

# VIRUDHUNAGAR YOGA ASSOCIATION



Affiliated To: Tamil Nadu Yoga Sports Federation  
Yoga sports Federation Trust India  
International Yoga Federation,  
International Yoga asana Sports Federation,  
International Federation of Sports Yoga,  
World Yoga Sports Federation



## 1<sup>st</sup> VIRUDHUNAGAR DISTRICT LEVEL YOGA CHAMPIONSHIP -2022

Date : 16.10.2022 (Sunday)  
Time : 09.00 am – 01.00 Pm  
Venue : Kothari Public School,  
44, National Highway,  
Sivarakkottai Post,  
Kallikudi Taluk.

**Welcome to all participants / Coaches**

<b>Events</b>	1) common category	-	Perform Any 3 Asanas From the chart
	2) championship category	-	Perform Any 3 Asanas from the chart

Below 8 years (LKG, UKG, II&III std students) should demonstrate any 3 asanas of your own choice in common category. If you are participating in the championship Perform Any 3 Asanas from the chart.

### Entry Fee

Common category	-	Rs.350/- (Rs.150/- Government school only)
Championship category	-	Rs.550/-

### Rules and Regulations

- All the Participants / Coaches, Referees, Judges & Parents are to be assemble at 9.00 am at the venue.
- All the Participants should submit their School Id card Xerox.
- All the Participants must bring age proof certified and Yoga Mat
- No entries will be accepted after 09.30 am on 16.10.2022
- Dress Code: Boys – Shorts, T-shirt only Girls – Yoga tight, T-shirt & track Pant
- The rights to change the rules & regulations for the competition is organizing committee alone.
- The decision taken by the judges is final and is binding on all participants, Competition will be Conducted as per the rules and regulations.
- At any Circumstances Entry Fees will not be refundable
- Those who are willing to participate in yoga competition may send mail their application on before 14.10.2022

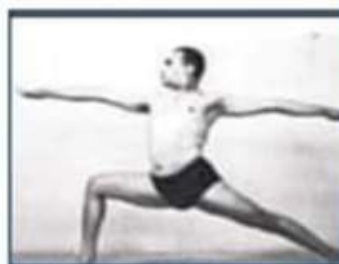
## COMMON CATEGORY



Virabhadrasana



Parivrtta Trikonasana



Virabhadrasana



Ushtrasana



Prasrita Padottanasana



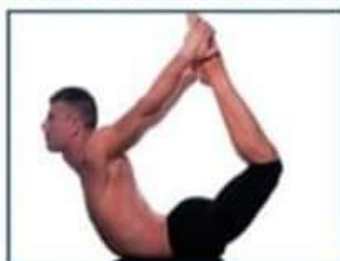
Vatayanasana



Bhujangasana



Paschimottanasana



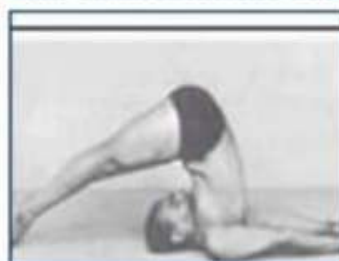
Dhanurasana



Garbhavidasana



Navasana



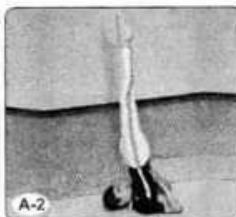
Halasana

## CHAMPIONSHIP CATEGORY



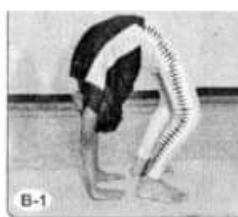
A-1

Paschimottanasana



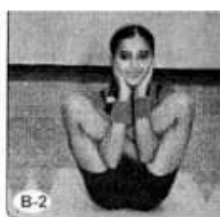
A-2

Sarvangasana



B-1

Chakrasana



B-2

Garbhavidasana



C-1

Vyaghrasana



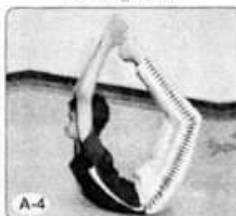
C-2

Urdhva-Kukkutasana



A-3

Matsyasana



A-4

Dhanurasana



B-3

Kukkutasana



B-4

Bakasana



C-3

Sankhyasana



C-4

Urdhva Pad Hastasana



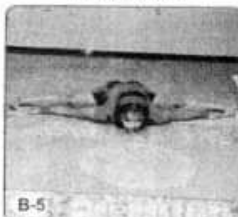
A-5

Matsyendrasana



A-6

Uttanpadasana



B-5

Bhujangasana



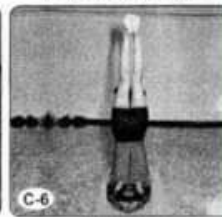
B-6

Purna-shalabhasana



C-5

Urdhva Tribhujasana

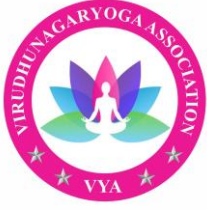


C-6

Shirshasana

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## Application form

SL. No	Name of the student	Gender	Age	Category (Common / Championship)

School name : \_\_\_\_\_ Email id: \_\_\_\_\_

Yoga instructor Name : \_\_\_\_\_ contact number : \_\_\_\_\_

Total No of Girls : \_\_\_\_\_ Total No of Boys: \_\_\_\_\_ Total No of Students : \_\_\_\_\_