CENTRAL UNIVERSITY OF KERALA

9th International Day of Yoga Celebration

Yoga Competition

Cash prizes will be awarded for students

For Students:
First Prize:2000/-
Second Prize:1000/
Third Prize : 500/-

Teaching and Non- Teaching Staffs :First three places will get medals

No Registration Fee

ELIGIBILITY

- All the Students of Central University of Kerala
- Teaching and Non-Teaching Staff of CUK.

19 JUNE, 2023

9.00 am to 1.00pm

EBSB Coordinator : Prof .Arun Kumar
Nodal officer : Dr.S . Anbazhagi

FacultyCoordinators : Dr . Subramanya Pailoor
:Dr . M . Anjaladevi
Department of Yoga Studies

Venue : Yamuna Block, Department of Yoga Studies

Organizing committee:
Ms. Anamika P: 9207998148
Ms. Dhanalakshmi R S :7306205843
Ms.Neha Bhargava :7291978449

Registration link : https://forms.gle/Vzz71VuzgjLWoj5W6

All are cordially invited

Guidelines

*Competitor should wear comfortable clothes (Track Pant and T shirt) will be favorable.

Jeans and trousers will not be allowed while performing asanas

EVALUATION CRITERIA :

*Three rounds will be conducted

Mode of Selection

Participents should perform 4 compulsory Asanas from the given list of asanas and one optional Asana which is not in the given List, a total of 5 Asanas for first round,

Two compulsory Asanas, i.e. One selected Asana from the second round Asanas list and one optional Asana which is not in the given List, a total of three Asanas for second round and

One compulsory Asana, i.e. One selected Asana from any third round Asanas list and one optional Asana which is not in the given List, a total of two Asanas for third round.

•Holding time for each Asana 15 seconds in First Round, 20 Second

in
Second Round and 30 Second in Third Round.

• The Yoga participants will be evaluated on the basis of flexibility, stability, concentration, and facial expressions of the performer.
• The performers with highest score will be declared accordingly.
• No asana will be changed or altered once fixed or obtained by the competitor.

•List of Asanas for Yoga provided for Student Participants and for Teaching Non Teaching Staffs Will be different.