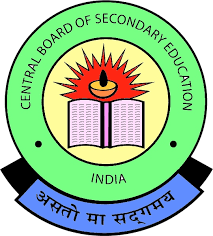
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***CBSE SOUTH ZONE 1 YOGASANA COMPETITION 2024***

***21st September to 23rd September 2024***

Dear Principals,

I have the pleasure to inform you that **SREE GOKULAM PUBLIC SCHOOL, CHENGALPATTU** will be organizing the **CBSE SOUTH ZONE 1 YOGASANA COMPETITION** starting from **21st of September, 2024** and closing on **23rd of September, 2024**.

Outstation participants may report after 5.00 pm on 20th September 2024. Dinner for the 20th would be additionally charged. Accommodation and meals will be covered upto 5 pm on 23rd of September 2024. Enclosed are the details for your reference.

I extend a hearty welcome to all the participating teams.

Thanking you With Regards,

**DR K SANKARA NARAYANAN**

**Principal**

Sree Gokulam Public School

Metro Sameera Gardens, Nenmeli Village

Chengalpattu – 603003

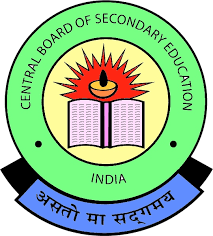
Tamilnadu

# Important Contact No.

|  |  |  |
| --- | --- | --- |
| **Designation** | **Name** | **Contact No.** |
| Principal | Dr K SANKARA NARAYANAN | 9444624218 |
| Vice Principal | Mrs B DIVYA PRABHA  (Food & Accomodation) | 9790966366 |
| Physical Director | Mr S RAJESH | 7904217765 |
| Transport Department | Mr V PRABAKARAN | 9629636757 |
| Medical Officer | Mrs. S KAVITHA | 8072245542 |
| PET | Mr. R PREKUMAR | 8270817177 |
| PET | Mr. P JEBISING ROBIN | 9345129193 |
| PET | Ms. P MONISHA | 9789606108 |



Kindly scan the QR code to join the Whatsapp link:

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** *Rules and Regulations to be followed @ Sree Gokulam Public School-Chengalpattu***

**Eligibility**

1. The age of the participant should be followed as per CBSE norms.
2. Each participant must produce an Admit card duly signed by the Principal valid for running session whenever needed.
3. Principal of the participant’s school is requested to sign eligibility format. No form will be accepted in poor writing/ overwriting/ cutting/ incomplete.
4. All the supporting papers verifying age of participant shall be carried by the Team Manager while reporting for the participation.
5. Students studying in class IX and X must provide CBSE Registration No. provided by the respective school. Students studying in class XI and XII must provide photocopy of class X certificate issued by CBSE.

### Discipline

1. Each team must have its Manager along with.
2. All teams and their escorts will be under administrative control of the Organizing Secretary and the Committee.
3. Indiscipline of any team or its member will get disqualified and may be asked to leave the campus immediately.
4. Any damage done to the property of the host school during the stay will have to be borne by the respective team.
5. Consumption of tobacco, liquor is strictly prohibited in the campus.
6. Anyone found guilty consuming tobacco, liquor, or drugs will be asked to leave the campus immediately.
7. Meals will only be served at scheduled place and at scheduled timings.

### Security Deposit

* 1. Participating teams are requested to deposit an amount of Rs. 2000/- (Rupees Two Thousand Only) at the time of arrival. It will be refunded only at the time of departure. Deduction will be done if any damage is done to the school/stadium property.

### Boarding and Lodging

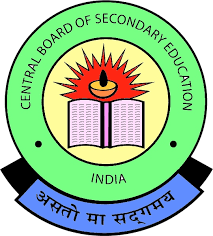
1. The teams will be accommodated on class rooms.
2. Meals will be arranged by the host school.
3. The coupons of meals can be collected by the Team Managers/Coach on payment of Rs.500 (Rupees Five Hundred only) per head per day with accommodation, which is nonrefundable either partially or fully.

