

राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान

(शिक्षा मंत्रालय, भारत सरकार के अंतर्गत एक स्वायत्त संस्थान)

भारत सरकार एवं आयुष मंत्रालय द्वारा आयोजित

YOGACON-2024

YOGA COMPETITION

Category : Asanas Competition

15 जून 2024 | प्रातः 8:00 से

स्थान : महारानी महल, रजत पथ, मानसरोवर, जयपुर

Registration

400/-

Up to 10.6.2024

Registration Link:-

<https://forms.gle/fTGF3aycvtGMHJnp8>

1st Prize

₹5100

2nd Prize

₹2100

3rd Prize

₹1100

Note : All the participants will be awarded with certificate.

Refreshment for all participants.



Age Group Category:

upto 15 yrs

16 th 25 Yrs

26 to 40 yrs

आयोजक

गांधी योगा एण्ड नेचुरोपैथी इंस्टीट्यूट

(Life Medicare Helpline Society)

69/240, वीटी रोड, मानसरोवर, जयपुर-302020,

मो. 9414241725, 9772922220



Scan
For Payment



Scan
For Location

For any query Contact : +91-97729-22220, 9981232255

SYLLABUS AND GUIDELINE FOR NATIONAL YOGASANA COMPETITION – YOGACON-2024

Rules/Regulation for Yoga Competition

The Yoga Asanas Competition (**YOGACON-2024**) will be held in the following **three Events** and Age Groups as per rules & regulations and syllabus of the Yoga Asanas Competition (YOGACON-2024) which can be downloaded from the website www.gyani.co.in.

Instruction

Yogasana Competitions for male and female competitors will be held in the following **THREE AGE GROUPS**. Competitor will perform **8 Asanas out of 10** of their choice as per the syllabus of their respective age groups. Competitor will maintain in each asana for **15 seconds** during the competition.

- 1. ENERGY GROUP - 08-15 Years Boys and Girls**
- 2. ROYAL GROUP -16-25 Years Boys and Girls**
- 3. SUPER KING GROUP - 26-40 Years Men and Women**

Time duration for the presentation will be 120 to 150 seconds.

The competitor will maintain each posture for at least 5-8 seconds during the performance.

The transition from one posture to another posture should be slow & Artistic

Dress of the Competitor:

The players should wear attractive colorful skin-tight costume during their performance in the Yogasana.

Marks distribution: -

The final pose will be accepted with smiling face and pleasant expression. Each asana will be of 10 marks.

The detail distribution of these 10 marks will be given by the judges as under: -

- **Way of performance to reach the final stage of the asana -1 mark.**
- **Perfect posture of the asana – 4 marks.**
- **Exhibition of the asana without tension and trembling – 2 marks.**
- **Stay in asana for a fixed time – 2 marks.**
- **Returning to original position – 1 mark**

Note:

1. Jeans and trousers will not be allowed while performing asanas.
2. Slacks, Shorts and Track Suits are compulsory.
3. Competitor will be Choose Any One Category of asanas.
4. The performer with highest score will be declared winner's Accordingly.
5. Judge's decision will be final
6. Players should be in proper yoga kit.

Date of Birth:

Age of the competitor will be checked as stand on 31st December of the Current Session of the competition.

