

No.1/3/2022-23/CCSCSB
Government of India
Ministry of Personnel, Public Grievances & Pensions
Department of Personnel & Training
CENTRAL CIVIL SERVICES CULTURAL & SPORTS BOARD



Room No.361, 'B' Wing, 3rd Floor
Lok Nayak Bhawan, New Delhi-3
Dated the 20th July, 2023

CIRCULAR

Sub : Inter-Ministry (Men & Women) Yogasana Competition 2023-24.

Central Civil Services Cultural and Sports Board (CCSCSB) is **organizing Inter-Ministry (Men and Women) Yogasana Competition 2023-24 on 4-6th September, 2023 at Central Services Officers Institute (CSOI) Auditorium, Chankya Puri, New Delhi.** The objective of the Competition is to encourage the practice of Yogasana and help to promote physical and mental well being of Central Government employees.

2. It is informed that the Yoga Competition is being started at All India Civil Services level from this year, therefore, the format of the tournament is revised. Competition will be organised for male and female participants separately in all events i.e. individual/pair events. Further 2 age groups/categories are also introduced for both Men and Women participants i.e. "Age under 40 years" and "Age above 40 years. **A workshop will also be held in CSOI on 7th August, 2023 at 10.00 AM to 1.00 PM to demonstrate Asans and to inform about new format and Rules, Regulations, Markings system etc. Interested participants may join the workshop.**

3. Minimum 5 entries in Men and Women categories are required to conduct the tournament.

4. The participants desirous to participate in the Competition may send their entries in the prescribed proforma along with the entry fee of Rs. 100/- for Individual event and Rs.150/- for pair/double event. Last date for submission of entries in the Central Civil Services Cultural & Sports Board office Room No 361, 'B' Wing, Lok Nayak Bhavan, Khan Market, New Delhi - 110003 is **31.8.2023.**

5. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed proforma (**Annexure I**) duly signed by the Welfare Officer concerned and should reach on or before the **last date 31.8.2023.** The entry fee should be deposited in CCSCSB account as per details given below:-

The entry fee should be online deposited in CCSCSB account after entering the following details:-

Account Holder Name – Secretary CCSCSB,
Bank – Canara Bank
Account No. - 90432010052140,
Branch – Khan Market, New Delhi,
IFSC Code – CNRB0019043.

Note: - No other payment mode will be accepted except above. Kindly mention "name of player/ministry and game" in Remarks column while making the payment.

6. The guidelines for organization of 1st Inter-Ministry Yogasana Competition is attached at **Annexure-II**.

7. Central government autonomous organization like UPSC, Election Commission, C&AG's Office, Lok Sabha Secretariat, Rajya Sabha Secretariat, Cabinet Secretariat, PMO etc. may send independent entries. The entries are to be sent through the Welfare Officers of the Ministry concerned.

8. The following categories of employees are not eligible for participation in this competition:-

(a) Uniformed personnel in Defence Services/Para Military organisations/Central Police organisations/Police/RPF/CISF/BSF/ITBP/NSG etc.

(b) Employees of Autonomous bodies/Undertakings/Public Sector Banks/Corporations even though administratively controlled by the Central Ministries.

(c) Casual/Daily wages workers.

(d) Employees attached to offices on temporary duty.

In case, at any time, it is found that a player is not eligible, he/she will stand automatically disqualified from the Competition.

9. Referees'/Umpires'/Officials' decision shall be final and binding on the competing players.

10. The participants are required to report at the venue and participate in the Tournament as per schedule. They shall maintain discipline on and off the venue of the Tournament.

11. As per the Department of Personnel and Training's O.M. No.6/1/85-Estt. (Pay-I), dated 16th July, 1985, participants are eligible for Special Casual Leave for participating in above tournament.

12. The rules and regulations governing the eligibility conditions for participation, etc. in the Inter-Ministry Tournament are available on the website of the Department of Personnel & Training (<https://dopt.gov.in/about-us/wings-or-division-in-dopt/welfare-divisions>).


