



Organised by-Bhavan's R.K. Sarada Vidya Mandir,Raipur,C.G.

**6th Open School Yog
&
1st GITA Chanting Competition 2024-25**

20th July 2024 (Saturday)

Reporting Time – 7:30 AM

For registration please
visit our website:

<https://bvbraipur.org/>

**GITA Chanting
No Entry Fee**

**YOG Entry Fee
200/-**



Yog Asana Age Wise Category

Under-10 (Male & Female), Under-14 (Male & Female),
Under-18 (Male & Female)

&

Limited to 36 participants per category.

GITA Chanting category (class wise)

Class - I & II, Class - III to V, Class - VI to VIII, Class - IX to XII

Last date for Registration: 15-07-2024

Supported by- Chhattisgarh Yog Sports Association

Contact :- 07713500941/ 942

Note :- Lunch will be provided by the school.

Participants will be responsible for their own transport.

Please click on the given links to fill the forms of the respective competitions.

6th Open School Yoga Competition 2024 -

<https://forms.gle/Fv57wyBpcGQMzGgD7>

Gita Chanting Competition 2024 -

<https://forms.gle/DPWz67SKfu8K6YEd7>



Dear Sir/Ma'am

Greetings from Bharatiya Vidya Bhavan's R.K. Sarda Vidya Mandir!

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." - John F. Kennedy

Children are vital for the nation's present and its future. The fate of human society depends on children being able to achieve their optimal physical growth and psychological development. Yoga makes a notable difference in the sense of well-being of children of all ages and from all backgrounds.

In accordance with this backdrop, Bharatiya Vidya Bhavan's R.K.Sarda Vidya Mandir is organising the 6th Open School Yoga Competition on 20th of July 2024 (Saturday) to celebrate International Yoga Day.

Through this open school competition, we are trying to encourage the students in a way that suits their interests and abilities so as to develop a variety of skills that will equip them for lifelong participation in regular sport. Taking note of the ethos of International Yoga Day, the competition is being organised for the schools of Raipur. Looking forward for your active participation.

Warm Regards,
Amitava Ghosh
Principal

Event Details

1. Male & Female section separately.			
2. Three age groups in both the sections as under:			
A. Sub-Junior (under 10 years)	B. Junior (under 14 years)	C. Youth (under 18 years)	
3. Asanas for competition:			
1. One Asana of Forward Bending	2. One Asana of Backward Bending		
3. One Asana of Twisting	4. One Asana of Balancing		
4. Each Asana is to be held still for 10 seconds after the time of attaining the final position.			
5. Maximum 03 tries will be given to attain the final posture of an Asana.			
If posture is attained in	First Attempt	Second Attempt	Third Attempt
Score will be given out of	10	08	06
6. A total of 04 Asanas will be performed by each participant (once an Asana is selected, it cannot be changed). A chart displaying the Asanas is attached herewith.			
7. Dress code: skin tight shorts (swimming or cycling shorts) & T-shirt for boys, skin tight leggings & T-shirt or swimming/ gymnastics costume for girls (half length or full length depending on participants).			
8. Age of participants will be calculated according to the respective categories as on 1st August 2024 (according to their Aadhar Card). Also, all participants must bring their original Aadhar Card on the day of the competition.			
9. Judges decision will be final and binding for all.			



Gita Chanting Competition

This is a solo competition, in which the **Third Chapter** of the Shrimad Bhagavad Gita will be recited. This competition will be conducted in two rounds. 5 Students from each set who have recited most of the shlokas in the first round will be selected for the second round.

Here,

Set - 1 includes students from classes 1 & 2

Set - 2 includes students from classes 3 to 5

Set - 3 includes students from classes 6 to 8

Set - 4 includes students from classes 9 to 12

respectively. In the second round, the students who will recite most of the shlokas with accurate pronunciation will be awarded the first, second and third prize respectively.