Form link. <https://forms.gle/NSxxGR8UqMxiHmUd7>

Any Enquiry please contact: 9981232255, 9414889944, 9772922220

CATEGORY OF ASANAS

ENERGY GROUP: CHOOSE ANY ONE CATEGORY

Category -A	Category -B	Category -C
<ol style="list-style-type: none"> 1. GARUDASANA 2. PURNA-CHAKRASANA 3. PADAN-GUSHTH-DHANURASANA 4. HALASANA 5. VRIKSHASANA 6. GARABHASANA 7. AKARNA DHANURASANA 8. EKA-PADA-SKANDHASANA 9. USHTRASANA 10. KUKKUTASANA 	<ol style="list-style-type: none"> 1. TRIKONSANA 2. HALASANA 3. PASCHIMOTTANASANA 4. YOGA NIDRASANA 5. PURNA USHTRASANA 6. KUKKUTASANA 7. GARUDASANA 8. SARVANGASANA 9. AKARNA DHANURASANA 10. SASANGASANA 	<ol style="list-style-type: none"> 1. KARNA-PEEDASANA 2. PARIVRITTA PARSHVA-KONASANA 3. NATARAJASANA 4. TRIKONASANA 5. VEER BHADRASANA 6. PADAN-GUSHTH-DHANURASANA 7. SASANGASANA 8. YOGANIDRASANA 9. HALASANA 10. USHTRASANA

ROYAL GROUP: CHOOSE ANY ONE CATEGORY

Category -A	Category -B	Category -C
<ol style="list-style-type: none"> 1. VEER BHADRASANA 2. PURNA-CHAKRASANA 3. TRIKONSANA 4. PURNA-MATSYENDRASANA 5. PURNA DHANURASANA 6. HANUMANASANA 7. KOUNDINYASANA 8. OMKARASANA 9. KUKKUTASANA 10. PADAM-BAKASANA 	<ol style="list-style-type: none"> 1. PURNA-CHAKRASANA 2. TITIBHASANA 3. PURNA-MATSYENDRASANA 4. OMKARASANA 5. PARIVARTITA PARSHVAKUNASANA 6. VEER BHADRASANA 7. SETU BANDA CHAKRASANA 8. GOWARDHANASANA 9. ANTA-GULFA-HASTANATARAJASANA 10. PURNA-DHANUPASANA 	<ol style="list-style-type: none"> 1. PURNA-MATSYENDRASANA 2. TANDAVASANA 3. TITIBHASANA 4. PURNA CHAKRASANA 5. MAYOORASANA 6. PURNA DHANURASANA 7. BAKASANA 8. VEER BHADRASANA 9. USHTRASANA 10. SIRSASANA

SUPER KING GROUP: CHOOSE ANY ONE CATEGORY

Category -A	Category -B	Category -C
<ol style="list-style-type: none"> 1. SHIRSHA-PADANGUSTHASANA 2. PARIVRITTA-TRIKONASANA 3. EKA PADA CHAKRASANA 4. USHTRASANA 5. BADDHA-PADAMASANA 6. GARUDASANA 7. SETU BANDHA CHAKRASANA 8. SIRSASANA 9. MATSYASANA 10. VRIKSHASANA 	<ol style="list-style-type: none"> 1. ARDHA MATSYENDRASANA 2. HALASANA 3. SETU BANDA CHAKRASANA 4. EK PADA PURNA DHANURASANA 5. SHIRSHA PADANGUSTHASANA 6. USHTRASANA 7. MATSYASANA 8. GARUDASANA 9. DANDYAMAN JANUSTRSHASANA 10. VIBHAKTA PASCHIMOTTHANASANA 	<ol style="list-style-type: none"> 1. VRIKSHASANA 2. CHAKRASANA 3. AKARNA DHANURASANA 4. PASCHIMOTTANASANA 5. PADAM SARVANGASANA 6. MATSYASANA 7. HALASANA 8. GARUDASANA 9. TANDAVASANA 10. ANTA-GULFA-HASTANATARAJASANA



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YOGACON-2024

YOGA COMPETITION

Category : Asanas Competition



ENERGY GROUP (8-15 YEARS, BOYS & GIRLS)

