



Sadhu Vaswani Inter School Virtual Yoga Competition

Date: 28th July 2020

(Tuesday)

10-14 years

(only Girls)

Contact no- 9818188744

**School website:-
www.svisgdelhi.com**





SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

(Linguistic Minority School Established and Recognised Under Article 30(1) of the Constitution of India)

Date: 16th July 2020

Dear Sir/Madam

Sub: Sadhu Vaswani Inter School Yoga competition

Respected Sir/Madam

To commemorate the 102nd birth anniversary celebrations of our Revered Dada J.P. Vaswani (the Spiritual head of Sadhu Vaswani Mission), Sadhu Vaswani International School for Girls, New Delhi, invites your school to participate in the Fifteenth Sadhu Vaswani Inter School Yoga Competition.

This time the competition would be on a Virtual platform (entries through recorded video performance) and the rules and regulations for the same is attached.

The video graphed entries should reach the undersigned through mail by 26th July 2020.

E mail ID: svisg1@gmail.com

The competition which is only for girls in the age group 10-14 years will be judged on 28th July 2020.

Please find attached the details of the competition.

Yours Faithfully


Santosh Vyas
Principal

Guidelines for online yoga competition

- The competition is for individual category (**girls only**) of age group 10 to 14yrs.
- Maximum 2 Entries from one School
- Participant will perform the Asanas as per the list given.
- A video recording of the complete performance would be covered and mailed to the given mail ID.

Group A Asanas : Holding time :30 seconds(each)

1. Sarvangasana
2. Purnadhanurasana

Group B Asanas : Holding time : 20 seconds(each)

1. Purnchakrasana
2. Bakasana

Group C Asana : Holding time : 10 seconds (each)

1. Uthitpaschimotanasana
2. One mandate Optional asana (Asana of self-choice)

Note: Total 6 Asanas

- The entries will be accepted via videos (preferably mp4 format).
- The videos can be shared directly on Email ID : svisg1@gmail.com
- Last date of Entries is 26th July, 2020.
- The results of the judges will be final and abiding.
- Final result will be announced on 28th July, 2020.
- Participants will be judged on the basis of
 - a. Posture Alignment
 - b. Holding
 - c. Costume

Video making Guidelines :

1. The video should be made in a single flow. No added editing is allowed.
2. Maximum time limit of the video : $3\frac{1}{2}$ mins
3. The video should cover the asanas from all angles during the holding time.
4. Full posture/asana of the participant should be visible throughout the video from base to top.
5. Find the relevant video attached as example for creating the video. (LINK FOR REFERENCE VIDEO:
https://drive.google.com/file/d/1rlkg98SpDlcxCVRPG37wb_G6omJtyWpy/view?usp=sharing)

6. The mail should also contain the Entry details as follows:

Name:
School Name:
Class:
Date Of Birth:

Note: The entry should come through school or authorized person of the school along with mobile number.