श्रीमद्भगवद्गीता के तीसरे अध्याय के आधार पर श्लोक पाठ प्रतियोगिता का आयोजन भारतीय विद्या भवन्स रायपुर में सुनिश्चित किया गया है जिसमें आप सादर आमंत्रित हैं।

यह प्रतियोगिता निम्नांकित चरणों में आयोजित की जाएगी-

1. प्रतियोगिता में-प्रथमवर्ग कक्षा पहली एवं दूसरी
2. द्वितीय वर्ग कक्षा तीसरी से पाँचवीं
3. तृतीय वर्ग कक्षा छठवीं से आठवीं
4. चतुर्थ वर्ग कक्षा नवमी से बारहवीं

- उपर्युक्त प्रत्येक वर्ग में से सबसे अधिक श्लोक बोलने वाले पाँच प्रतिभागियों को दूसरे चरण के लिए चयनित किया जाएगा।
- जो प्रतिभागी शुद्ध उच्चारण एवं सही वर्तनी के साथ सबसे अधिक श्लोक बोलने में सफल होंगे उन्हें क्रमशः प्रथम, द्वितीय एवं तृतीय पुरस्कार से सम्मानित किया जाएगा।



6th OPEN SCHOOL YOG COMPETITION 2024

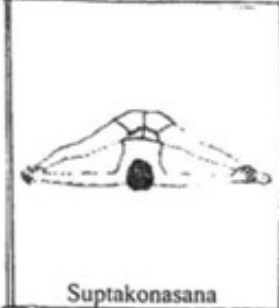
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GROUP - A