(Kulbhushan Malhotra)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.

2. Ms. Neeva Singh, Convenor - Yoga, Mb. No.9971928594

(Note : As far as general safety is concerned, all the participants will take care of themselves during the game/event. The Central Civil Services Cultural and Sports Board shall not be responsible for any injuries/accidents/mishappening during the game/events.

Signature of Welfare Officer.....
(Rubber Stamp)

Name

Tele. No (O)

e-mail if any

Full Correspondence address.....

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VERIFICATION CERTIFICATE

This Ministry intends to enter a team for the Inter-Ministry Tournaments/Competition. Accordingly, the entry form duly filled up is sent herewith. I hereby undertake on behalf of the Ministry to abide by the rules and instruction of the Tournament/Competition.

2. I certify that the participants mentioned in this form are employees of this Ministry/ Department. No member of the team is a casual / daily wage employee. All the players are eligible to participate in the tournament/competition as per eligibility criteria laid down by the Board. In case if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the tournament/competition without any notice to this ministry/ department.

3. I also undertake the responsibility to ensure that this Ministry's team after being entered in the Tournament/Competition will participate in the Tournament/Competition and at any stage would not refuse to participate or withdraw from the Tournament/Competition without prior approval of the Board.

Signature (Welfare Officer)

(Rubber Stamp)

Name

Tele. No (O)

e-mail if any

Full Correspondence address.....

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**RULES AND REGULATIONS OF THE
INTERMINISTRY YOGASANA SPORTS CHAMPIONSHIP 2023-24**

THE YOGASANA SPORTS CHAMPIONSHIP WILL BE HELD IN THE FOLLOWING FIVE CATEGORIES:

1. Traditional Solo Yogasana Sports Competition
2. Artistic (Solo) Yogasana Sports Competition
3. Artistic Pair Yogasana Sports Competition
4. Rhythmic (Pair) Yogasana Sports Competition

1. TRADITIONAL SOLO YOGASANA SPORTS COMPETITION

Separate Yogasana Competitions for male and female competitors will be held in the following two **age groups:-**

UNDER- 40 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PADAHASTASANA	PARIVRITA PARSAVKONASANA
ARDHA BADHHA PASCHIMOTTANASANA	MARICHYASANA -2
CHAKRASANA	PADAM SARVANGASANA
	EK PADA RAJKAPOTASANA

UNDER- 40 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PRASARITTA PADOTTANASANA	UPVISHTAKONASANA
KURMASANA	SUPTA VIRASANA
UTTANA VYAGHRASANA	PADAGUSHTHASANA
	PURVOTTANASANA

ABOVE - 40 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARSAVKONASANA	SVANASANA
ADHO MUKHA SWASTIKASANA	JANUSIRASANA
BHEKASANA	PAWANMUKTASANA
	EK PADA SHALABHASANA

ABOVE - 40 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARSAVOTTANASANA	MARICHYASANA-1
PARSVA UPVISHTA KONASANA	MALASANA
SARAL VYAGHRASANA	SUPTABADHHAKONASANA
	ARDHA DHANURASANA

- i. Separate competition will be held for male and female competitors
- ii. Individual Participants have to perform asanas from the prescribed syllabus.
- iii. There will be two rounds : First Round and Final round. Only top 10 participants will go for final round. In case of 05 or less than 05 entries there will be only first round.
- iv. 03 Compulsory Asanas are mandatory to perform and 02 Optional Asanas of individual choice from syllabus will be performed by the participants.
- v. There should be perfect synchronization of body movements.
- vi. **Time duration for each compulsory asana is 30 seconds and Optional Asana is 15 seconds.**
- vii. **The player coming first in each age category will be selected for AICS Yogasana Competition.**