Asana Category – A

1. GARUDASANA
2. PURNA-CHAKRASANA
3. PADAN-GUSHTH-DHANURASANA
4. HALASANA
5. VRIKSHASANA

6. GARABHASANA
7. AKARNA DHANURASANA
8. EKA-PADA-SKANDHASANA
9. USHTRASANA
10. KUKKUTASANA

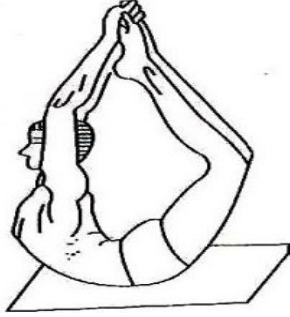
1. GARUDASANA



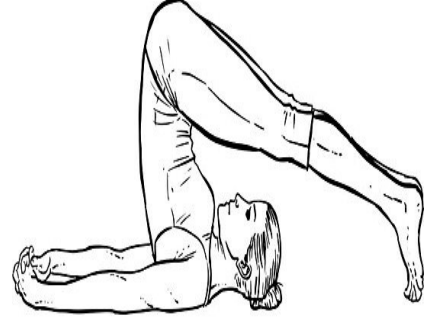
2. PURNA-CHAKRASANA



3. PADAN-GUSHTH-DHANURASANA



4. HALASANA



5. VRIKSHASANA



6. GARABHASANA



7. AKARNA DHANURASANA



8. EKA-PADA-SKANDHASANA



9. USHTRASANA



10. KUKKUTASANA





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YOGACON-2024

YOGA COMPETITION

Category : Asanas Competition



ENERGY GROUP (8-15 YEARS, BOYS & GIRLS)

Asana Category – B

1. TRIKONSANA

2. HALASANA

3. PASCHIMOTTANASANA

4. YOGA NIDRASANA

5. PURNA USHTRASANA

1. TRIKONSANA



6. KUKKUTASANA

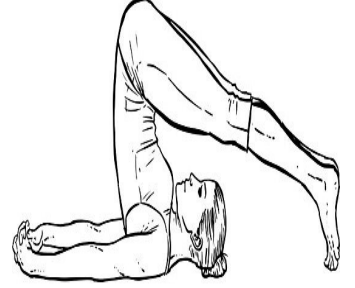
7. GARUDASANA

8. SARVANGASANA

9. AKARNA DHANURASANA

10. SASANGASANA

2. HALASANA



3. PASCHIMOTTANASANA



4. YOGA NIDRASANA



5. PURNA USHTRASANA



6. KUKKUTASANA



7. GARUDASANA



8. SARVANGASANA



9. AKARNA DHANURASANA



10. SASANGASANA





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YOGACON-2024

YOGA COMPETITION

Category : Asanas Competition



ENERGY GROUP (8-15 YEARS, BOYS & GIRLS)