Aasana Syllabus- Forward Bending



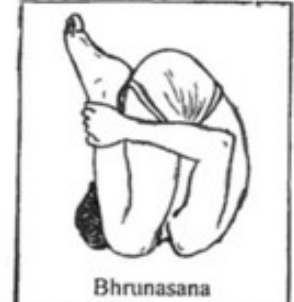
Uttanasana - II



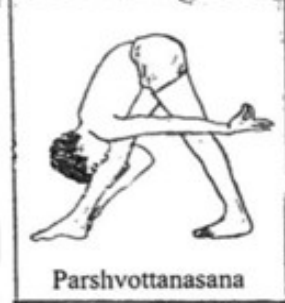
Suptakonasana



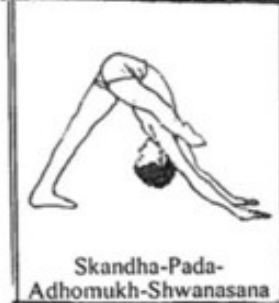
Paschimottanasana



Bhrunasanana



Parshvottanasana



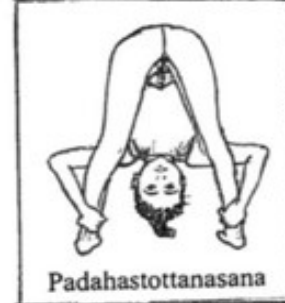
Skandha-Pada-
Adhomukh-Shwanasana



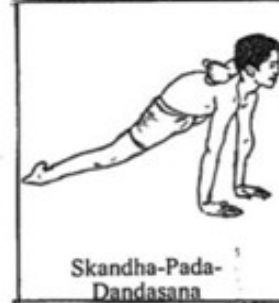
Skandasan - I



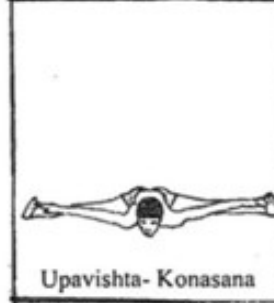
Urdhvamukha-
Paschimottanasana - I



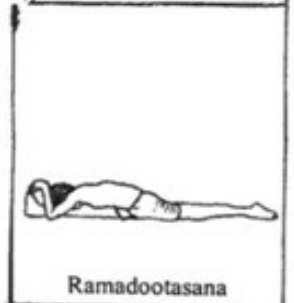
Padahastottanasana



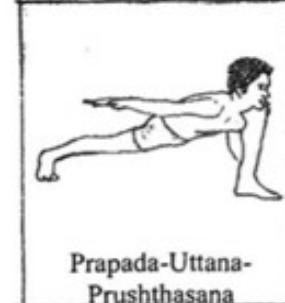
Skandha-Pada-
Dandasana



Upavishta- Konasana



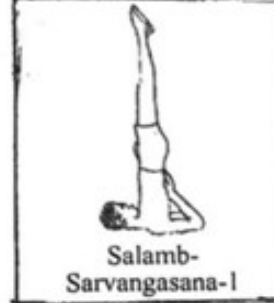
Ramadootasana



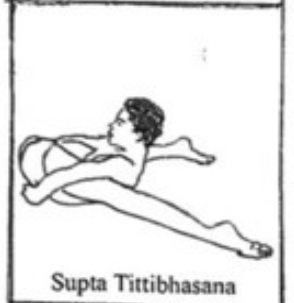
Prapada-Uttana-
Prushthasana



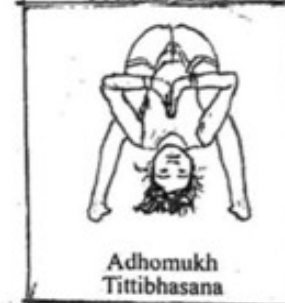
Kardalikasana - I



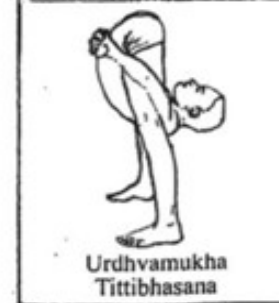
Salamb-
Sarvangasana - I



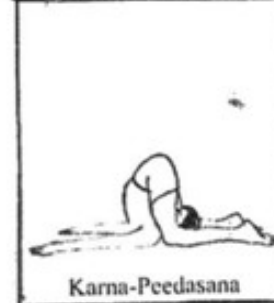
Supta Tittibhasana



Adhomukh
Tittibhasana



Urdhvamukha
Tittibhasana



Karna-Peedasana



Uthit-Ekpada-
Hasta-Prushthasana



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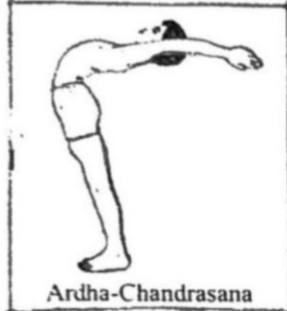
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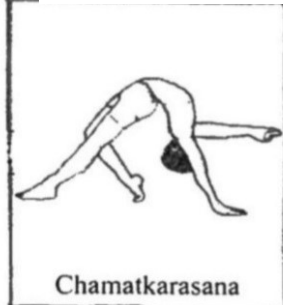
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GROUP - B

