

CBSE East Zone Yogasana Competition 2023.

28th October to 31st October 2023

Dear Principals,

I have the pleasure to inform you that **Delhi Public School, Dhanbad** will be conducting the **CBSE EAST ZONE YOGASANA COMPETITION** starting from **28th of October, 2023** and closing on the **31st of October, 2023**.

Outstation participants may report after 2pm on the 27th October 2023. Meals for the 27th would be additionally charged. Accommodation and meals will be covered upto 5 pm on 31st of October 2023.

Enclosed are the details for your reference.

I extend a hearty welcome to all the participating teams.

Thanking you

With Regards,

Dr. Sarita Sinha

Principal

Delhi Public School

Karmik Bhawan PO-ISM Dhanbad,

Jharkhand – 826004

Important Contact No.

Designation	Name	Contact No.
Principal	DR. SARITA SINHA	9899544990
Vice Principal	MR. REZA IASTEAQUE	9835343704
Vice Principal	MRS. KALYANI PRASAD	8709364946
Physical Education Teacher	MR. RANJEET KUMAR SINGH	9666253800
Transport Department	MR. SATYA BRAT SHUKLA	9334004282
Admin Office	MR. SATYA BRAT SHUKLA	9334004282
Admin Office	DR. RAM UDAY KUMAR	9431511666
Accounts Office	MR. PRNAB DAS GUPTA	9031743959
Yoga Teacher	MRS. ARTI SINGH	9771027070
Yoga Teacher	MR. KUNAL KUMAR	8002300147
Sports Teacher	MS. SONAM SINGH	9905453388

Rules and Regulation to be followed while at Delhi Public School Dhanbad

1. Code of conduct and discipline must be followed strictly as per the CBSE guide lines.
2. Boys and girls will have to stay at their designated rooms only.
3. Drugs, Alcohol, Tobacco, Gutka, Cigarette etc are prohibited in school campus.
4. All the participants should be cordial and friendly with the coaches as well as other fellow beings.
5. Participants and coaches cannot leave the campus without the permission of the Organizing Committee.
6. Participants cannot enter the prohibited areas of the campus.
7. Abusing, insulting or unparliamentary words cannot be used in the campus.
8. Digital Surveillance is available all over the campus to observe the activities of the participants.
9. Sick room is available in the main school building for the medical care of the participants.
10. Littering and damage to landscape is prohibited.
11. Participants should maintain discipline at all times while in campus.
12. Silence and peaceful atmosphere should be maintained in the mess area while having meals.
13. Photos or videos cannot be taken in the restricted and prohibited areas of the campus.
14. All the participants and coaches have to follow the instructions of CBSE and help the organizing school to conduct the games smoothly without any hindrance.
15. Participants and coaches can consult the members of the Organizing Committee for any issue or help.
16. Participating schools will have to contact the Transport Department of the Organizing School on the mobile no. (9334004282), Mr. SATYA BRAT SHUKLA for the arrival and departure.

Programme List

1. Reporting - 27.10.2023 after 02.00 p.m. and 28.10.2023 before 10.00 a.m.
2. Opening Ceremony - 28.10.2023 at 11:00 a.m.
3. Managerial meeting just after Opening Ceremony.
4. Closing Ceremony - 31.10.2023 at 12:00 p.m.

YOGASANA

(Boys & Girls)

The competition shall be conducted according to the following rules:

1. The championship will be held at Zonal and National level.
2. The championship will be held in under 14 and under 19 years age category for boys & girls.
3. A team shall consist of maximum five players in each category (04 Playing + 01 Extra).
4. The competition will be held separately in Girls & Boys Category for "Team" & "Individual" Championships.
5. List of Asanas

Asanas (BOYS U-19)

PRELIMINARY Round

Surya Namaskar (12 Counts)

Asanas: 1. Paschimottanasana 2. PurnaDhanurasana 3. Urdha kukutasana 4. Purna Matsyendrasana 5. Purna Shalabhasana 6. Mayurasana 7. Yoganidrasana 8. Vrischikasana 9. Kukkutasana 10. Ekpad Shirasana

