

Instructions and Guidelines for Intercollegiate Online Yogasana Competition and Online Yoga Quiz Competition (Only for NAU students)

FOURTH EVENT

Event: Intercollegiate Online Yogasana Competition (Only for NAU students)

Date: 21st June, 2021

Time: 10:00 AM – 02:00 PM

Registration link: <https://forms.gle/hHJ26gG1fwDz2xuNA>

E-mail address to submit the video: diwakar@nau.in

Judgment Criteria: The efficiency of the Yogasana in the Yogasana competition will be judged on the following basis:

- i. Way of performance to achieve the final position
 - ii. Correct position of Yogasana.
 - iii. Retention maintained during the final position.
 - iv. Degree of flexibility, balance and calmness maintained during the retention of final position.
 - v. Way of performance to come back from final position.
1. The referees will see videos of yoga posture performance so record all side view of the pose during the retention period.
 2. **Marking System** - All the referees will award marks to each competitor for each Yogasana separately.
 - i. In Yogasana competition each referee will award marks out of 10 marks for each asana, thus awarding marks out of 100 for 10asanas.
 - ii. The aggregate of minimum and maximum marks given by the referee to each competitor will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
 3. **Positions** -
 - i. In Yogasana competition first three positions will be declared in each group (boys and girls) on the basis of merit of the scores secured by the competitors.
 4. **Awards and participation certificates** -
 - i. First, Second and Third position holders will be awarded along with Merit Certificates.
 - ii. The participation certificates will be given to all the participants securing more than 50% marks in the competition.

Dress: The boys and girls competitors will wear the following dresses:

Boys: Short and vest/sports shirt.

Girls: Short and sports shirts/Gymnastic costume (full length).

Contact person for any Yogasana competition related query:

Nodal Officer – Yoga

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee

and Assistant Professor, Dept. of PMBB, ACHF,

Navsari Agricultural University

Navsari, Gujarat

e-mail: diwakar@nau.in +91-9979246301

Syllabus for Online Yogasana Competition
Compulsory Yogasanas for Boys and Girls

1. Pashchimottanasana
2. Sarvangasana
3. Purnadhanurasana
4. Karnapidasana
5. Vrikshasana
6. Padhastasana
7. Ushtrasana



1. Pashchimottanasana



2. Sarvangasana



3. Purnadhanurasana



4. Karnapidasana



5. Vrikshasana



6. Padhastasana

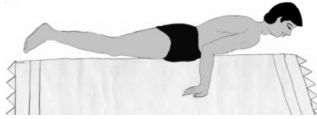


7. Ushtrasana

Optional Yogasanas - Select any three respectively

For Boys

1. Mayurasana



2. Padambakasana (UrdhvaKukuttasana)



3. Hanumanasana



For Girls

1. Vatayanasana



2. PurnaBhujangasana



3. PurnaMatasendrasana



4. Titiabhasana



4. EkapadShirasana



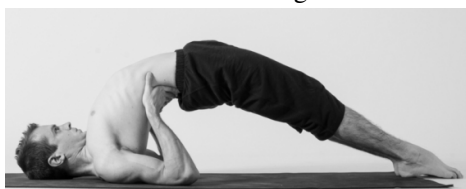
5. PurnaChakrasana



5. ArdhaBadhPadmotanasana



6. SetubandhSarvangasana



6. VibhaktaPaschimottanasana



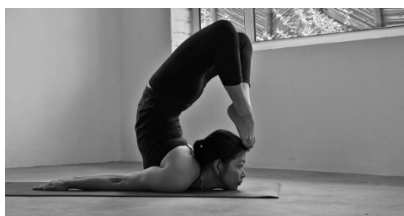
7. Vrischikasana



7. Natrajasana



8. PurnaShalabhasana



8. EkpadaRajkapotasana



FIFTH EVENT

Event: Online Yoga Quiz Competition (Only for NAU students)

Date: 21st June, 2021

Time: 04:45 PM – 05:00 PM

Registration link: <https://forms.gle/zy3HmwR41ihh3WXZA>

Joining link: <https://onlinequiz.nau.in>

Guidelines:

1. There will be 30 multiple choice questions based on common yoga protocol as published by Ministry of AYUSH, Government of India.
2. All questions will be compulsory and contain same marks.
3. There will be no negative marking.

4. Results will be announced based on merit.
5. Merit for polytechnic and under graduate students will be common.
6. Merit for post graduate students (M.Sc. and Ph.D.) will be common.

Contact person for any quiz competition related query:

Nodal Officer – Yoga

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee
and Assistant Professor, Dept. of PMBB, ACHF, NAU

Navsari, Gujarat

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