Asana Category – C

1. KARNA-PEEDASANA

2. PARIVRITTA PARSHVA-KONASANA

3. NATARAJASANA

4. TRIKONASANA

5. VEER BHADRASANA

1. KARNA-PEEDASANA



6. PADAN-GUSHTH-DHANURASANA

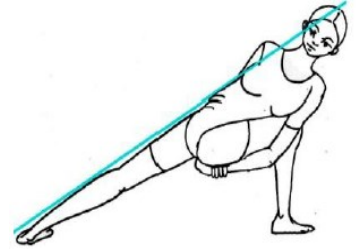
7. SASANGASANA

8. YOGANIDRASANA

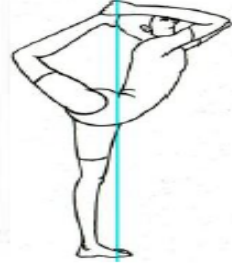
9. HALASANA

10. USHTRASANA

2. PARIVRITTA PARSHVA-KONASANA



3. NATARAJASANA



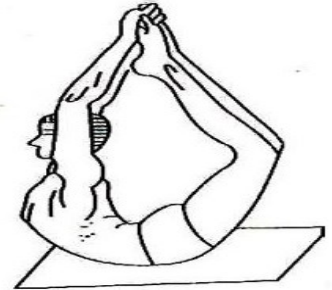
4. TRIKONASANA



5. VEER BHADRASANA



6. PADAN-GUSHTH-DHANURASANA



7. SASANGASANA



8. YOGA-NINDRASANA



9. HALASANA



10. USHTRASANA





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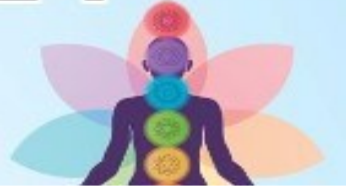
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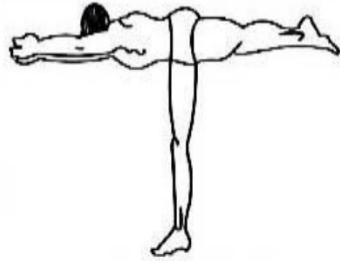
ROYAL GROUP-A (16-25 YEARS, BOYS & GIRLS)

Asana Category – A

1. VEER BHADRASANA
2. PURNA-CHAKRASANA
3. TRIKONSANA
4. PURNA-MATSYENDRASANA
5. PURNA DHANURSANA

6. HANUMANASANA
7. KOUNDINYASANA
8. OMKARASANA
9. KUKKUTASANA
10. PADAM-BAKASANA

1. VEER BHADRASANA



2. PURNA-CHAKRASANA



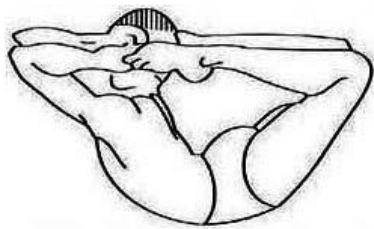
3. TRIKONSANA



4. PURNA-MATSYENDRASANA



5. PURNA-DHANURASANA



6. HANUMANASANA



7. KOUNDINYASANA



8. OMKARASANA



9. KUKKUTASANA



10. PADAM BAKASANA





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YOGACON-2024

YOGA COMPETITION

Category : Asanas Competition



ROYAL GROUP (16-25 YEARS, BOYS & GIRLS)

Asana Category – B

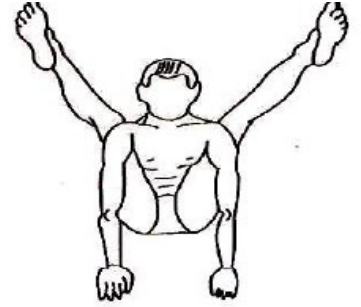
1. PURNA-CHAKRASANA
2. TITIBHASANA
3. PURNA-MATSYENDRASANA
4. OMKARASANA
5. PARIVARTITA PARSVAKUNASANA

