

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

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