3. ARTISTIC SOLO YOGASANA SPORTS COMPETITION

- i. Separate competition will be held for male and female competitors.
- ii. Artistic (Solo) Yogasana competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- iii. It is synchronization of body movement with music (without break).
- iv. Number of postures performed should be 8-10 of competitor's choice.
- v. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- vi. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- vii. The transition from one posture to another posture should be slow & Artistic.
- viii. **In case of 5 or less than 5 entries there will be only first round.**
- ix. **The player coming first in each age category will be selected for AICS Yogasana Competition.**

4. ARTISTIC PAIR YOGASANA SPORTS COMPETITION

- i. Artistic Pair Yogasana Competition will be held for male and female separately.
- ii. Artistic Pair Yogasana consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, synchronised body movement with music.
- iii. Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.

- iv. Body touch is allowed in the competition as per the discretion of the competitors.
- v. Number of postures performed should be 8-10 of competitor's choice.
- vi. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- vii. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- viii. The transition from one posture to another posture should be slow, Artistic and Synchronized.
- ix. **In case of 05 or less than 05 entries there will be only first round.**
- x. The pair coming first in each age category of Inter Ministry will be selected for AICS yogasana Competition

5. RHYTHMIC PAIR YOGASANA SPORTS COMPETITION

- i. Rhythmic Yogasana Competition will be held for male and female separately.
- ii. Rhythmic Yogasana Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting performed with music.
- iii. The same posture should be performed by the pair together.
- iv. There should not be any body touch between the two competitors.
- v. There should be perfect synchronization of body movements with the music.
- vi. Number of postures performed should be 8-10 of competitors choice.
- vii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- viii. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ix. The transition from one posture to another should be Slow, Rhythmic and Synchronized.
- x. **In case of 05 or less than 05 entries there will be only first round.**
- xi. The Rhythmic pair coming first in each age category of Inter ministry will be selected for AICS Yogasana Competition

SPECIAL INSTRUCTIONS:

1. A competitor can participate in all events i.e. Traditional Solo, Artistic (Solo), Artistic Pair, Rhythmic Pair Yogasana competitions.
2. Time: For starting performer should wait in standing pose/sitting pose but not in posture. When music starts performer will also start movement or posture. Counting of timing will start when the music starts. For ending- counting of time will stop when the performer first join palms together for namaskar or bend down for namaskar.
3. Music should be melodious, devotional and classical type.
4. Competitor will perform within the marked arena. .5 mark will be deducted every time (from the marks of performance) if the competitor/s cross or touch the arena line during their performance.
5. **The competitor/(s) have to stay atleast for 5 Seconds in each Posture / Pyramid / Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture / Pyramid / Formation, in that case that Posture /**

Pyramid / Formation will deem to be cancelled and accordingly the number of postures will be counted by the panel of Judges.

6. No Prop will be allowed during the performance of Artistic solo Yogasana Sports Competition, Artistic Pair Yogasana Sports Competition and Rhythmic Pair Yogasana Sports Competition.

B. POSITIONS

- i. The aggregate of minimum and maximum marks given by the referees to each competitor/pair will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
- ii. First three positions will be declared in each age group/event in Traditional Solo, Artistic Solo Yogasana, Artistic pair Yogasana, Rhythmic Pair Yogasana on the basis of merit of the scores secured by the competitors.
- iii. The judges will award the marks out of 10 to each competitor for each Yogasana separately. The judges will be free to move about in order to see the aspect of pose from different angles during the retention period.
- iv. The efficiency of the yogasana will be judged on the basis of execution, perfection of posture, stresslessness, stability, movement, holding time, Grace and presentation.
- v. In case of tie in Traditional Yogasana Competition it will be decided as follows:-
 - (a) Aggregate of Marks in Compulsory Asana
 - (b) Aggregate of Marks in Optional Asana
- vi. Judge's decision will be final.

N.B.:In case any competitor is disqualified due to doping/underage/overage or any other factor then the rank/medal given to that competitor will be awarded to the next competitor as per merit.