FINAL ROUND

Surya Namaskar (12 Counts)

1. Purna Chakrasana 2. Baddha Vihangasan 3. Padhastasan 4. Uthito Kurmasan 5. Tittibhasana 6. Dimbasana 7. Setubandha Sarvangasana 8. Trivikramasan 9. Purna Shalabhasana, 10. Padam Vruschikasan

Asanas (GIRLS U-19)

PRELIMINARY Round

Surya Namaskar (12 Counts)

Asanas: 1. Paschimottanasana 2. Vaghryasan 3. PurnaDhanurasana 4. Garvasan (B) 5. Setubandhasan

6. Vrischikasana 7 Koundinyasana 8. Yoganidrasana 9.Ekpad Shirasana. 10.Kukkutasana

FINAL ROUND

Surya Namaskar (12 Counts)

1. Padahastasana 2. PuraUstrasana 3.Kukkutasana 4.Birvadrassana 5.Uthito Padahastasana
6.Natarajasana 7. Vatayanasana, 8.Ganda – bherunsasana , 9.Vatayanasana,10. Dimbasana

Asanas (BOYS U-14)

PRELIMINARY Round

Surya Namaskar (12 Counts)

Asanas: 1. Paschimottanasana 2.Matsyasana 3.Utkatasana 4. Eka-padasirasana 5. Purna

Matsyendrasana 6. Uttita Padamasana 7. Ustrasana ,8. Ekpada-Rajkapotsana 9. Pincha-Mayurasana, 10.Malayasana

FINAL ROUND

Surya Namaskar (12 Counts)

1.Purna Chakrasana 2 Tittibhasana 3. Garudasana 4. Ekpadashiraanushirasana 5. Karnapihasana
6.Bakasana , 7.Purna Bhujangasana 8. Akarna Dhanurasana 9. Vetallasana 10.Gherandasana

Asanas (GIRLS U-14)

PRELIMINARY Round

Surya Namaskar (12 Counts)

Asanas: 1 PurnaDhanurasana 2. Garvasana 3. Eka-padasirasana 4.UttitaPadamasana 5. Matsyasana

6. Paschimottanasana 7. Halasana 8. Viranchyasana 9.Pakshikasana 10.Parivritta-Vishwamitrasana

FINAL ROUND

Surya Namaskar (12 Counts)

1.Padahastasana 2. PuraUstrasana 3.Chatuskonasana 4.Bhumasana 5.Bakasana 6. PurnaBhujangasana

7. Purna Chakrasana 8. Titivasana 9.Urdhva – Prasarita – Ekpadasana 10. Malayasana

6. All members of team shall wear same colour Uniform, preferably Cycling Shorts & T-Shirts.

7. The Organizing School shall appoint technically qualified & experienced officials for the Championship:
Technical Secretary (01), Chief Judge (01), Judges (05), Scorers (02) & Time Keeper (01). The officials shall
prepare the Score-Sheet for the Championship in advance.

8. Team Championship, only 04 players out of the team shall perform together on the stage. The list of such 04 players
from each team shall be submitted by the Coach/Manager of the Team before each round in the proforma provided by the
Organizing School.

9. Every team shall perform compulsory Surya Namaskar (12 stages) & 05 Asanas to be selected by draw of lots. Every
Performer on the stage shall be evaluated by a Judge separately. The total points scored by each Player shall be
consolidated to decide the Team Championship.

10. Individual Championship – 02 Players to be nominated by each Team participating in Nationals shall be eligible to
take part in the Individual Championship. Each Player shall perform compulsorily Surya Namaskar & 05 Asanas out of
the remaining & to be selected by draw of lots. Every Performer shall be evaluated by 03 Judges. The points given by the
03 Judges shall be consolidated to decide the Individual Championship.

11. The competition (team as well as individual championship) shall be conducted in 02 rounds namely
preliminary round & final round. And, after the preliminary round, the top 12 High Scoring Teams/individuals
shall be selected for final round.

12. Scoring – Each Asana shall carry 10 marks; (i) Way of performing the asanas (starting & returning – 02
marks) (ii) Perfection of posture – 04 marks (iii) Exhibition of the posture – 02 marks & (iv) Fixed retention
duration of the posture – 02 marks.