6. VEER BHADRASANA
7. SETU BANDA CHAKRASANA
8. GOWARDHANASANA
9. ANTA-GULFA-HASTANATARAJASANA
10. PURNA-DHANUPASANA

1. PURNA-CHAKRASANA



2. TITIBHASANA



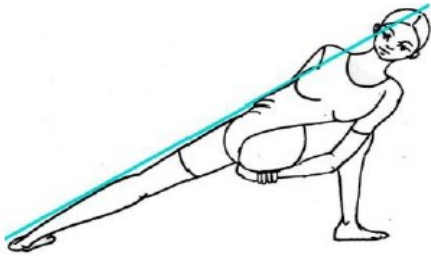
3. PURNA-MATSYENDRASANA



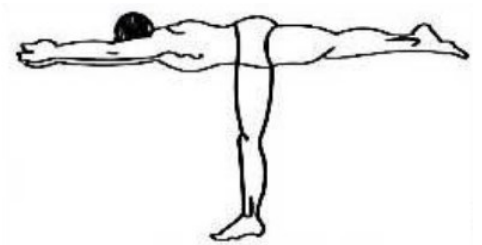
4. OMKARASANA



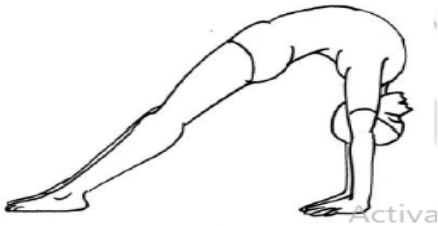
5. PARIVARTITA PARVA-KONASANA



6. VEER BHADRASANA



7. SETU BANDA CHAKRASANA



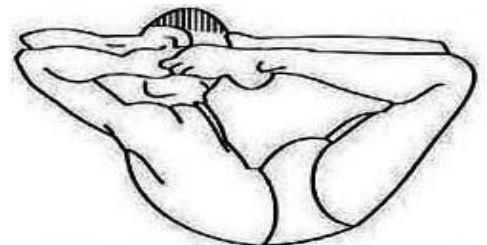
8. GOWARDHANASANA



9. ANTA-GULFA-HASTANATARAJASANA



10. PURNA-DHANURASANA





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ROYAL GROUP (16-25 YEARS, BOYS & GIRLS)

Asana Category – C

1. PURNA-MATSYENDRASANA
2. TANDAVASANA
3. TITIBHASANA
4. PURNA CHAKRASANA
5. MAYOORASANA

6. PURNA DHANURASANA
7. BAKASANA
8. VEER BHADRASANA
9. USHTRASANA
10. SIRSASANA

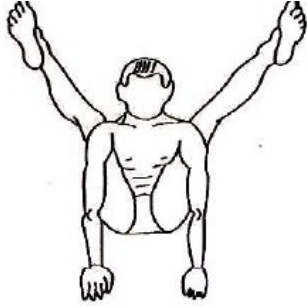
1. PURNA-MATSYENDRASANA



2. TANDAVASANA



3. TITIBHASANA



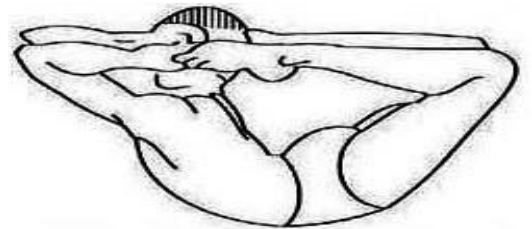
4. PURNA CHAKRASANA



5. MAYOORASANA



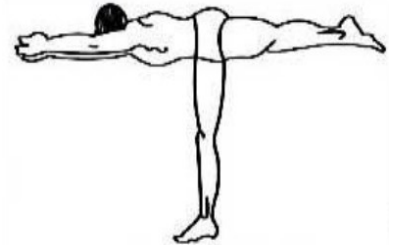
6. PURNA DHANURASANA



7. BAKASANA



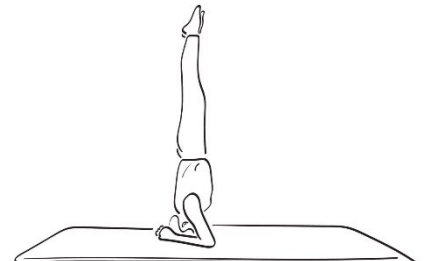
8. VEER BHADRASANA



9. USHTRASANA



10. SIRSASANA





राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान

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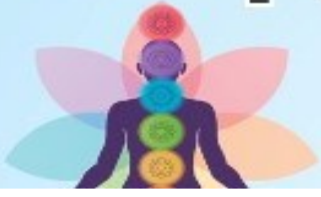
भारत सरकार एवं आयुष मंत्रालय द्वारा आयोजित



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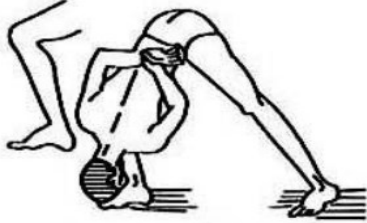
SUPER KING GROUP (26-40 Years Men and Women)