**NOTE:**

We look forward to your school team’s participation in this prestigious tournament. The requisite forms

to be enclosed are as follows:

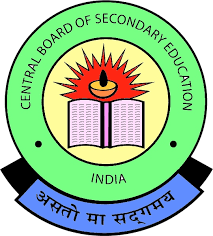
1. Unique ID provided by CBSE.
2. Team photo with school Principal, duly signed by Principal.
3. 10th mark sheet photo copy duly signed by Principal.
4. In case the player is from class IX or below, a separate certificate may be issued by the principal indicating date of birth and class, where CBSE registration number is not available.
5. Gamewise Report and Individual Admit Card duly signed by Principal
6. Entry form with CBSE registration number.
7. Journey, Boarding & Lodging Details.

** *Adminstrative Instructions***

1. The tournament will be organized strictly according to the norms laid by CBSE. Rules and regulations can be seen on CBSE website. (refer CBSE sports website)
2. During registration weight of the players will be checked and also any time before the match.
3. The names of the participants are to be written clearly so that proper certification can be done.
4. The decision of the referee on all type of technical aspects will be final and binding.
5. Protest against decision of official shall be in writing and must reach the organizing secretary within one hour of declaration of result accompanied with a fee of Rs. 1000/- (Rupees One thousand Only) to organizer office. The decision taken by the Jury will be final.
6. The team managers must take care of costly items.
7. The team managers must take care of the sick/ injured participants of their teams. However, it can be reported to our Organizing medical in-charge for the first aid.

### Last date to send your entry to organizer’s school email (sgpssouthzone1yoga@gmail.com) is 15th September 2024.

1. As per CBSE rules, no school can withdraw their participation a week prior to the commencement of tournament. If the school withdraws without informing, the school will be penalized with a penalty of Rs. 1500/- (Rupees One Thousand Five Hundred Only).
2. You are requested to inform us about your arrival plans so that the transport arrangement from Nenmeli(2 Kms from School) can be done.
3. **The Team Managers of winning teams and individuals are requested that before leaving the host school, a group photograph is to be taken and to be countersigned by the Principal of organizing school.**
4. The detailed entries may be duly signed by the Principal of the school concerned with seal.

** *Programme List***

1. Reporting - 20.09.2024 after 05.00 p.m. and before 10.00 pm,21.09.2024 after 5.00 am to before 7.00 a.m.

1. Opening Ceremony - 21.09.2024 at 10:00 a.m.
2. Managerial meeting just after Opening Ceremony.
3. Closing Ceremony - 23.09.2024 at 4.00 p.m.

**Y*OGASANA RULES & REGULATIONS***

(Boys & Girls)

The event will be conducted for Boys and Girls Category in Under-14, Under-17 and Under-19 age category at Zonal and National level.

A) Group Competition (Maximum 5 players and minimum 4 players can participate, however, if team has less than 5 players then they will not qualify for group championship)

B) Individual Rhythmic Yoga Competition

C) Individual Artistic Yoga Competition.

An individual team member can participate in the group competition and any one out of the two individual championships mentioned above.

(i) **The Group competition will include the following asanas**:

Group A

1. Paschimottanasana
2. Sarvangasana
3. Matsyasana
4. Dhanurasana (Competitor can perform Purna Dhanurasana)
5. Purna Matsendrasana
6. Uttanapadasana

Group B

1. Purna Chakrasana
2. Kukutasana
3. Garbhasana
4. Bhumasana
5. Purna shalabhasana
6. Bakasana

Group C

1. Sankhyasana
2. Vyaghrasana
3. Urdhava Kukutasana
4. Shirshasana
5. Utthit Padahastasana
6. Utthit Titivasana

1. The asanas of Group A to be performed and retained for age group:

Below 14 Yrs.: 1.30 minutes.

Below 17 & 19 Yrs.: 2.30 minutes.

