



# अभ्युदय

## अन्तर्विभागीय योगासन स्पर्धा-2024-25

### INTER DEPARTMENTAL YOGASANA COMPETITION

#### दिनांक- 15 फरवरी, 2025

स्थल - मुख्य सभागार (Main Auditorium), पतंजलि विश्वविद्यालय, हरिद्वार

नियमादि से सम्बन्धित अधिक जानकारी हेतु विश्वविद्यालय की वेबसाईट विजिट करें।

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## Rules & regulation for Yogasana Competition-2024-25

**Date: - 15/02/2024**

**Venue: - Main Auditorium, University of Patanjali, Haridwar**

- 1) The yogasana competition will be conducted group/team wise and also class wise.
- 2) Each class can form 2 groups/teams of 5 girls or 5 boys separately.
- 3) This event will be 'Artistic group event', wherein athletes have to present their yogic performance with music/sound.
- 4) Music should be patriotic, devotional and can be instrumental also. No vulgar sound will be allowed.
- 5) Each team will have a time limit of 4 minutes.
- 6) In 4 minutes, athletes have to perform 10 formations.
- 7) Out of these 10 formations, 5 similar asanas will be performed by all athletes. These 5 asanas should belong to following 5 categories: -
  - Forward Bending Asanas
  - Backward Bending Asanas
  - Twisting Asanas
  - Hand Balancing Asanas
  - Leg Balancing Asanas
- 8) And remaining 5 postures should be the formation with combination of different asanas. Formation may be pyramidal formation or structural formation.
- 9) Players are free to choose any asan for formations or individual asanas.
- 10) Every individual asan and also the formation has to be held for minimum 5 seconds.
- 11) This will be a preliminary round of the competition. From this round top 5 teams will be selected for the final round.
- 12) Final round will be held among the dates 28<sup>th</sup> February to 1<sup>st</sup> March.

For any queries, please contact Dr. Aarti Pal ji between the 3 PM to 5 PM at Faculty of Yoga Science.

Dr. Aarti Pal

Coordinator- Yogasana Sports