-Jr. Girls (Distt. West –A, West- B, SW-A,SW-B, South, South –East, Central& New Delhi)	10.30 a.m.
4.	24.11.2016	Sr. (Distt. East, North East, North, NW-A and NW-B)	8.00 a.m.
	24.11.2016	Sr. Boys (Distt. West –A, West- B, SW-A,SW-B, South, South –East, Central& New Delhi)	10.30 a.m.
5.	25.11.2016	Jr. Boys (Distt. East, North East, North, NW-A and NW-B)	8.00 a.m.
	25.11.2016	Jr. Boys (Distt. West –A, West- B, SW-A,SW-B, South, South –East, Central& New Delhi)	10.30 a.m.
6.	26.11.2016	Sub-Jr. Boys (Distt. East, North East, North, NW-A and NW-B)	8.00 a.m.
	26.11.2016	Sub-Jr. Boys (Distt. West –A, West- B, SW-A,SW-B, South, South –East, Central& New Delhi)	10.30 a.m.

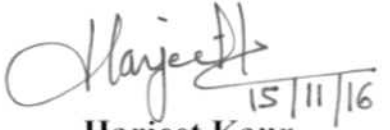
(Individual , Artistic and Rhythmic competition)

S.No.	Date	Group	Time
1.	28.11.2016	Under 14,17 & 19 Boys& Girls (Preliminary round, Individual)	8.00 a.m.
2.	29.11.2016	Sr Girls (<u>Individual</u>) and Sub Jr Girls- Artistic & Rhythmic	8.00 a.m.
3.	30.11.2016	Jr Girls(<u>Individual</u>) and Sr Girls- Artistic & Rhythmic	8.00 a.m.
4.	01.12.2016	Sub Jr Girls (<u>Individual</u>) and Jr Girls- Artistic & Rhythmic	8.00 a.m.
5.	02.12.2016	Sr Boys(<u>Individual</u>) and Jr Boys- Artistic & Rhythmic	8.00 a.m.
6.	03.12.2016	Jr Boys (<u>Individual</u>) and Sub Jr Boys - Artistic & Rhythmic	8.00 a.m.
7.	05.12.2016	Sub Jr Boys (<u>Individual</u>) and Sr Boys- Artistic & Rhythmic	8.00 a.m.

Note:

1. All the above mentioned Asanas are applicable in all groups.
2. Maximum time limit 15 minutes for all groups.
3. SGFI Rules will be followed for all above competitions .
4. Each zone must participate in group as well as individual Yoga competitions.
5. For the group yoga competition (12) asana are compulsory and strength for group is (16-20)
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.



Harjeet Kaur

DY. DIR. OF EDN.(PE & NI)

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