2. The asanas of Group B to be performed and retained for age group:

Below 14 Yrs.: 20 seconds.

Below 17 & 19 Yrs.: 30 seconds.

3. The asanas of Group C to be performed and retained for age group:

Below 14 Yrs.: 15 seconds.

Below 17 & 19 Yrs.: 20 seconds.

4. At the time of competition asanas from Group A and Group B will be decided by draw system on the spot. While Group C any one asana can be selected by the competitor.

5. Three compulsory asanas are to be performed in the given list of Group A, B and C. In addition to this, two other asanas of the competitor’s choice are to be performed excluding compulsory asanas

A total of 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and

competitors will be given marks out of a total of 50 marks.

6.A competitor will be allowed a maximum of three attempts for optional asanas in Group C and their own choice. No choice will be given for Group A and Group B.

Details distribution of Marks:

Way to performance to reach the final stage of the asana 1 Mark

* 1. Perfect posture of the asana 4 Mark
  2. Exhibition of the asana without tension and trembling 2 Mark
  3. Stay in asana for a fix time 2 Mark
  4. Returning to the original position 1 Mark

7. Surya namaskar is compulsory asana for final round of competition.

A total of 10marks as per following division:

* 1. Body posture 3 Mark
  2. Forward bend 3 Mark
  3. Backward bend 3 Mark
  4. Dress 1 Mark

**(ii) Individual Artistic Yoga Competition:**

A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.

* 1. B. One competitor for each region will be allowed in each group and category.

The player will have to perform any five asanas of their choice from the following.

1. Vrischikasana
2. Standing Linkarasana
3. Natarajasana
4. Sthambh Sirasan (Dhruvasana)
5. Dhwajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidanasana
8. Standing Eka Pada Skandasana

C. Holding time of each asana is 15 seconds for all groups and categories.

D. Points will be awarded out of 10 Marks.

E. Participants have to chant Omkar - must clear pronounce A-U-M (exhale) for two times and the allotment of marks shall be as under:

20 Sec 1 Points 50 Sec 6 Points

30 Sec 2 Points 60 Sec 7 Points

35 Sec 3 Points 70 Sec 8 Points

40 Sec 4 Points 80 Sec 9 Points

45 Sec 5 Points 90 Sec 10 Points

**(iii) Rhythmic Yoga Competition**

In this competition the competitor has to perform not less than 8 and not more than 15 asanas within maximum of 150 seconds.

1. The competitor has to perform various asanas i.e., forward bending, backward bending, balancing, front and sitting postures in all the four directions with music.
2. One competitor for each region will be allowed in each group and category.
3. The asanas and body movement should be synchronized with music.
4. If a competitor takes more than 150 seconds or less than 120 seconds, one point will be deducted.

**LETTER FOR PARTICIPATION**

**(CONSENT LETTER)**

**ON SCHOOL LETTER HEAD**

To

The Principal

Sree Gokulam Public School

Metro Sameera Gardens, Nenmeli Village

Chengalpattu – 603003

Tamilnadu

Dear Sir,

Subject: Consent of participation – CBSE SOUTH ZONE 1 YOGASANA COMPETITION 2024-2025

This is to confirm that our school will be participating in the CBSE South Zone 1 Yogasana Competition 2024 - 2025 from 21st September,2024 to 23rd September, 2024 being organized by Sree Gokulam Public School,Chengalpattu, Tamilnadu. We will be forwarding you the detailed duly filled entry proforma so as to reach you on or before 15th September 2024.

