

C3-C (2023-24)

To  
School Parents (Grades 9-10)

**Ref:- YOGA COMPETITION 2023-24**

CONCENTRATION, STRENGTH, BALANCE



Greetings to all,

We are happy to announce that this year 2023-34 we are organising a “Yoga Competition” to inculcate CONCENTRATION-STRENGTH-BALANCE in our lives. This will be held on 17<sup>th</sup> June 2023,saturday.

*More about Competition:*

- The competition will be conducted poolwise.  
Pool 1 - Gr. 3 to 5  
Pool 2 - Gr. 6 to 8  
Pool 3 - Gr. 9 & 10
- Each Asana will be judge on the basis of given variable:
  1. Stability
  2. Efficiency

### 3. Flexibility

### 4. Grace

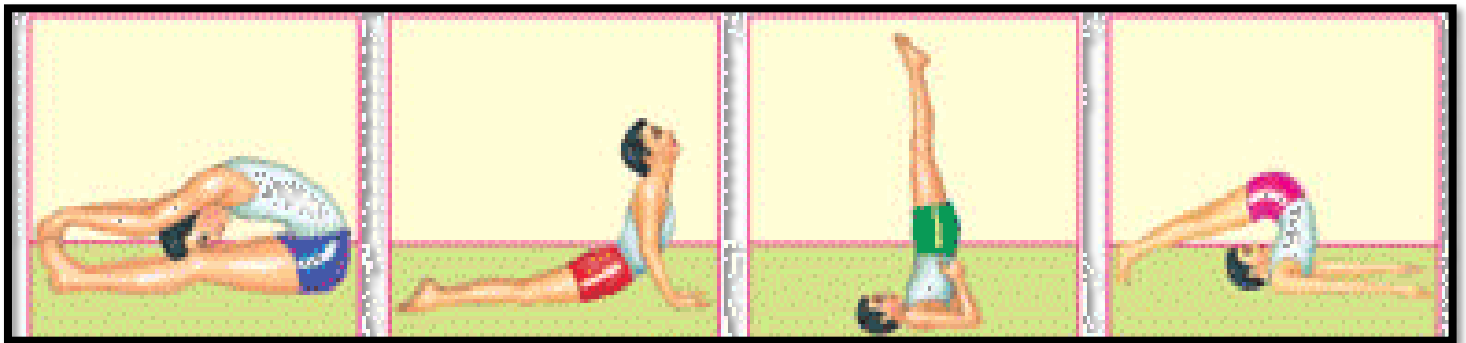
- Participant needs to hold the Yoga posture upto 1min.
- Dress code – House uniform
- Participation points will be added in respective houses.
- Learners need to practice following asana's in summer break.
- Result will be declared on International Yoga Day'23 i.e. 21<sup>st</sup> June'23.