Asana Category – A

1. SHIRSHA-PADANGUSTHASANA
2. PARIVRITTA-TRIKONASANA
3. EKA PADA CHAKRASANA
4. USHTRASANA
5. BADDHA-PADAMASANA

6. GARUDASANA
7. SETU BANDHA CHAKRASANA
8. SIRSASANA
9. MATSYASANA
10. VRIKSHASANA

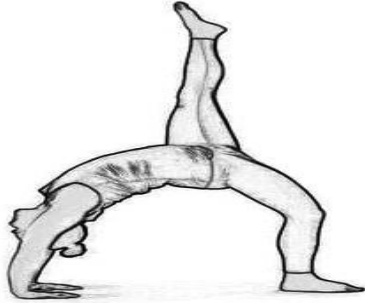
1. SHIRSHA-PADANGUSTHASANA



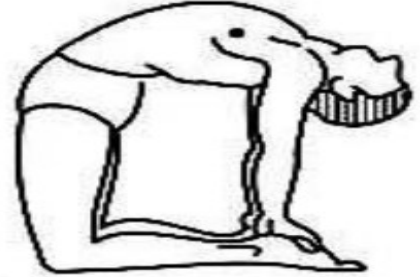
2. PARIVRITTA-TRIKONASANA



3. EKA PADA CHAKRASANA



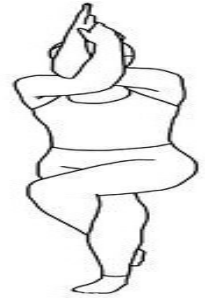
4. USHTRASANA



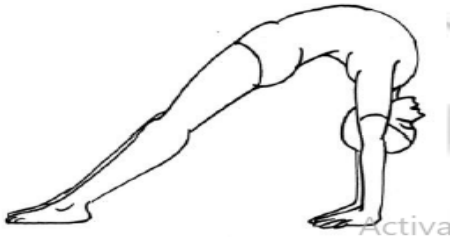
5. BADDHA-PADAMASANA



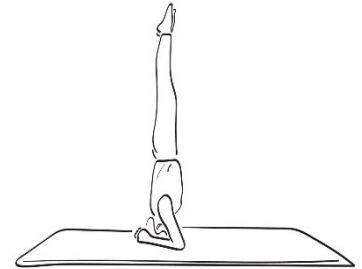
6. GARUDASANA



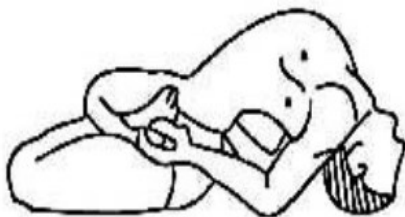
7. SETU BANDHA CHAKRASANA



8. SIRSASANA



9. MATSYASANA



10. VRIKSHASANA





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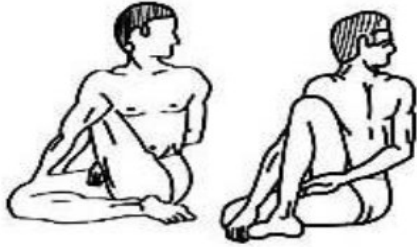
SUPER KING GROUP (26-40 Years Men and Women)