Thanking you,

Educationally yours

# C:\Users\SGPS\Desktop\school logo.jpg MANDAT0RY FOR ALL THE PARTICIPATING SCHOOLS

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***(Affiliated to Central Board of Secondary Education, New Delhi) Affiliation no.1930437***

***Metro Sameera Gardens, Nenmeli Village***

***Chengalpattu – 603003***

***Tamilnadu***

***CBSE South Zone 1 Yogasana Competition 2024***

***(21st September, to 23rd September, 2024)***

***Organized by Sree Gokulam Public School, Chengalpattu***

***MANDAT0RY FOR ALL THE PARTICIPATING SCHOOLS***

1. Team manager/ coach will have to provide the original documents for verification, if asked for by the controller.
2. Team photo with School Principal along with the entry Proforma duly countersigned by the

School Principal and it should be produced at the time of entry in the organizing school campus. (Annexure-G)

1. Yogasana players of class IX and above will provide CBSE Registration number given in class IX and XI.
2. Identity cards to be brought by the students and coaches duly stamped and signed by the school Principal concerned.
3. Team should produce essentially the Proforma filled-in online, countersigned by the principal concerned.
4. Girl participants should be essentially escorted by the female escort(s)

(Manager/coach)

1. The participating teams are requested to bring their School flags.
2. The softcopy of detailed duly filled entry proforma to be sent by 15th September2024

on the below e - mail ID- [sgpssouthzone1yoga@gmail.com](mailto:sgpssouthzone1yoga@gmail.com)

# C:\Users\SGPS\Desktop\school logo.jpg TRAVEL ITINERARY

***(Affiliated to Central Board of Secondary Education, New Delhi) Affiliation no.1930437***

***Metro Sameera Gardens, Nenmeli Village***

***Chengalpattu – 603003***

***Tamilnadu***

***CBSE South Zone 1 Yogasana Competition 2024***

***(21st September, to 23rd September, 2024)***

***Organized by Sree Gokulam Public School, Chengalpattu***

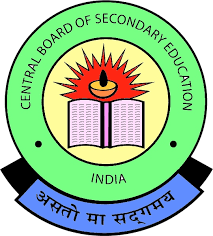
***TRAVEL ITINERARY***

|  |  |  |
| --- | --- | --- |
| **S.NO** | **SCHOOL DETAILS** |  |
| 1. | Name of the school : |  |
| 2. | Postal address : |  |
| 3. | Phone Number : |  |
| 4. | E-Mail Id : |  |

***Team Details***

|  |  |  |
| --- | --- | --- |
| 5. | Name & contact no. of the team  Manager with photo duly signed by Principal |  |
| 6. | Number of participants |  |
| 7. | Accommodation required  (Yes/no) |  |
| 8. | Number of boys |  |
| 9. | Number of girls |  |
| 10 | Arrival details By: Bus/Train | Bus No/Name: Train no/Name :  Arrival date & time: |
| 11. | Departure details By: Bus/Train | Bus No/Name:  Train no/Name :  Departure date & time: |

***Signature and stamp of Principal***

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***Annexure-B BOARDING AND LODGING***

***(Affiliated to Central Board of Secondary Education, New Delhi) Affiliation no.1930437***

***Metro Sameera Gardens, Nenmeli Village***

***Chengalpattu – 603003***

***Tamilnadu***

***CBSE South Zone 1 Yogasana Competition 2024***

***(21st September, to 23rd September, 2024)***

***Organized by Sree Gokulam Public School, Chengalpattu***

### Schedule for meals

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **20th September**  **(with lodging Rs.150)** | **21st September**  **(with lodging per day Rs.500)** | **22nd September**  **(with lodging per day Rs.500)** | **23rd September**  **(Rs.350/-)** |
| Breakfast | no | Yes | Yes | Yes |
| Lunch | no | Yes | Yes | Yes |
| Dinner | Yes | Yes | Yes | No |

|  |  |  |
| --- | --- | --- |
| 07:00 a.m. to 8:00 a.m. | -- | Breakfast |
| 12:30 p.m. to 1:30 p.m. | -- | Lunch |
| 08:00 p.m. to 9:00 p.m. | -- | Dinner |
|  |  |  |
|  |  |  |

Only vegetarian meals will be provided. No morning tea will be served to students.

All participant teams are advised to switch off lights of the respective room latest by 10.00 p.m.

