

Contai Public School
Yoga Competition for the Academic Session -2024 - 25
Competition Date : 29th June 2024

Group	Classes	Topic	
"A"	III	1. Pawanmuktasana 2. Ustrasana 3. Bhujangasana 4. Brikshasana 5. Bhadrasana 6. Trikonasana 7. Padahastasana 8. Setudandhasana	Choose any four & one optional
"B"	IV & V	1. Padahastasana 2. Dhanurasana 3. Garvasana 4. Chakrasana 5. Shashangasana 6. Ek-padasirasana 7. Akarnadhanurasana 8. Sarbangasana	Choose any three & two optional
"C"	VI & VII	1. Paschimattanasana 2. Purna Chakrasana 3. Ardha Matsyendasana 4. Purnadhanurasana 5. Matsyasana 6. Sarbangasana 7. Ek- padasirasana 8. Bakasana	Choose any three & two optional
"D"	VIII Onwards	1. Sarbangasana 2. Matsyasana 3. Paschimattanasana 4. Purna dhanurasana 5. Purna Chakrasana 6. Bakasana 7. Garvasana 8. Purna Matsyendrasana	Choose any three & two optional

Rules & Regulations

1. Interested students from classes III to XII can participate in the competition.
2. The candidate has to perform any four (4) compulsory yogasanas and one optional for class III.
3. Any three (3) compulsory yogasana lists and two (2) optional for other classes IV to VII and VIII onwards.
4. The decisions of judges will be final.
5. The above mentioned date is subject to change.
6. Last date of submission of names: April 18, 2024