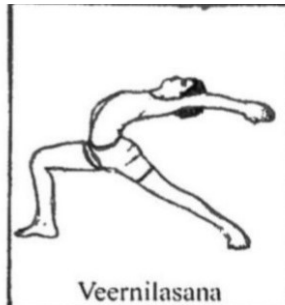
Aasana Syllabus- Back Word Bending



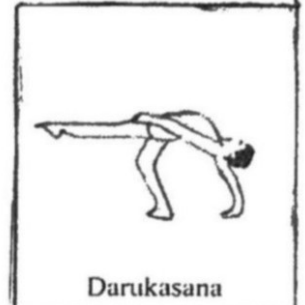
Ardha-Chandrasana



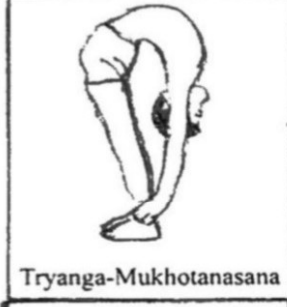
Chamatkarasana



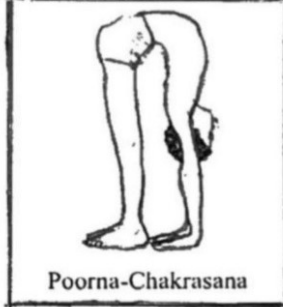
Veernilasana



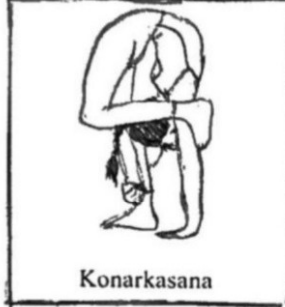
Darukasana



Tryanga-Mukhotanasana



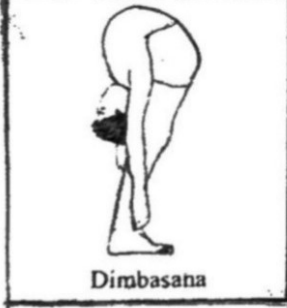
Poorna-Chakrasana



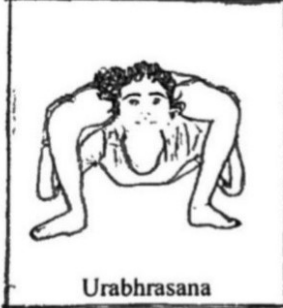
Konarkasana



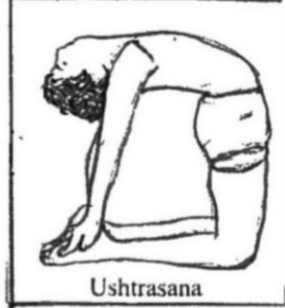
Eka-Pada-Urdhva-Dand-Dhanurasana



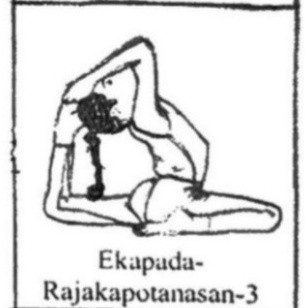
Dimbasana



Urabhrasana



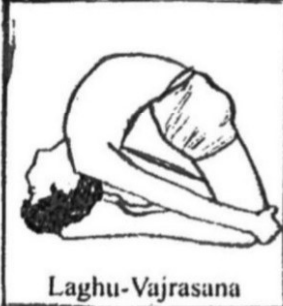
Ushtrasana



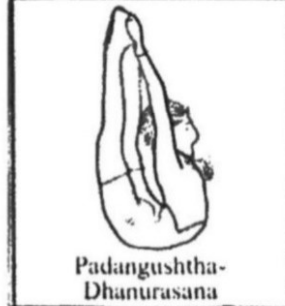
Ekapada-Rajakapotasana-3



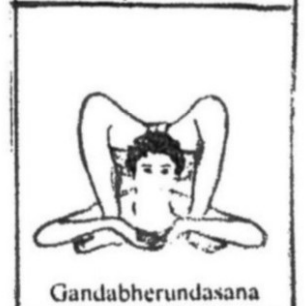
Poorna-Matsyasana



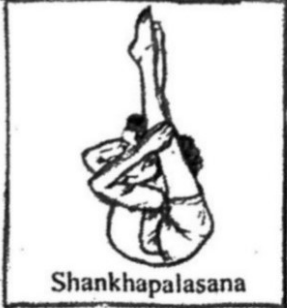
Laghu-Vajrasana



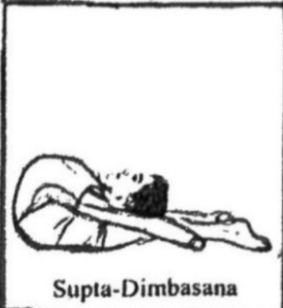
Padangushtha-Dhanurasana



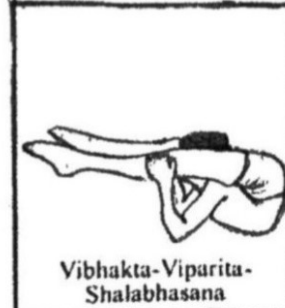
Gandabherundasana



Shankhapalasana



Supta-Dimbasana



Vibhakta-Viparita-Shalabhasana



Prajaktasana



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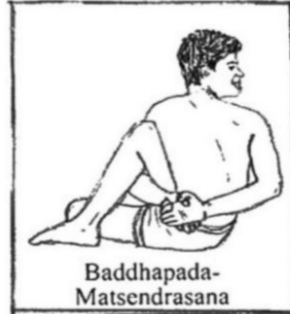
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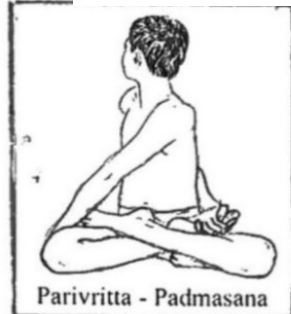
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GROUP - C