## HOW TO APPROACH THE VENUE

1. The venue Sree Gokulam Public School – CBSE 6 kms from Chengalpattu Bus stand.
2. The participating school will send their tentative arrival schedule so that the transport arrangement can be done accordingly.
3. The host school will provide dinner and accommodation (on chargeable basis) for Rs.150 /- (Rupees One Hundred & Fifty Only) on 20th September 2024 . All participating teams are advised to be in school campus latest by 10.00 p.m. on 20th September 2024.
4. The meeting of tournament will be conducted on 21st September 2024.
5. Location : Sree Gokulam Public School, Nenmeli, Chengalpattu-603003

<https://maps.app.goo.gl/sz5Kf4dvihCUKyKM8>



# Annexure-G C:\Users\SGPS\Desktop\school logo.jpg

***Annexure- (G)***

***(Affiliated to Central Board of Secondary Education, New Delhi) Affiliation no.1930437***

***Metro Sameera Gardens, Nenmeli Village***

***Chengalpattu – 603003***

***Tamilnadu***

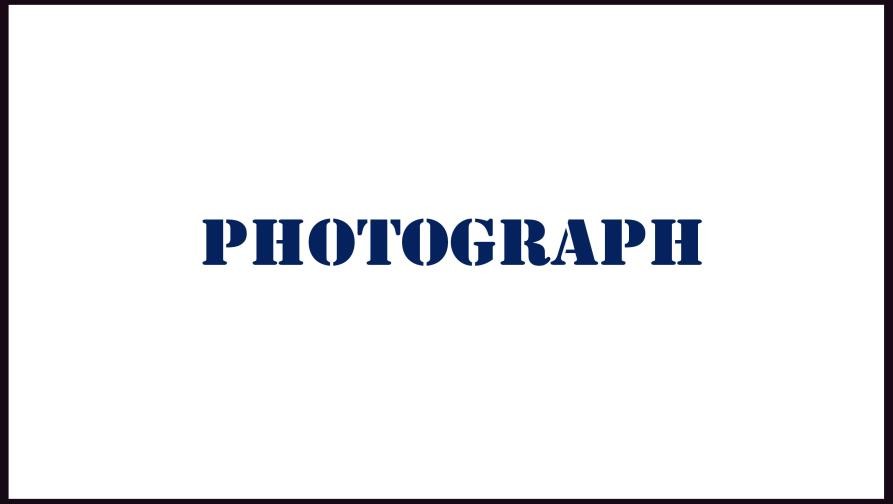
***CBSE South Zone 1 Yogasana Competition 2024***

***(21st September, to 23rd September, 2024)***

***Organized by Sree Gokulam Public School, Chengalpattu***

***GROUP PHOTO IDENTITY OF ALL THE PARTICIPANTS WITH THE PRINCIPAL AND OFFICIALS WHO ARE ACCOMPANYING THE PARTICIPANTS.***

***School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Affiliation No. : \_\_\_\_\_\_\_\_\_\_***



**PHOTOGRAPH**

***Certified that the details mentioned above are true and correct to the best of my knowledge.***

***Please furnish a copy of the team registration list as per the CBSE website.***

***Date:***

***Signature and Stamp of Principal***

# C:\Users\SGPS\Desktop\school logo.jpg Annexure-B

**( Separate sheet to be used for Boys/Girls and UNDER 14/UNDER 17/UNDER 19)**

**Proforma for sending Detailed Entry for Team or Individual Events**

Name of the School with Address :

Affiliation No. : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Id : Mobile No.:

Discipline : Age Category (Boys/Girls):UNDER 14/UNDER 17/UNDER 19

## PARTICIPANTS LIST

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sl No. | Name of the Student | Class / Sec | Name of the Event  (Team,  Artistic, Rhythmic) | Date of Birth | CBSE UID | CBSE Registration No. if the student is in IX, X, XI  or XII | Photograph attested by the  Principal |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

### Please Note : To be filled in CAPITAL LETTERS only and should reach the organizing school on or before 15th September 2024