Asana Category – B

1. ARDHA MATSYENDRASANA
2. HALASANA
3. SETU BANDA CHAKRASANA
4. EK PADA PURNA DHANURASANA
5. SHIRSHA PADANGUSTHASANA

6. USHTRASANA
7. MATSYASANA
8. GARUDASANA
9. DANDYAMAN JANUSTRSHASANA
10. VIBHAKTA PASCHIMOTTHANASANA

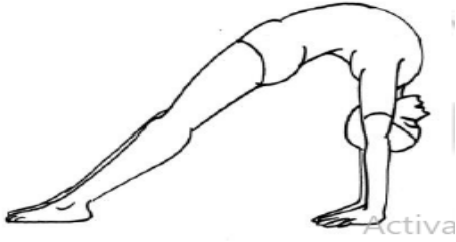
1. ARDHA MATSYENDRASANA



2. HALASANA



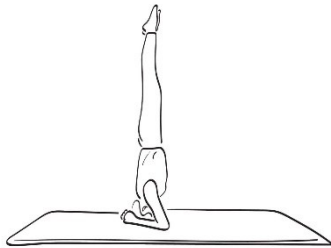
3. SETU BANDA CHAKRASANA



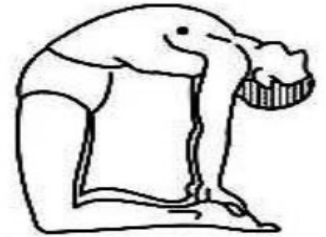
4. EK PADA PURNA DHANURASANA



5. SIRSASANA



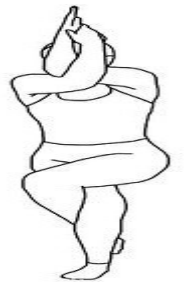
6. USHTRASANA



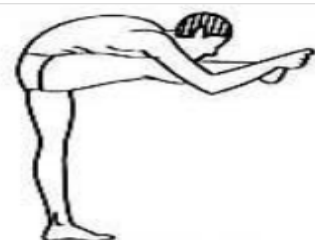
7. MATSYASANA



8. GARUDASANA



9. DANDYAMAN JANUSTRSHASANA



10. VIBHAKTA PASCHIMOTTHANASANA





राष्ट्रीय मुक्त विद्यालयी शिक्षा संस्थान

(शिक्षा मंत्रालय, भारत सरकार के अंतर्गत एक स्वायत्त संस्थान)

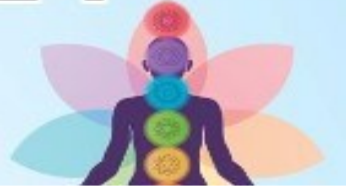
भारत सरकार एवं आयुष मंत्रालय द्वारा आयोजित



YOGACON-2024

YOGA COMPETITION

Category : Asanas Competition



SUPER KING GROUP (26-40 Years Men and Women)

Asana Category – C

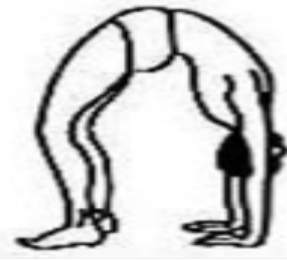
1. VRIKSHASANA
2. CHAKRASANA
3. AKARNA DHANURASANA
4. PASCHIMOTTANASANA
5. PADAM SARVANGASANA

6. MATSYASANA
7. HALASANA
8. GARUDASANA
9. TANDAVASANA
10. ANTA-GULFA-HASTANATARAJASANA

1. VRIKSHASANA



2. CHAKRASANA



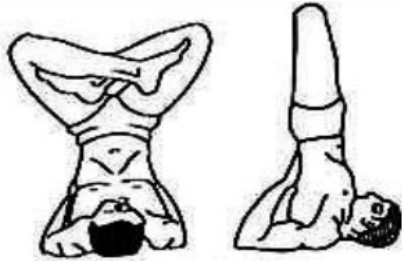
3. AKARNA DHANURASANA



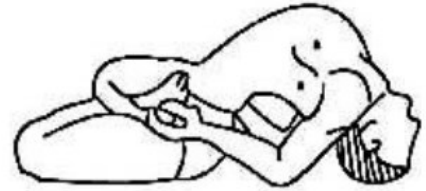
4. PASCHIMOTTANASANA



5. PADAM SARVANGASANA



6. MATSYASANA



7. HALASANA



8. GARUDASANA



9. TANDAVASANA



10. ANTA-GULFA-HASTA-NATARAJASANA

