

Yoga Fest 2019

Rules and Regulations for Yogasana and PPTs Competition in Yoga Fest- 2019

I. For Yogasana Competition:

1. The competition is open to all CUG members (Students, Teaching and Non-Teaching Staff)
2. Separate competition will be organized for male and female participants.
3. If any competitor practices any wrong posture he/she will not be provided second chance.
4. Judges will be appointed by committee and their decision will be final.
5. The participants who are having any health issues should declare the same before competition and they will not be advised to take part in the competition. If they do so it will be their sole responsibility and on their own risk.
6. No change will be possible for the posture given in the list of Asanas. Padma Sarvangasana is one of the asana is for man only without hand support and for female with hand support.

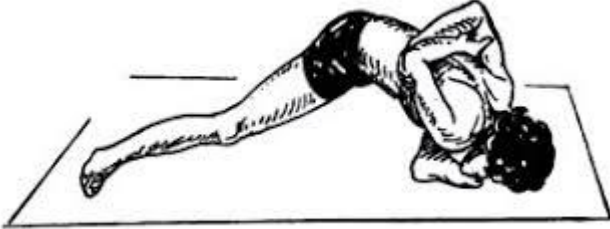
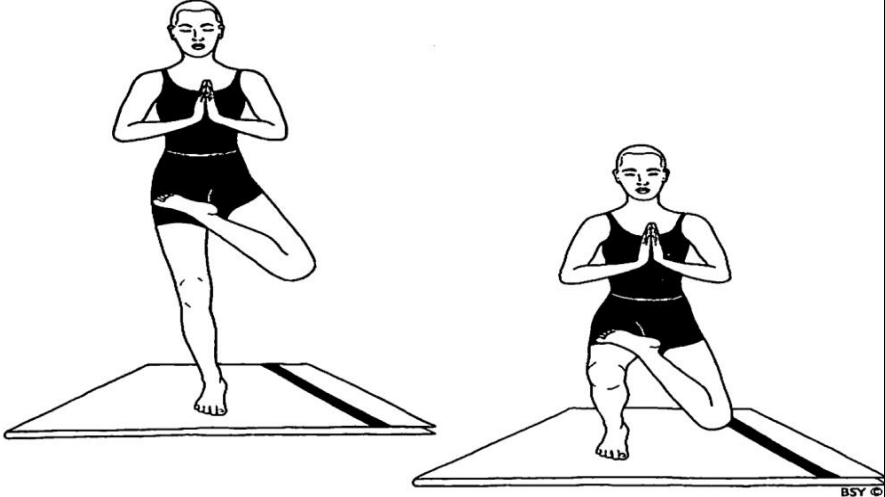
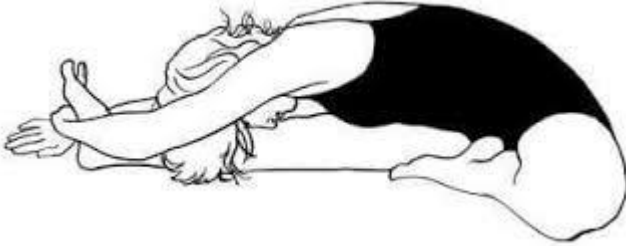
II. For PPTs Competition

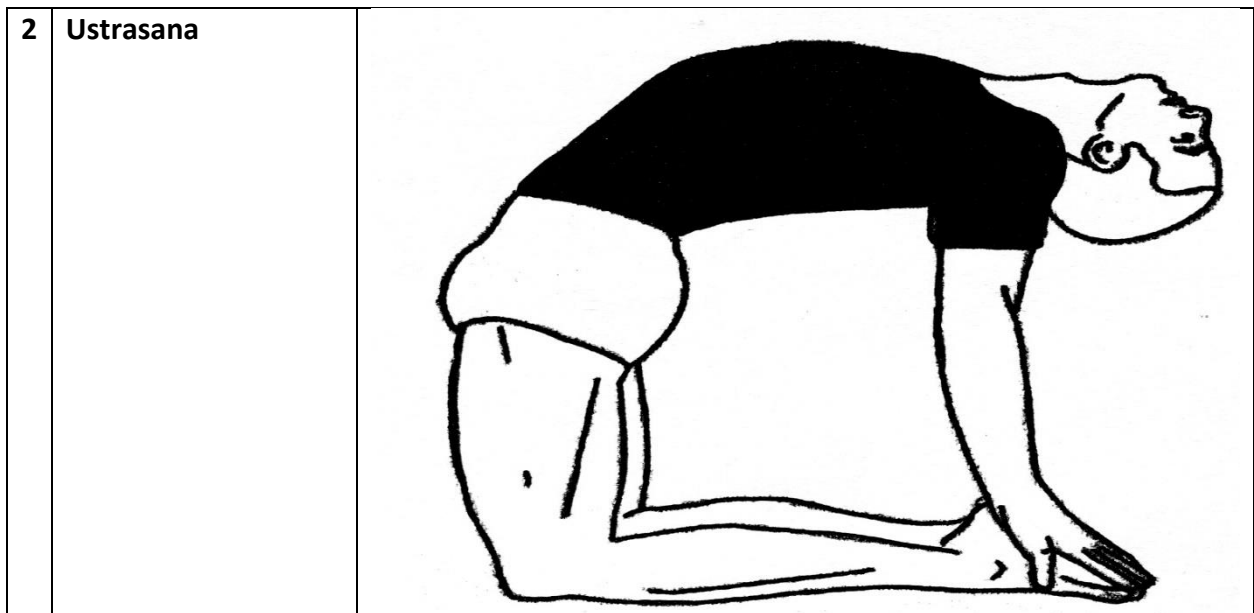
1. The topic given by the committee will be final and no change will be allowed.
2. Judges will be appointed by committee and their decision will be final.
3. The time limit for the PPT presentation is maximum 5 minutes for each participant

