



**Yoga and Meditation Society,
RAM LAL ANAND COLLEGE, University of Delhi**

in association with

Shri Yog Pragati

Presents

ONLINE YOGA ASANA & QUIZ COMPETITION

- Round 1 VIDEO AUDITION
- Round 2 LIVE ASANA PRESENTATION
- Round 3 QUIZ COMPETITION

Rule & Regulations:

1. From round 1, top 12 Participants will be selected for Round 2 and Round 3 in both categories.
2. Video must contain minimum of 6 Asanas; 4 Compulsory, 2 Optional from the list provided and holding time of each asana is 30 seconds.
3. Video should be in landscape mode with side pose and proper angel of asana should be maintained.
4. Participants should wear tight and fitted costumes for both categories.
5. Judgment criteria according to Indian Yoga federation.
6. Each asana will earn you 10 points 40 points for the Quiz competition.
7. Only Round 2 and round 3 will be considered for results.

Category

- Male (17-25 yrs)
- Female (17-25yrs)

Events Date

Last date of Video submission: 23 June 2020

Result declaration (1st Round): 25 June 2020

2nd & 3rd Round (Female): 25 June 2020

2nd & 3rd Round (Male): 26 June 2020

Final Declaration of Result: 26 June 2020

- **Ensure proper internet connectivity during session 2 and 3.**
- **Study material will provide to selected 12 participants for Quiz Competition**
- **E certificate Will be provide to each participants**
- **Top 2 in each category will get Attractive cash Prize (1st Prize, Rs. 2000/- and 2nd Prize, Rs. 1000/- in each category**

In live Asana Competition

NOTE:-Selected participants will perform the same asana that they performed in the uploaded video.

Asana syllabus

1. Asana for men and women (compulsory asana)

- a. Paschimottanasana
- b. Sarvangasana
- c. Purna dhanurasan
- d. Karna Pidasana

2. Optional Asana for men and women (select any two Asana)

For Men	For women
Mayurasana	Purna Bhujangasana
Hanumanasana	Natarajasana
Purna Chakrasana	Ek Pad Chakrasana
Trivikramasana	Virbhadrasana
Setu Bandha Sarvangasana	Kaundinyasana
Purna Shalabhasana	Halasana
Ustrasana	Ustrasana

**Please read the rules and regulations carefully before participation.*

In case of any difficulty in uploading the video, please email your video to rlayoga2016@gmail.com.



rlacollege.edu.in

YOGA AND MEDITATION SOCIETY

RAM LAL ANAND COLLEGE (University of Delhi) & SHRI YOG PRAGATI

Technical support by State Yoga Sports Association, Delhi
organizes

LIVE ASANA AND QUIZ COMPETITION

ROUND I : VIDEO AUDITION

ROUND II : LIVE ASANA PRESENTATION

ROUND III: LIVE QUIZ COMPETITION

EVENT DATES

LAST DATE OF VIDEO SUBMISSION :

23 JUNE 2020

RESULT DECLEARED (ROUND 1) :

25 JUNE 2020

II & III ROUND - FEMALE :

26 JUNE 2020

II & III ROUND - MALE : **26 JUNE 2020**

FINAL DECLARATION OF RESULT :

26 JUNE 2020

AGE CATEGORY :17-25 YEARS

E-CERTIFICATE WILL BE

PROVIDED TO EACH

PARTICIPANT. TOP 2 IN EACH

CATEGORY WILL GET

ATTRACTIVE CASH PRIZE

Contact

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OPTIONAL (WOMEN)

PURNA
BHUJANGASANA
NATARAJASANA
EK PAD
CHAKRASANA
VIBHADRASANA
KONDIYANASANA
HALASANA
USHTRASANA

COMPULSARY ASANA (MEN AND WOMEN)

PASCHIMOTAN
ASANA
SARVANGASANA
PURNA
DHANURASAN
KARNA PIDASANA

OPTIONAL (MEN)

MAYURASAN
HANUMANASANA
PURNA CHAKRASANA
TRIVIKRAMASANA
SETU BANDHA
SARVANGASANA
PURNA
SHALABHASANA
USHTRASANA

RULES AND REGULATIONS :

- FROM ROUND I TOP 12 PARTICIPANTS WILL BE SELECTED FOR ROUND II & III IN BOTH THE CATEGORIES
- VIDEO MUST CONTAIN MINIMUM OF 6 ASANAS, 4 COMPULSORY AND 2 OPTIONAL. HOLDING TIME FOR EVERY ASANA IS 30 SECONDS
- VIDEO SHOULD BE MADE IN LANDSCAPE MODE WITH SIDE POSE AND PROPER ANGLE OF THE ASANA SHOULD BE MAINTAINED
- PARTICIPANTS SHOULD WEAR TIGHT AND FITTED COSTUMES FOR BOTH CATEGORIES
- JUDGEMENT CRITERIA AS PER INDIAN YOGA FEDERATION
- EACH CORRECT ASANA EARNS YOU 10 POINT AND 40 POINTS FOR THE QUIZ COMPETITION
- ONLY ROUND II & III WILL BE CONSIDERED FOR THE RESULT .
- REGISTRATION LINK:<https://forms.gle/teSoKuYeDMyzMASH7>