

INTER HOUSE  
YOGA COMPETITION  
2022



# DATES: SELECTION TRIAL / COMPETITION

SELECTION TRIAL					
S.NO.	DATE	DAY	CATEGORY	DURATION	HOUSE
1.	9.5.2022	Monday	U – 14 & 19 Boys & Girls	6 am – 7 am	Vivekananda
2.	10.5.2022	Tuesday	U – 14 & 19 Boys & Girls	6 am – 7 am	Ashoka
3.	11.5.2022	Wednesday	U – 14 & 19 Boys & Girls	6 am – 7 am	Akbar
4.	12.5.2022	Thursday	U – 14 & 19 Boys & Girls	6 am – 7 am	Tagore

COMPETITION					
S.NO.	DATE	DAY	CATEGORY	DURATION	HOUSE
1.	02.6.2022	Thursday	U – 14 & 19 Boys & Girls	6 am – 7 am	All Houses

# RULES OF THE COMPETITION

- The championship will be held for Under-14 and Under-19 category.
- Separate competition will be held for boys and girls category.
- A team shall consist of maximum 8 participants in each category.
- Each team will be performing 8 asanas out of 13 (given below), starting with Suryanamaskar (compulsory).
- The team will be given maximum 05 minutes to perform the asanas. The final posture must be held for 10 sec.

## Scoring:

1. Way of performing the Asanas(Starting and Returning): 02 marks
2. Perfection of posture: 04 marks
3. Exhibition of the posture: 02 marks
4. Fixed retention duration of the posture: 02 marks

# LIST OF ASANAS

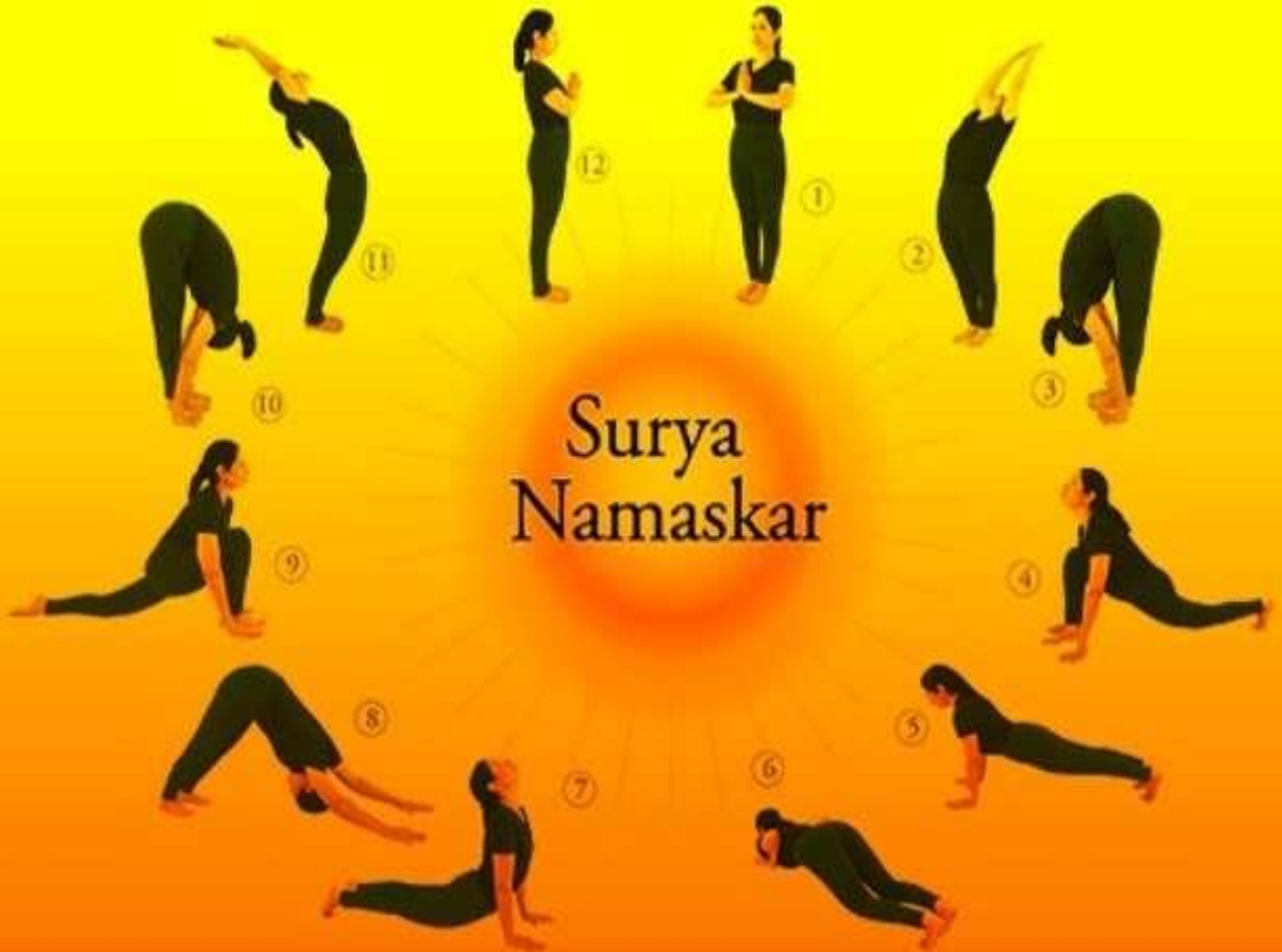
## BOYS CATEGORY

- Compulsory Surya Namaskar
- Paschimottanasana
- Titibhasana
- Bhunamanasana
- Padahastanasana
- Purna Slabhasana
- Purna Chakrasana
- Dimbasana
- Purna Dhanurasana
- Baddha Vihangasana
- Utthita Kurmasana
- Purna Matsyendrasana
- Urdhav Kukkutasana

## GIRLS CATEGORY

- Compulsory Surya Namaskar
- Paschimottanasana
- Karnapidasana
- Padahastanasana
- Virbhadrasana
- Makarasana
- Purna Ushtrasana
- Dimbasana
- Purna Dhanurasana
- Purna Matsyendrasana
- Vyagrasana
- Kukkutasana
- Garbhasana

# Surya Namaskar



**Urdhav Kukkutasana**



**Purna Dhanurasana**



**Purna Chakrasana**



**Purna Shalabhasana**



**Dimbasana**



**Purna Matsyendrasana**



**Titibhasana**



**Utthita Kurmasana**



**Bhujangasana**



**Padahasthasana**



**Paschimottasana**



**Karnapidasana**





**Virbhadrasana**



**Garbhasana**



**Purna Ushtrasana**



**Makarasana**



Children are requested to report 15 minutes prior to the senior school ground in P E uniform along with their Yoga mat on the selection trial and final Day.



**ALL THE BEST!**

For any query kindly contact Ms. Resham at  
[reshamhk@iswkoman.com](mailto:reshamhk@iswkoman.com)