1

2

3

4



Paschimottanasana

Bhujangasan

Sarvangasan

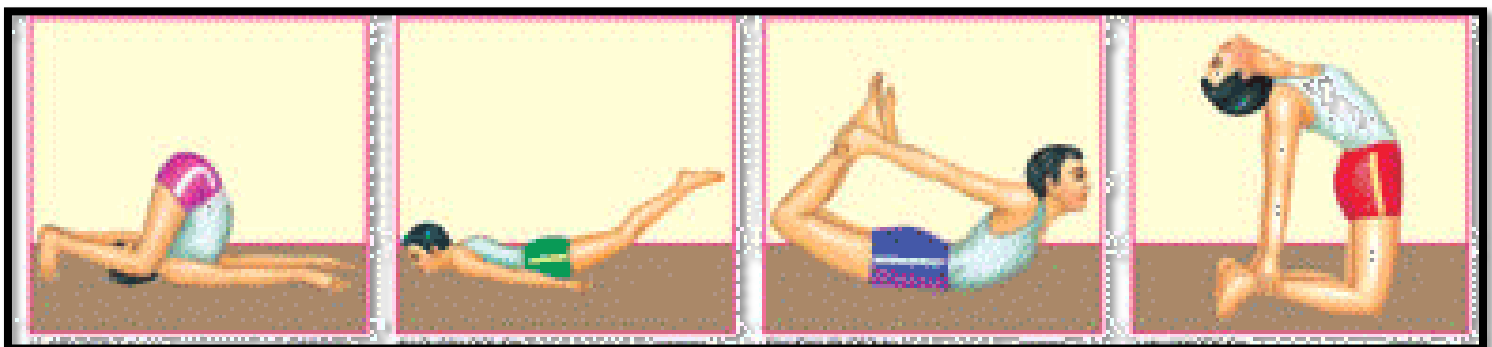
Halasan

5

6

7

8



Halasan-2

Shalbhasan

Dhanurasan

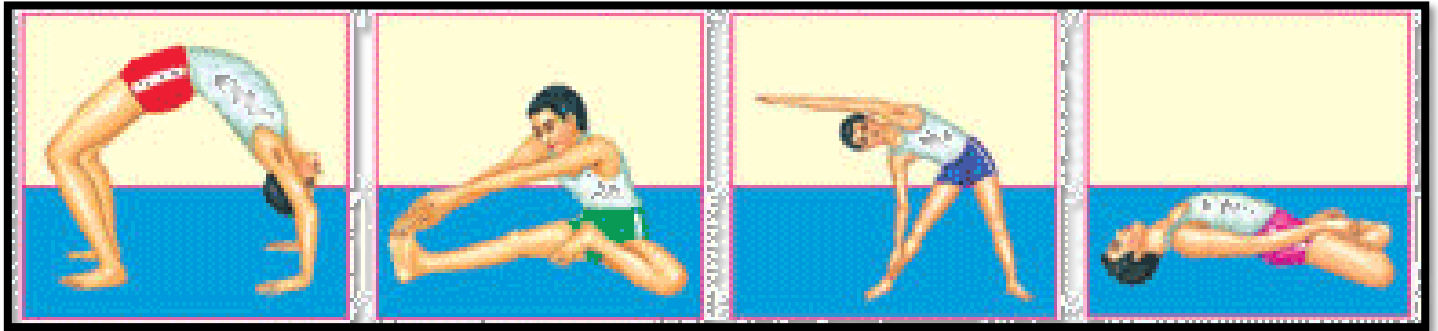
Ushtrasan

9

10

11

12



Chakrasana

Janushirsasan

Trikonasana

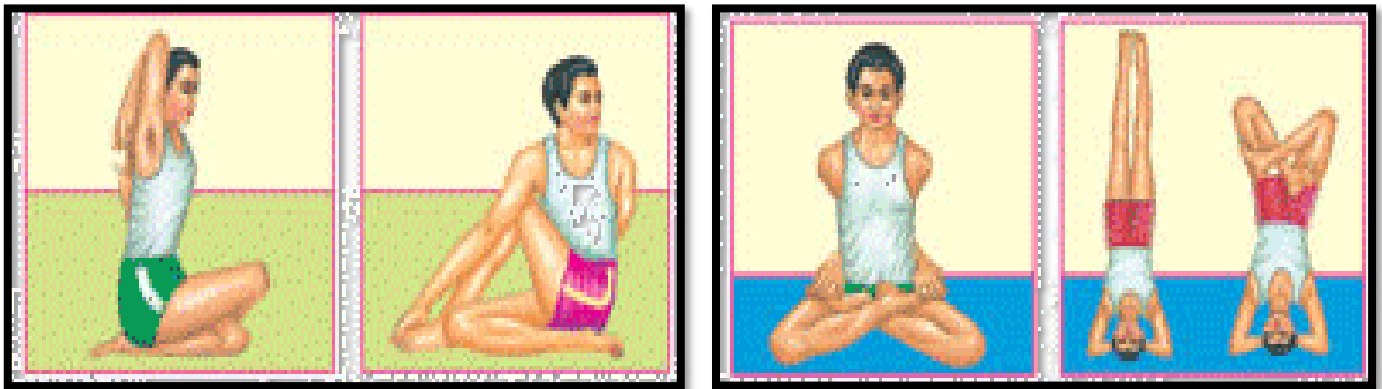
Matsyasan

13

14

15

16



Gomukhasan

Ardhamatsyendrasan

Matsyendrasan

Shirsasan

Regards,

Monica Jaiswal

Principal

SVM.