C. OVER ALL GENERAL CHAMPIONSHIP

The overall General Championship will be decided on the basis of aggregate marks of the medals obtained in the Traditional Yogasana, Artistic Solo , Artistic Pair, Rhythmic Pair Yogasana and Yogasana Sports Group Dance competition as per detail given below:

- Gold Medal 3 marks
- Silver Medal2 marks
- Bronze Medal 1 mark

MARKING SYSTEM

TRADITIONAL SOLO YOGASANA COMPETITION

1	Execution	Marks
	Time consumed and process followed to reach the final position of yogasana.	1
	Time consumed and process followed to reach back to normal position	1
	Point of Marking A) Time / Speed 0.25 B) Process / Flow (Not showing other Aasanas in between) 0.25 C) Stages followed 0.25 D) Sthiti (Starting and Ending posture) 0.25	
2	Perfection of Posture	
	Accuracy of Posture (Final Pose)	2
	A) Stretch / Bend / Curve / Twist 1.00 B) Palms / Toes / Fingers perfection 0.25 C) Alignment / Distance between hands / Legs 0.25 D) Balance / Symmetry / Tiltlessness 0.25 E) Face Direction 0.25	
3	Stresslessness (Face)	1
	A) Smile 0.25 B) Eye Position 0.25 C) Closed Mouth 0.25 D) Calmness 0.25	
4	Stability / Tremblinglessness	1
	A) Hands / Legs muscle stability 0.25 B) Abdominal muscles stability 0.25 C) Face stability 0.25 D) Normal Breathing 0.25	
5	Smooth Movements (No jerks)	1
	A) Smooth movement 0.25 B) No Jerks 0.25 C) No excess stretching 0.25 D) No supported movements 0.25	
6	Holding Time	2
	UNDER -40- 1 st round 30 Sec./ Final round 15 Sec. ABOVE40 1 st round 30 Sec./ Final round 15 Sec	

	A) 100% Time 2.00 B) 75% to 99% + Time 1.50 C) 50% to 74% + Time 1.00 D) 25% to 49% + Time 0.50 (For second attempt 1 mark will be deducted)	
7	Grace and Presentation	1
	A) Expressions 0.25 B) Decent Makeup / Costume 0.25 C) Walking / Standing / Greeting 0.25 D) Confidence 0.25	
	Total	10

SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24

UNDER- 40 (MEN & WOMEN)

FIRST ROUND

COMPULSORY ASANAS

PADAHASTASANA



ARDHA BADHHA PASCHIMOTTANASANA



CHAKRASANA



OPTIONAL ASANAS

PARIVRITA PARSAVKONASANA



MARICHYASANA-2



PADAM SARVANGASANA



EK PADA RAJKAPOTASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24

UNDER- 40 (MEN & WOMEN)

FINAL ROUND

COMPULSORY ASANAS

PRASARITTA PADOTTANASANA KURMASANA



UTTANA VYAGHRASANA



OPTIONAL ASANAS

UPVISHTA KONASANA



SUPTA VIRASANA



PADANGUSHTHASANA



PURVOTTANASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24

ABOVE- 40 (MEN & WOMEN)

FIRST ROUND

COMPULSORY ASANAS

PARSAVAKONASANA



ADHOMUKHA SWASTIKASANA



BHEKASANA



OPTIONAL ASANAS

SVANASANA



JANUSIRASANA



PAWANMUKTASANA



EK PADA SHALABHASANA



SYLLABUS FOR TRADITIONAL SOLO YOGASANA SPORTS COMPETITION 2023-24

ABOVE- 40 (MEN & WOMEN)

FINAL ROUND

COMPULSORY ASANAS

PARSAVOTTANASANA



PARSAVA UPVISHTKONASANA



SARAL VYAGHRASANA



OPTIONAL ASANAS

MARICHYASANA-1



MALASANA



SUPTABADHHAKONASANA



ARDHA DHANURASANA

