



# NATIONAL PUBLIC SCHOOL YOGA CHAMPIONSHIP 2016

Organised By: **NATIONAL BOARD OF PUBLIC SCHOOL GAMES (NBPSG)**

(Under Aegis the IHFA- INTERNATIONAL HEALTH AND FITNESS ASSOCIATION®)

Member: **The Association of National Sports Federations**

ANSF Member: **TAFISA-The Association For International Sports Associations, Germany**

(**TAFISA – International Olympic Committee, World Health Organisation, UNESCO**)

Ref No: IAHF-NPSG/12

Date: 30/07/2016

Dear Sir/Madam

We take pleasure to immense in informing you that **NATIONAL BOARD OF PUBLIC SCHOOL GAMES** is going to organize **National Public School Yoga Championship as Gargi Girls School, Meerut, Uttar Pradesh** as following schedules.

The primary aim of these games is explore and unite best sports talents in all public and private schools.

Date	Event	Age Group	Venue
<b>15<sup>th</sup> -16<sup>th</sup> Oct 2016</b>	<b>YOGA</b>	UNDER 11, 14, 17 AND 19 <b>BOYS &amp; GIRLS</b>	<b>Gargi Girls School,</b> Ganga Nagar, Meerut, Uttar Pradesh

You are cordially invited to this healthy competition and uphold the traditions of these games. We solicit your co-operation and health desires your reciprocation.

Thanks You

Your

**DR.VIPIN KUMAR RISHI (PT)**  
Organizing President

Copy to information:

- Secretary, Ministry of Sports and Youth Affairs, Government of India
- Secretary, Ministry of AYUSH
- Secretary, Ministry of HRD, Government of India
- General Secretary, Indian Olympic Association
- President, International Yoga Federation
- President, International Yoga Sports Federation
- ANSF- The Association of National Sports Federations
- President/Gen Secretary , All National Sports Federations





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## GENERAL INFORMATION

- NATIONAL BOARD OF PUBLIC SCHOOL GAMES (NBPSG)
- Venue : **Gargi Girls School, Ganga Nagar, Meerut, Uttar Pradesh**
- **AGE GROUP** - Age Group Under 11, Under 14, Under 17, and Under 19 for Boys and Girls.
- **RULES** – National Board of Public School Games Yoga Committee
- **Lodging Facility** : Available
- **15<sup>th</sup> Oct 2016**  
10:00 Reporting Time - Registration and ID card Issues  
Breakfast  
11:30 AM **OPEN CEREMONY**  
12:00 Competition  
Lunch Break  
Competition  
Meeting (Agenda- Add New Games in NBPSG, Games Hosting. Appoint Coordinators)
- **16<sup>th</sup> Oct 2016**  
8:00 Breakfast  
Competition  
1:00 Lunch  
Competition  
Prize Distribution  
5:00 PM **CLOSING CEREMONY**
- **CLOSING DATE: Last Date of the Registration 20<sup>th</sup> SEPTEMBER 2016.**
- **ENTRY FEE: Rs. 300** per candidate (included Fooding & Lodging Facility)
- **Late Fee:** After Due date Rs. 500 will be charge as Late Fee.

**Instruction:** Please send Your Entry Fee along with your arrival and Departure reports.

**Coordinator (s)**

Phone No: 08881388817 (Time: 10 AM to 5:00 PM)

email: [info.ihfa@gmail.com](mailto:info.ihfa@gmail.com)




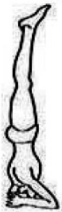







# NATIONAL PUBLIC SCHOOL YOGA SPORTS COMPETITION SYLLABUS FOR BOYS AND GIRLS



**Age Group: Under 11, Under 14, Under 17 and Under 19**



		
<p style="text-align: center;"><b>1. <u>VIRBHADRASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Leg on the ground must be straight.</li> <li>2. Both arms, back and leg in straight line with toe maximum stretched.</li> <li>3. Head in between both arms.</li> <li>4. Hands folded together.</li> </ol>	<p style="text-align: center;"><b>5. <u>VIBBKTA PASCHIMOTTHASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Toes pointing upward.</li> <li>2. Knees on the ground.</li> <li>3. Gripping of toes with thumb and index finger.</li> <li>4. Chest, shoulders and chin should touch the ground.</li> </ol>	<p style="text-align: center;"><b>4. <u>USHTRASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Thighs perpendicular to the ground</li> <li>2. Palms on the heels</li> <li>3. Knees, heels and toes together</li> <li>4. Ankles touching the ground</li> </ol>
		
