

ANDHRA PRADESH & TELANGANA STATE
**OPEN ONLINE YOGASANA
CHAMPIONSHIP-2021**

5th February, 2021

Organised by

Department of
PHYSICAL EDUCATION
in Association with
**YOGA ASSOCIATION OF ANDHRA PRADESH
and YOGA FEDERATION OF INDIA**



GUIDELINES:

1. We are conducting Juniors (15 to 17 years) and Seniors (18 to 21years) Age Men & Women group. On 05-2-2021 in Online mode from 9.00am to 5.00pm.
2. No Registration Fee
3. **Date of Birth:** The cut off date for the age group of participants is 05-02-2021

Group	Age group	on or in between
a. Junior	15 to 17 years	05-02-2005 to 05-02-2007
b. Senior	18 to 21 years	05-02-2001 to 05-02-2005
4. **Dress Code:**
Male Competitor: The male participants have to wear skin tight sports shorts.
Female Competitor: The female participants have to wear skin tight T-Shirt and sports shorts or Gymnastics costume or swimming costume.
5. **Mode of Selection :** Participants should perform 4 compulsory Asanas, i.e. One selected Asana from each Group and one optional Asana which is not in the given syllabus, a total of 5 Asanas. Each Asana carry 10 marks. Total Asanas 5 x 10 = 50 marks. Holding time for each Asana 15 seconds.
6. **Results:** 1st to 6th place will get merit E- certificate and cash prize. Participation E-certificates will be presented to all the participants through link. Judgement for the championship is as Per The guidelines of yoga federation of India.
7. **Minimum Requirement of Online Participation:** Laptop or smart mobile with ¾ GB RAM 720* 1280 Screen resolution with 409 PPI Densities. Battery backup for 2 to 3 hours. Broad Band connection with 16 mbps downloading speed and minimum 2GB Data for the Day of participation i.e. 05-02-2021.
8. Login with your name and date of birth certificate proof submitted through our registration link.
9. Yogasanas syllabus is provided in link for the respective age group.
10. For Registered participants guide lines class will be conducted for 30 minutes on 04-02-2021 by 3.30pm.





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Syllabus and Guidelines for Yogasana Competition

Junior Category 15-17 years Boys & Girls

Group-A	Group-B	Group-C	Group-D
 <p>Ardha Badha Padma Paschimottanasana</p>	 <p>Chakrasana</p>	 <p>Akarna Dhanurasana</p>	 <p>Virabadhrasana</p>
 <p>Vibaktha Paschimottanasana</p>	 <p>Ushtrasana</p>	 <p>Eka Pada Setu Bandha Sarvangasana</p>	 <p>Garudasana</p>
 <p>Padahastasana</p>	 <p>Matsyasana</p>	 <p>Ardha Matsyendrasana</p>	 <p>Virabadhrasana</p>

Participants should perform four compulsory asanas, i.e. one selected asana from each group and one optional asana which is not in the given syllabus, a total of five asanas.





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Syllabus and Guidelines for Yogasana Competition

Junior Category 18-21 years Boys & Girls

Group-A	Group-B	Group-C	Group-D
 <p>Paschimottanasana</p>	 <p>Dhanurasana</p>	 <p>Ardha Matsyendrasana</p>	 <p>Bakasana</p>
 <p>Kurmasana</p>	 <p>Halasana</p>	 <p>Karnapidasana</p>	 <p>Parsvakonasana</p>
 <p>Vibaktha Paschimottanasana</p>	 <p>Setu Bandha Chakrasana</p>	 <p>Padma Sarvangasana</p>	 <p>Eka Pada Sikandhasana</p>

Participants should perform four compulsory asanas, i.e. one selected asana from each group and one optional asana which is not in the given syllabus, a total of five asanas.

