## D.A.V.PUBLIC SCHOOL GHUMARWIN

## Rules and Guidelines for Co scholastic Subject

## Yoga online activity competition rule and guideline for participants.

The goal of this competition is to increase the students to their physical fitness, mental calmness, personal growth and spiritual truth.

Classes	Content/quantity	Time limit for Video/Picture/Document upload	Working rule of competition	Grading of competition
3 <sup>rd</sup> to 5 <sup>th</sup>	For class 3rd Warm up exercise of any two and Surya namaskar.  For class 4th	Video recording must be sent to the Activity incharge of concerned subject which should be according to the time limit (3 min).  video recording must be sent to the Activity incharge of	1) Each participant must do their yoga in the specified good video quality. 2) The transition from one posture to another posture should be slow and	<ol> <li>Time duration.</li> <li>Confidence</li> <li>Stamina</li> <li>Performance</li> </ol>
	Warm up exercise of any three and Surya namaskar.  For class 5th Warm up exercise of	concerned subject which should be according to the time limit (3min.)  Video recording must be sent to the Activity incharge of concerned subject which	artistic. 3) The participant will maintain each poster for at least 3 to 5 second during the performance.	
	any four and Surya namaskar.	should be according to the time limit (3 min.)		

6 <sup>th</sup> to	For class 6th	Video recording must be sent	1)Each participant	1) Time duration.
8 <sup>th</sup>	Any three warm up	to the Activity incharge of	must do their yoga	2) Confidence
	exercises and any	concerned subject which	in the specified	3) Stamina
	three Pranayam.	should be according to the time	good video quality.	4) Performance
		limit (4 min.)		5) Accuracy
	For class 7th		2)The transition	
	Any four warm up	video recording must be sent to	from one posture	
	exercises and any	the Activity incharge of	to another posture	
	four Pranayam.	concerned subject which	should be slow and	
		should be according to the time	artistic.	
		limit (4 min.)		
			3) The participant	
		Video recording must be sent	will maintain each	
		to Activity incharge of	poster for at least 5	
	For class 8th	concerned subject which	to 7 second during	
	Any four warm up	should be according to the time	the performance.	
	exercises and five	limit (4 min.)		
	Pranayam.			
9 <sup>th</sup> to	For class 9th	Video recording must be sent	1) Each participant	1) Time duration.
10 <sup>th</sup>	Any three warm up	to the Activity incharge of	must do their yoga	2) Confidence
	exercises and any	concerned subject which	in the specified	3) Stamina
	three aasan.	should be according to the time	good video quality.	4) Performance
		limit (5 min.)	2) The transition	5) Accuracy
			from one posture	6) Choice of aasan.
	For class 10th	Video recording must be sent	to another posture	
	Any four warm up	to the Activity incharge of	should be slow and	
	exercises and any four	concerned subject which	artistic	
	aasan.	should be according to the time	3) The participant will	
		limit (5 min.)	maintain each poster for	
			at least 3 to 5 seconds	
			during the Performance.	