<p style="text-align: center;"><b>10. <u>SIRSHASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Front portion of the head should be placed on the ground.</li> <li>2. Head, Back, hips and legs in one line.</li> <li>3. Toes pointing upward</li> <li>4. Elbows parallel to each other.</li> </ol>	<p style="text-align: center;"><b>6. <u>GARABHASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Both arms in between thigh and calf.</li> <li>2. Ears to be covered by palms.</li> <li>3. Back, neck and head maximum straight.</li> <li>4. Gaze in front.</li> </ol>	<p style="text-align: center;"><b>4. <u>CHAKRA BANDHASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Elbows and feet parallel to each other.</li> <li>2. Gap between feet and arms up to the width of shoulders.</li> <li>3. Gripping of ankles with hands,</li> <li>4. Thigh, buttocks and back making maximum arch, gaze in front.</li> </ol>
		
<p style="text-align: center;"><b>3. <u>UTTHITA PASCHMITTONASAN</u></b></p> <ol style="list-style-type: none"> <li>1. Balance on Buttocks.</li> <li>2. Both Legs straight with toes pointing upward.</li> <li>3. Palms holding the heels.</li> <li>4. Back maximum stretched with abdomen, chest and forehead touching the legs.</li> </ol>	<p style="text-align: center;"><b>8. <u>YOGA NIDRASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Neck to rest on the crossing of ankle.</li> <li>2. Shoulders to be taken out from the crossing.</li> <li>3. Weight to be placed on middle of back.</li> <li>4. Gripping of buttock with fingers inter locking each other.</li> </ol>	<p style="text-align: center;"><b>10. <u>PADANGUSHTH DHANURASANA</u></b></p> <ol style="list-style-type: none"> <li>1. Gripping of big toe in between 1<sup>st</sup> and 2<sup>nd</sup> finger with fist closed.</li> <li>2. Knees maximum closed.</li> <li>3. Legs and arms stretched upward, balance on naval.</li> <li>4. Head in between both the arms, gaze in front.</li> </ol>
<p><b>(One Optional Asana) BALANCING</b></p>	<p><b>(One Optional Asana) FORWARD BENDING</b></p>	<p><b>(One Optional Asana) BACKWARD BENDING</b></p>
<p>Each Competitor Perform 9 Asana (included 3 optional Asanas as per Competitor Choice ).</p> <p><b>Marking System</b> – Each Asana contain maximum 10 points. And 10 marks for dressing sense.</p> <p><b>Time</b> – Asana Holding Time: 10 Seconds.</p> <p><b>Costume:</b> Competitor Should be wear in YOGA Costume (refer Body Touch Costume )</p>		

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Technical Assistance at [info.ihfa@gmail.com](mailto:info.ihfa@gmail.com) , 0888138817

# ENTRY FORMAT - NATIONAL PUBLIC SCHOOL YOGA CHAMPIONSHIP 2016 AT MEERUT, U.P

[www.ihfa.in](http://www.ihfa.in), [info.ihfa@gmail.com](mailto:info.ihfa@gmail.com), Phone No: +91 8881388817

NAME OF THE SCHOOL \_\_\_\_\_ CITY \_\_\_\_\_ PH. \_\_\_\_\_

TEAM MANAGER \_\_\_\_\_ PH. NO. \_\_\_\_\_ TEAM COACH \_\_\_\_\_ PH. NO. \_\_\_\_\_

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NAME OF THE PARTICIPANT	FATHER NAME	DATE OF BIRTH	AGE CATEGORY

Signature      Principal / District Coordinator

Add more sheets , if required