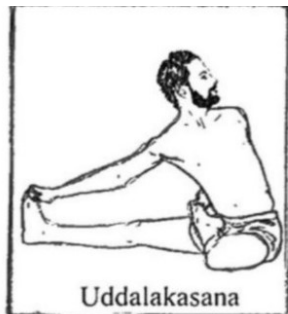
Aasana Syllabus- Twisting



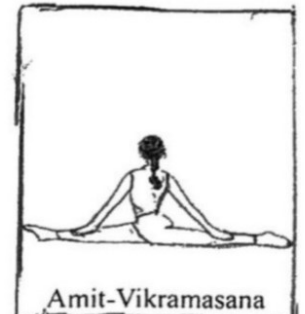
Baddhapada-
Matsendrasana



Parivritta - Padmasana



Uddalakasana



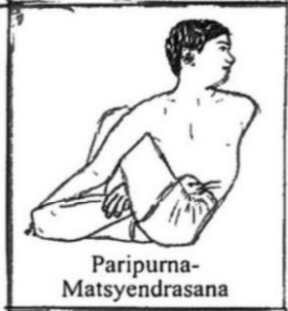
Amit-Vikramasana



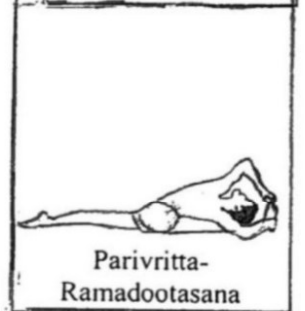
Parivritta-
Paschimottanasana



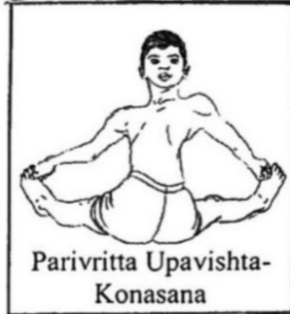
Padaputa-Parivritta-
Janu-Shirasana



Paripurna-
Matsyendrasana



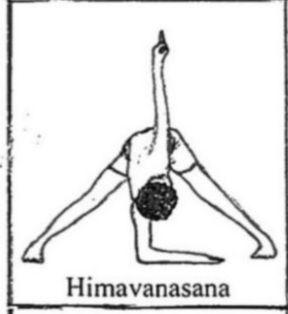
Parivritta-
Ramadootasana



Parivritta Upavishta-
Konasana



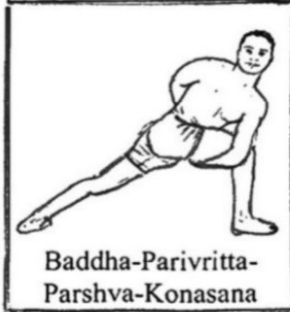
Parivritta-Eka-Pada-
Shirasana



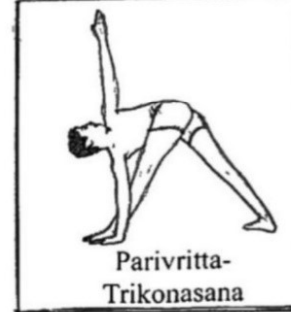
Himavanasana



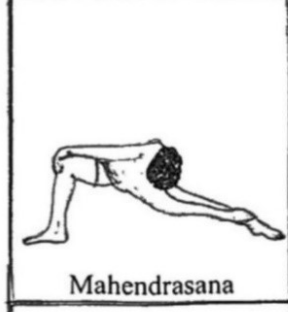
Parivritta-Parshva-
Konasana



Baddha-Parivritta-
Parshva-Konasana



Parivritta-
Trikonasana



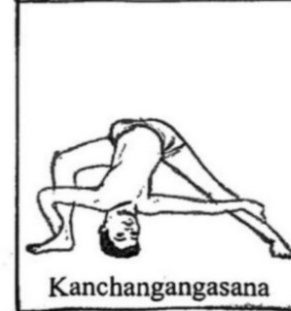
Mahendrasana



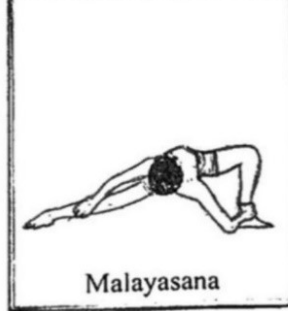
Parivritta-
Uttanasana



Maroodasana-I



Kanchangangasana



Malayasana



Kailasasana



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GROUP - D

Aasana Syllabus- Balancing