13. The Team/Individual will be given maximum 05 minutes to perform the Asanas. The final Asana posture shall be held
for 20 sec.

14. All the Players while performing shall bear a Chest Number provided by the Organizing School.

15. Top 2 teams and top 5 individuals from zonal level will participate in National in each age-category of boys and girls
separately.

LETTER FOR PARTICIPATION (CONSENT LETTER)

ON SCHOOL LETTER HEAD

To
The Principal
Delhi Public School, Dhanbad

Date:

Dear Madam/Sir,

Subject: Consent of participation – CBSE East Zone Yogasana Competition 2023-24

This is to confirm that our school will be participating in the CBSE East Zone Yogasana Competition 2023-24 from 28th October, 2023 to 31st October, 2023 being organized by Delhi Public School, Dhanbad, Jharkhand. We will be forwarding you the detailed duly filled entry performa so as to reach you on or before 20th October 2023.

Thanking you
Yours faithfully

MANDATORY FOR ALL THE PARTICIPATING SCHOOLS



(Affiliated to Central Board of Secondary Education, New Delhi)
Affiliation no.3430052
Karmik Bhawan PO-ISM Dhanbad, Jharkhand – 826004
CBSE East Zone Yogasana Competition 2023.
(28th October, to 31st October, 2023)
Organized by Delhi Public School, Dhanbad, Jharkhand

MANDATORY 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 Performa duly countersigned by the School Principal and it should be produced at the time of entry in the organising school campus. (Annexure-G)
3. Yogasana players of class IX and above will provide CBSE Registration number given in class IX and XI.
4. Identity cards to be brought by the students and coaches duly stamped and signed by the school Principal concerned.
5. Team should produce essentially the Performa filled-in online, countersigned by the principal concerned.
6. Girl participants should be essentially escorted by the female escort(s) (Manager/coach)
7. The participating teams are requested to bring their School flags.
8. The softcopy of detailed duly filled entry performa to be sent by 20th October 2023 on the below mail ID- 66247@cbseshiksha.in

TRAVEL ITINERARY



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.3430052

Karmik Bhawan PO-ISM Dhanbad, Jharkhand – 826004

CBSE East Zone Yogasana Competition 2023.

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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	
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

Note:- Kindly also fill the Google form to below link its compulsory and bring hard copy along with you.

https://docs.google.com/forms/d/e/1FAIpQLSeWzazLML8fwjqrIrygyJlhja0vo0ywAfKgfSPmAILH-tLO9g/viewform?usp=sf_link

Annexure-B
BOARDING AND LODGING



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.3430052

Karmik Bhawan PO-ISM Dhanbad, Jharkhand – 826004

CBSE East Zone Yogasana Competition 2023.

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Annexure- B

BOARDING AND LODGING

1. Boarding & Lodging charges will be Rs .500/- (Rs Five hundred) per student/manager/coach i.e. per person per day.
2. Boarding & Lodging charges should be paid in advance for all four days, by the participating schools. Refund would be made depending upon the number of days the facilities are not used (post 24 hours balance meal coupons).
3. Security deposit of Rs.2000 (Two thousand only) should be paid by each team at the time of entry and the same would be refunded while returning.
4. In case of any damage to the school property, the team manager has to pay the penalty in cash.
5. All the managers and players will be accommodated in the school campus.
6. Participants would be responsible for their belongings. No expensive items, jewellery, gadgets etc. are to be brought to the campus during the competition. The school will not be responsible for loss of any personal belongings.

Annexure-G



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.3430052

Karmik Bhawan PO-ISM Dhanbad, Jharkhand – 826004

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Annexure- (G)

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

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

“Annexure “B”

Performa for sending Detailed Entry for Team or Individual Events

Name of the School with Address : _____

Email Id : _____ Mobile No.: _____

Discipline : _____ Age Category (Boys/Girls): _____

PARTICIPANTS LIST

Sl No.	Name of the Student	Class / Sec	Admission No.	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 20th October 2023.