

1ST ALL ASSAM YOGA CONVENTION AND SEMINAR

30th June and 1st July, 2018

Organised by:

**Department of Yogic Science and Naturopathy,
Mahapurusha Srimanta Sankaradeva Viswavidyalaya, Guwahati campus, Rupnagar**

State level Yogasana Competition

On 30th June, 2018 (Saturday)

For Jr. College and Degree College/ University level

General Instructions for the Participants

- Each participant will have to perform 5 compulsory Asanas (One from each type) and 2 Advance Asanas by participants own choice.
- Compulsory asana will be selected by Lottery method from each Type of Asanas (Forward bending, Backward bending, Balancing, Twisting, Inverted) in the starting of the competition.
- Holding time for each Compulsory Asanas from each type (Forward bending, Backward bending, Balancing, Twisting, Inverted) will be 30 seconds.
- Holding time for each Advance Asanas will be 20 seconds.
- Other rules and conditions for the competition will be decided and govern by the Yogasana Competition committee of the 1st All Assam Yoga Convention and Seminar.
- Competitor should carry his/ her own Yoga mat and costume suitable for practice at the time of Competition.
- Entry fee for each competitor is Rs. 50/- will include one time lunch.
- Winners of the competition from each group will be awarded Prize money as well as Certificate and medal. Participation Certificate will be given to all participants.
- Prize and certificate distribution programme will be held on 1st July 2018, before Valedictory session.