

**GANDHI BHAWAN
UNIVERSITY OF DELHI**

**INTER-COLLEGE YOGASANAS COMPETITION
DETAILS & GUIDELINES**

REGISTRATION on Google Form link:	-	<u>https://forms.gle/bhWVVqqkMJ4k2ops6</u>
LAST DATE OF REGISTRATION	-	15th June, 2023
COMPETITION DATE	-	24th June, 2023 (Saturday) for Girls 25th June, 2023 (Sunday) for Boys
REPORTING TIME	-	10:00 a.m.
VENUE	-	Gandhi Bhawan, 32 Chhatra Marg (Near SOL & Vishwavidyalaya Metro Station)
DRESS CODE	-	Appropriate Yoga Costumes

GUIDELINES

1. The competition will be held in individual category only for girls and boys, separately.
2. Only bonafide students of the University of Delhi will be allowed to participate in the competition.
3. The participants should bring his/her identity card.
4. The students should bring the printout of the submitted registration form.
5. The students shall perform three compulsory and two optional out of the given five asanas.

The names of asanas are mentioned below:

1) Compulsory Asanas:

(1) Paschimottanasana, (2) Sarvangasana, (3) Dhanurasana

2) Optional Asanas:

(1) SuptaVajrasana, (2) Poorna Matsyendrasana, (3) Poorna Bhujangasana,

(4) EkpadaRajkapotasana, (5) Kukkutasana.

6. The posture of asanas will be according to the book "Asana, Pranayama, Mudra Bandha" by Swami SatyanandaSaraswati, Yoga Publications Trust, Munger, Bihar, India. (Available online)

7. Following criteria will be adopted for the judgement:

- | | | |
|--|---|--------|
| 1) Proper Yoga Dress | - | 1mark |
| 2) Way of Performance to reach the Final Stage of Asanas | - | 2marks |
| 3) Perfect Posture of the Asana and Stay in Asana for 20-30 seconds
(Holding time for compulsory asana is 30 sec. & for optional asana it is 20 sec.) | - | 5marks |
| 4) Return to the Original Posture | - | 2marks |

TOTAL MARKS FOR EACH YOGASANA = 10 marks

8. The Judges panel is comprises as : (1) Chief Judge-01; (2) Judges-03; (3) Time Keeper-01.

9. In case of tie, total marks of optional asanas will be considered to break the ties.

10. **The decision of the jury will be final.**

11. **RESULT WILL BE DECLARED ON DU WEBSITE – WWW.DU.AC.IN**

12. The winners will be given cash prize and merit certificates.

13. All the participants will get participation certificates.

14. There is no registration fees to participate in the competition.

15. The amount of cash prize is as follows:

1) Girls Category

- | | |
|---------------------|------------|
| i. First position | Rs. 3100/- |
| ii. Second position | Rs. 2100/- |
| iii. Third position | Rs. 1100/- |

2) Boys Category

- | | |
|---------------------|------------|
| i. First position | Rs. 3100/- |
| ii. Second position | Rs. 2100/- |
| iii. Third position | Rs. 1100/- |

For any Query/ Clarification, please contact the following:

- | | |
|---|------------|
| 1. Prof. J.P. Sharma, IGIPESS, DU | 9958998646 |
| 2. Prof. Seema Kaushik Sharma, Lakshmibai College, DU | 9810207998 |
| 3. Ms. Devyani, CR, Yoga-Meditation Training, Gandhi Bhawan | 8383017984 |
| 4. Dr. Neelima, Gandhi Bhawan, DU | 9958587784 |
| 5. Mr. Sanjeev Chauhan, Office In-charge, Gandhi Bhawan | 9873785673 |

**GANDHI BHAWAN
UNIVERSITY OF DELHI**

INTER-COLLEGE SPEECH COMPETITION ON 'करो योग, रहो निरोग'

DETAILS & GUIDELINES

REGISTRATION on Google Form link	-	https://forms.gle/F3xCQrBTkHtw8Rww9
LAST DATE OF REGISTRATION	-	15 JUNE 2023
COMPETITION DATE	-	26 JUNE 2023
TIME	-	2:30 P.M. ONWARDS
VENUE	-	Gandhi Bhawan, 32 Chhatra Marg (Near SOL & Vishwavidyalaya Metro Station)

Note:

Competition is Bilingual

Certificates will be given to all participants

Maximum number of participants from each College for both boys and girls is limited to 10 only.

Winners will get along with the Certificate of Participation:

1. First Prize	-	Rs. 3100/-
2. Second Prize	0	Rs. 2100/-
3. Third Prize	-	Rs. 1100/-

For any Query/ Clarification, please contact the following:

1. Prof. J.P. Sharma, IGIPES, DU	9958998646
2. Prof. Seema Kaushik Sharma, Lakshmibai College, DU	9810207998
3. Ms. Devyani, CR, Yoga-Meditation Training, Gandhi Bhawan	8383017984
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5. Mr. Sanjeev Chauhan, Office In-charge, Gandhi Bhawan	9873785673

RESULT WILL BE DECLARED OVER DU WEBSITE – WWW.DU.AC.IN

THE DECISION OF THE JURY WILL BE FINAL