

**Respected Sir/Madam,**

It gives us immense pleasure to share with you that the Dean Students' Welfare Office in collaboration with Centre for Yogic Studies are celebrating 8<sup>th</sup> International Day of Yoga on June 21, 2022 at MDU Campus. On this occasion, **University Level Sangeet Yoga and Yogasana Competition (Group)** will be organized at Tagore Auditorium on June 14, 2022 from 09:00am onwards.

- Prizes for **University Level Sangeet Yoga Competition (Group)** 1<sup>st</sup> Rs. 11000/-, 2<sup>nd</sup> Rs. 7100/- and 3<sup>rd</sup> Rs. 5100/-
- Prizes for **University Level Yogasana Competition (Group)** Rs. 11000/-, 2<sup>nd</sup> Rs. 7100/- and 3<sup>rd</sup> Rs. 5100/-

In this connection, Principals are requested to send a team for each competition to participate in the Sangeet Yoga and Yogasana Competitions to be organized on above said date, time and venue.

Last date of the registration for the competitions is June 10, 2022. The team has to register itself on google form link mentioned below. The team has to produce the Eligibility proforma duly signed by Principal/Director of your college/Institute.

Google registration form link: <https://forms.gle/XLK9ZjXeN7D6ASYXA>

Participant's team students should report with the above document at Tagore Auditorium MDU Rohtak on 14 June 2022 at 09:00am.

Note: Rules and regulations of the competitions are attached herewith.

**For any queries, please contact:** Dr. Jagwanti Deswal (9813424408).

*With Regards*

**Director, CYS  
MDU Rohtak**

## RULES & REGULATIONS FOR THE COMPETITION

Yogasana Competition will consist of three sequences in group

- (1) first sequence will consist of Surya Namaskar and five compulsory asanas (postures).
- (2) second sequence will consist of three compulsory asanas (postures) and two optional asanas (posture).

- Surya Namaskar (in twelve count with chanting of mantras).
- The all performance will be in group.
- Holding time for each asana (posture) will be 30 seconds excluding surya namaskar.
- Optional asanas will be as per the choice of the competitor but holding time will remain 30 seconds.
- Only those who qualify in first sequence will be competing in the final round.
- A team may consist maximum of six competitors. A Team consisting less than five competitors, shall not be eligible for team competition.
- The competitors will have to retain each Yogic Exercise as follows which can be counted after attaining the final position.
- The sequence of participating teams shall be drawn by the Organizing University.
- The judge will be free to move around in order to observe the different aspect of the posture from different angles during the retention period. He can ask any Competitor of perform any Yogic exercise again.
- The efficiency of Yogic Exercise will be judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained there in.
- In case of a tie, it will be decided as follows: a. Aggregate of marks in compulsory Yogic exercises. b. Aggregate of marks in optional Yogic exercises. c. Aggregate of marks in the performance of the remaining exercises. (Note: The word "Exercise" appearing the rules means "Yogic asana and Suryanamaskar.")
- Marks 1) Surya Namaskar 10 marks 2) Four compulsory Asanas 40 marks (part A 20 & B 20 marks) and 10 marks for optional asanas.

The following is the list of compulsory asanas for group:-

### 1. Surya Namaskar with mantra (12 counts)

Round A - Compulsory Asanas	Round B
1. Garud Asan	1. Hanumansana
2. Paschimottanasana	2. Ushtrasana
3. Ardhamatsendrasana	3. Dhanurasana
4. Uthil Ekpadsakandasana	4. Sarvang Asana
5. Halasana	5. Bakasana
6. Optional	6. Optional

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## Sangeet Yogasana Competition:

Rhythmic Yoga is the presentation of various asanas (postures) including forward and backward bending, balancing, front and backward lying postures and sitting postures etc. performed with music. However the following rules are to be follows:

- (i) It will be performed in group of 6 to 8 boys, girls or both.
- (ii) A team may consist maximum of eight competitors (including one reverse). A Team consisting less than six competitors, shall not be eligible for team competition.
- (iii) There should be perfect synchronization/coordination of body movements of the group with the music.
- (iv) Time duration for the presentation will be 4-5 minutes. Less or more time taken will lead to deduction in marks
- (v) The yogasana (yoga postures) should be incorporated in the dance form in such a manner that it should not look as a separate entity rather it should be a part of the dance performance.

### Sangeet Yogasana Competition

Synchronization/coordination of body movements with music

20 marks

Synchronization of Asanas

10 marks

Body Grace & Presentation

10 marks

*S. Kumar*

*(Signature)*

*Naveen Kumar*

*21/11/14*  
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