

C 3-B (2023-24)

To
School Parents (Grades 6-8)

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 17th June 2023, saturday.

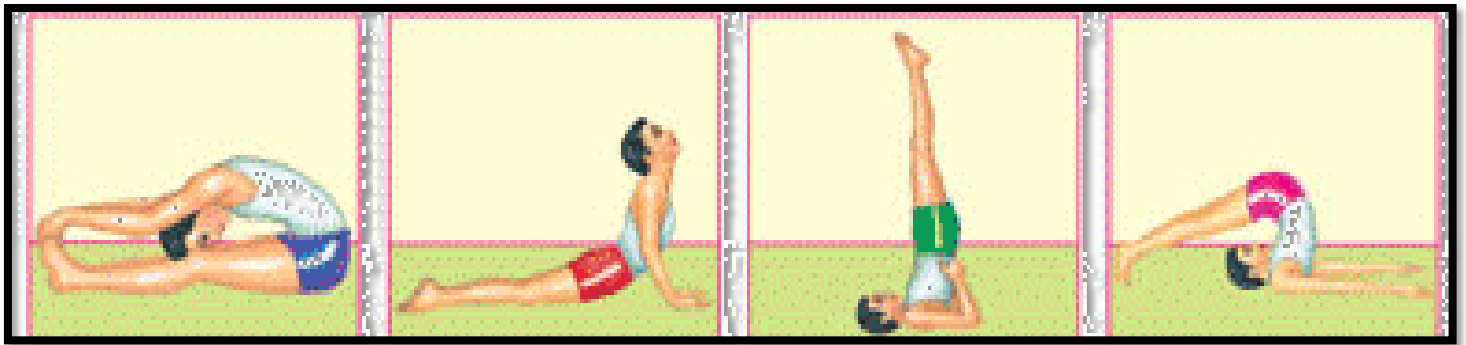
More about Competition:

- 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. 21st June'23.



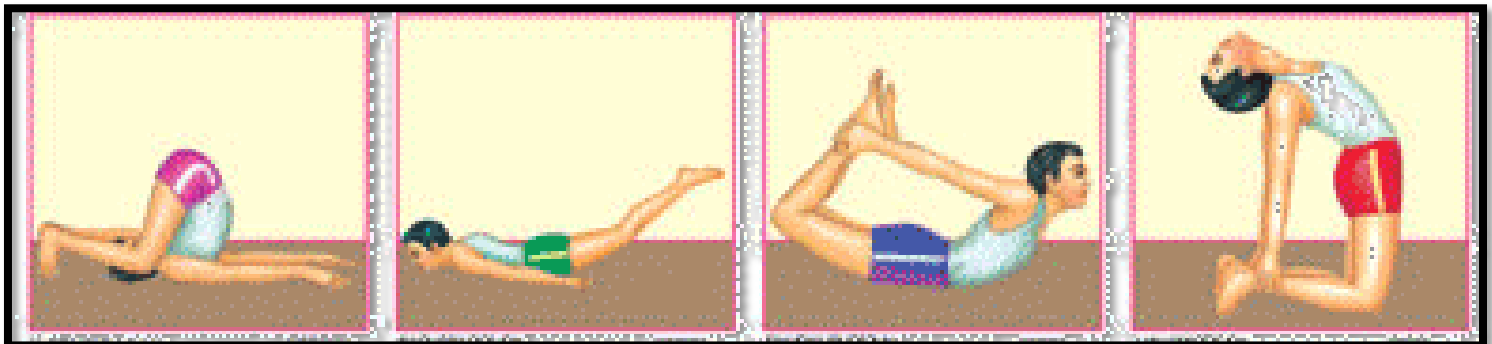
Paschimottasana	Bhujangasana	Sarvangasana	Halasana
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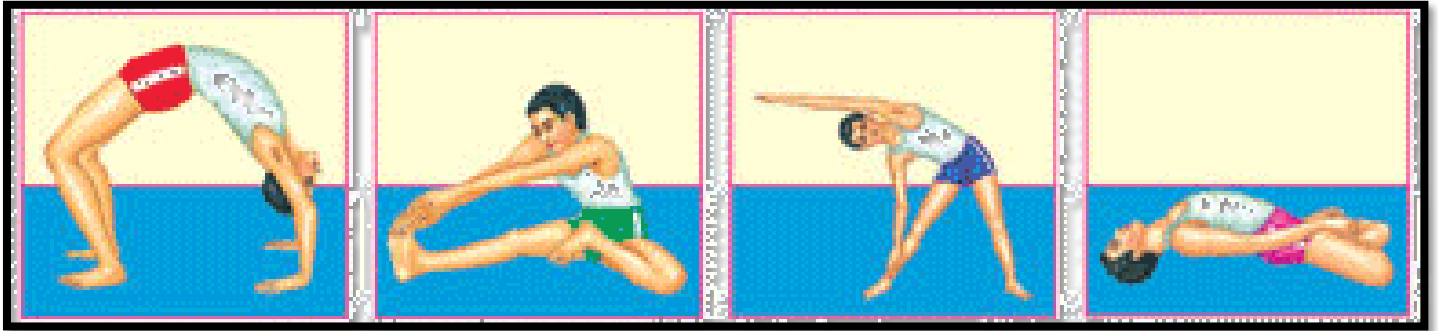
Halasana-2	Shalabhasana	Dhanurasana	Ushtrasana
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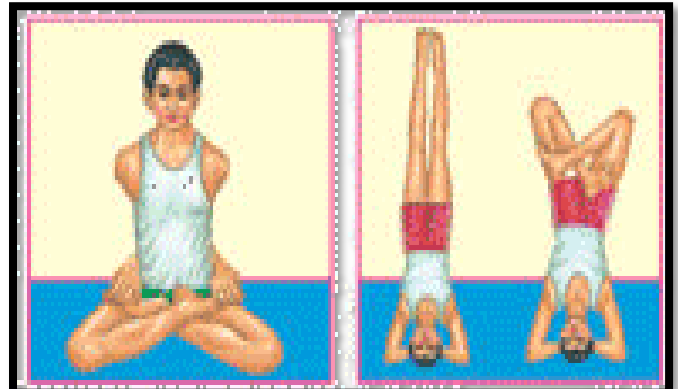
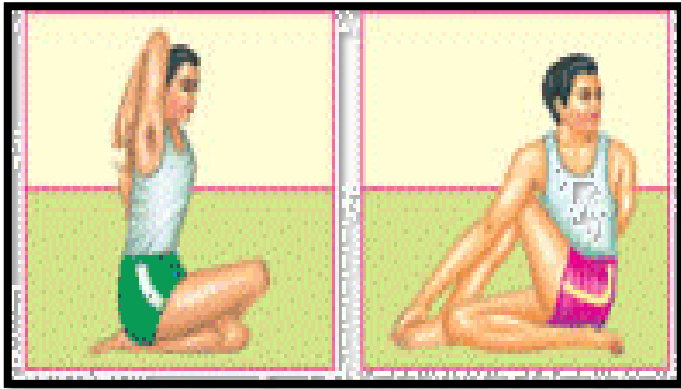
Chakrasana	Janushirsasan	Trikonasana	Matsyasan
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Gomukhasan	Ardhamatsyendrasan	Matsyendrasan	Shirsasan
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Regards,

Monica Jaiswal

Principal

SVM.