Topics of the PPT Presentation:

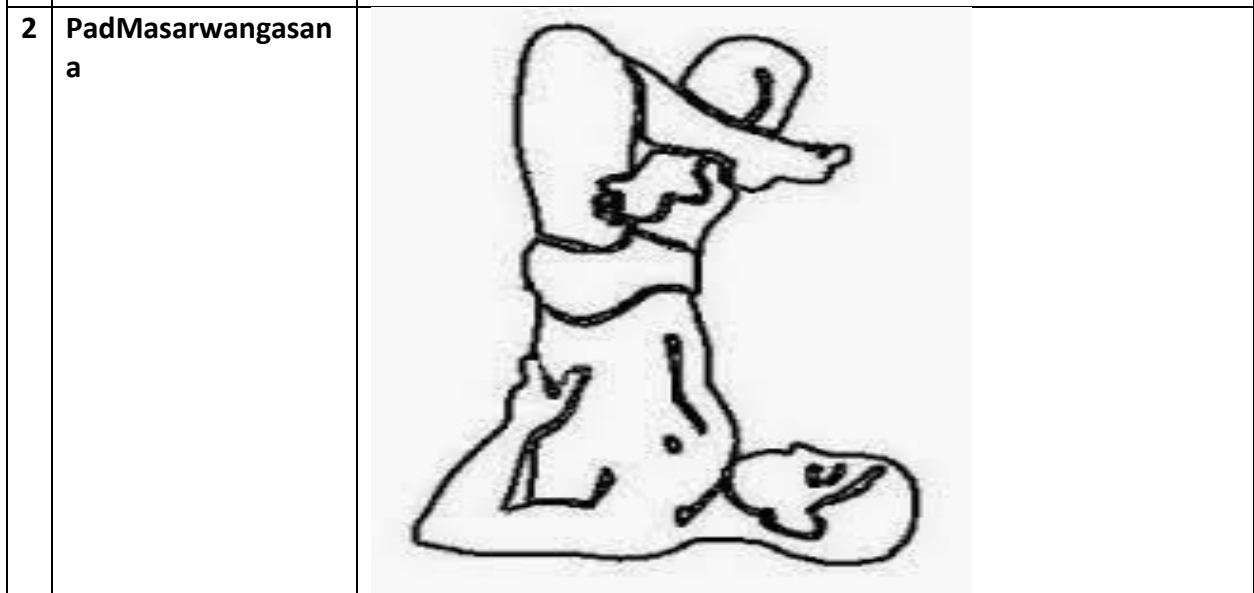
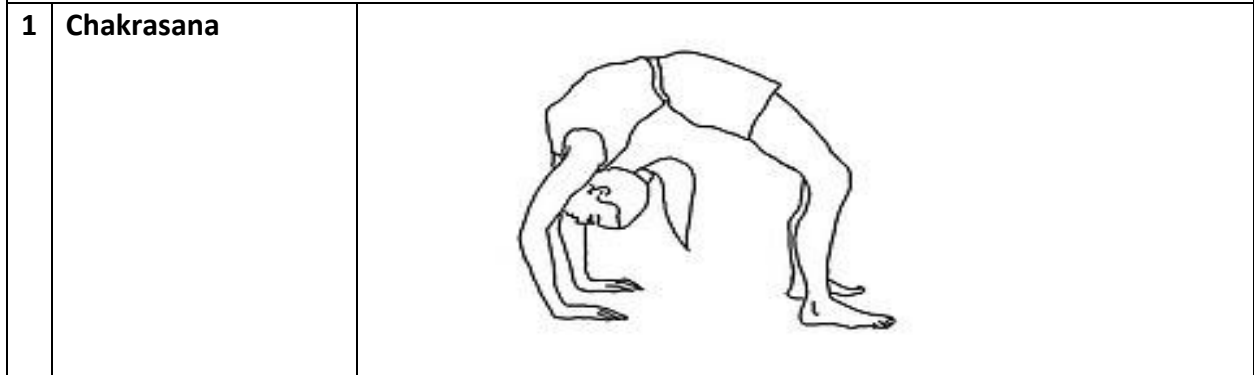
1. Pranayam for Psychophysical Health
2. Yoga for cultural synthesis and value education

Yogasana Competition in Yoga Fest – 2019
Asanas List

Standing Posture	
1 Mahavir Asana	 A black and white line drawing of a person performing Mahavir Asana (Urdhva Dhanurasana) in a standing posture. The person is on a mat, with their feet flat on the floor, arms bent at the elbows, and hands clasped together behind their back. They are leaning forward, with their head and upper back touching the floor, and their hips are lifted high.
2 Vatayanasana	 Two black and white line drawings of a person performing Vatayanasana (Vajrasana). The left drawing shows the standing posture: the person is on one leg with the other leg bent and the foot resting against the standing leg, hands in a prayer position (Anjali Mudra) at the chest. The right drawing shows the kneeling posture: the person is kneeling on both knees with their buttocks resting on their heels, hands in a prayer position at the chest. A small 'BSY ©' watermark is visible in the bottom right corner of the right drawing.
Sitting Posture	
1 Janusirasana	 A black and white line drawing of a person performing Janusirasana (Janu Sirsasana) in a sitting posture. The person is on a mat, with their legs extended straight out in front of them. They are leaning forward, with their head and upper back touching the floor, and their hands are resting on their feet.



Lie-down Position



Topics of the PPT Presentation: