

No.1/4/2024-25/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 26th July, 2024

CIRCULAR

Sub : Inter-Ministry (Men & Women) Yogasana Competition 2024-25.

Central Civil Services Cultural and Sports Board (CCSCSB) is organizing Inter-Ministry (Men and Women) Yogasana Competition 2024-25 on 28th -30th August, 2024 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 syllabus of Yoga Competition for Men & Women is revised. Competition will be organised for male and female participants separately in all events i.e. individual/pair events. Further 03 age groups/categories are also introduced for both Men and Women participants i.e. "Age under 40 years", "Age 40-50 and "Age above 50 years". Revised syllabus of Rules, Regulations, Markings system etc. is enclosed.

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. 200/- for Individual event and Rs.300/- 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 23.8.2024.

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 i.e. 23.8.2024. The entry fee should be deposited online in the CCSCSB account after entering the following details or at the given QR code: -

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



BHIM | UPI

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

6. The guidelines for organization of 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.

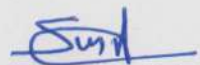
In case, at any time, it is found that a player is not eligible, he/she will stand automatically disqualified from the Competition.

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

10. The participants are required to reports at the venue and participates in the Tournament as scheduled. They shall maintain strict 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-divisons>).



(Sujit Kumar Mishra)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.

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

Central Civil Services Cultural & Sports Board
(Department of Personnel & Training)

APPLICATION FORM FOR
INTER MINISTRY (MEN & WOMEN) YOGASANA COMPETITION 2024-25

1. Name of the Ministry/Deptt :
2. Details of the participants are as under :

S. No.	Name	Male/Female	Date of Birth	Date of Joining	ID Card No. (Enclose copy of ID Card)	Age Group (i) Under 40 (ii) 40-50 (iii) Above 50	Events i. Traditional Solo Yogasana ii. Artistic (Solo) iii. Artistic Pair iv. Rhythmic (Pair)
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							
16.							
17.							
18.							

(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.....

**RULES AND REGULATIONS OF THE
INTERMINISTRY YOGASANA SPORTS CHAMPIONSHIP 2024-25**

The Yogasana Sports Competition will be held in following four 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)
GARUDASANA DHANURASANA PARIVRITTA PARSHAVKONASANA	EK PADA CHAKRASANA PADAM BAKASANA KARNAPIDASANA PURNA USHTRASANA

UNDER- 40 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VATAYANASANA PADAM MAYURASANA EK PADA CHAKRASANA	PARIVRITTA HANUMANASANA NATRAJASANA KOUNDINYASANA PURNA BHUJANGASANA

AGE 40-50 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VEERBHADRASANA-3 UTTHITA PADMASANA SETUBANDHCHAKRASANA	BAKASANA ARDHA MATSYENDRASANA EK PADA RAJKAPOTASANA URDHVA PADAM SARVANGASANA

AGE 40-50 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARIVRITTA TRIKONASANA HANUMANASANA KURMASANA	MARICHYASANA-1 NAUKASANA SETU BANDHASANA PURNA DHANURASANA

ABOVE 50 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VRIKSHASANA HALASANA USHTRASANA	PADAHASTASANA ARDHA MATSYENDRASANA PURNA MATSYASANA HANUMANASANA

ABOVE-50 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARIVRITTA UTKATSANA JANUSHIRASANA SARAL VYGHRASANA	EK PADA SHVANASANA MALASANA SUPTABADHHAKONASANA ARDHA DHANURASANA

1. TRADITIONAL SOLO YOGASANA SPORTS COMPETITION

- 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 15 participants will go for final 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.**

2. 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.

3. 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, performed 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. Making of pyramid will be given preference.
- vi. Synchronization of body movements with music will be given top preference.
- vii. Number of postures performed should be 8-10 of competitor's choice.
- viii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ix. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- x. The transition from one posture to another posture should be slow, Artistic and Synchronized.

4. RHYTHMIC PAIR YOGASANA SPORTS COMPETITION

- i. Rhythmic Yogasana Competition will be held for male and female separately.
- ii. Rhythmic Yogasana is also known as pair Yogasana. 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 competitor's 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.

SPECIAL INSTRUCTIONS:

1. A competitor can participate in all events i.e.Traditional Solo, Traditional Group, Artistic (Solo), Artistic Pair, Rhythmic Pair Yogasana competitions.
2. Time: For starting performer should wait in standing pose/sitting pose but not in posture. Music will start then performer will start movement or posture. Counting of timing will starts 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. Returning should not be counted because some time after returning performer makes some additional movements that can create confusion.
3. Music should be melodious, devotional and classical music.
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 deemed 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.
7. If there will be 15 or less participants then Final round will be conducted.

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, Traditional Group, 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:-
 - b. Aggregate of Marks in Optional Asana
 - c. Aggregate of Marks in Compulsory 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 .ROUNDS EVENTWISE

S No	Event	Round 1 Semi Final	Round 2 Finals
1	Traditional Solo		
2	Artistic Solo		
3	Artistic Pair		
4	Rhythmic Pair		

D. MEDAL TALLY

S No	Event	MEDALS FOR MALES			MEDALS FOR FEMALES		
		Gold	Silver	Bronze	Gold	Silver	Bronze
1	Traditional Solo	1	1	1	1	1	1
2	Artistic Solo	1	1	1	1	1	1
3	Artistic Pair	2	2	2	2	2	2
4	Rhythmic Pair	2	2	2	2	2	2
	Total	06	06	06	06	06	06
	Grand Total	36 X2 AGE CATEGORIES = 72 Medals					

E. OVERALL CHAMPIONSHIP

Gold Medal	Silver Medal	Bronze Medal
3	2	1

On the basis of above points 3 Overall Champions will be awarded with Trophy(1ST / 2ND /3RD position)

F. MARKING SYSTEM FOR TRADITIONAL SOLO

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	
	F.	
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/ 40 to 50 / Above -50 (First & Final Round)		
	Compulsory Asanas - 30 Sec		
	Optional Asanas – 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

G. MARKING SYSTEM FOR ARTISITC SOLO/ ARTISTIC PAIR/RHYTHMIC PAIR

Sr.	Pariculars	Marks	Marks
1	Perfection of Posture Accuracy of Posture 1. Stretch, Bend, Curve, Twist 2. Palm, Toes, Fingers perfection 3. Alignment, symmetry, Tiltness 4. Face Direction	4 Marks	7 Marks
	Mounting – Dismounting 1. Mounting of Asana 2. Dismounting of Asana (Smooth movements, no jerks, no extra stretching and no supported movements)	3 Marks	
2	Stability/ Tremblingness 1. Hand/ leg muscles stability 2. Abdominal muscles stability 3. Face stability 4. Normal Breathing	2 Marks	3 Marks
	Stresslessness, Grace & Presentation 1. Expression (Smile, Eye Position, Closed Mouth) 2. Decent Makeup/ Costume 3. Walking/ Standing/ Greeting 4. Confidence, Calmness	1 Marks	
		TOTAL	10 Marks

SYLLABUS FOR INTER MINISTRY TOURNAMENT 2024-25

TRADITIONAL SOLO YOGASANA COMPETITION

UNDER - 40 (MEN&WOMEN)

FIRST ROUND

COMPULSARY ASANAS



GARUDASANA



DHANURASANA



PARIVRITTA PARSHAVKONASANA

OPTIONAL ASANAS (ANY TWO)



EK PADA CHAKRASANA



PADAM BAKASANA



KARNAPIDASANA



PURNA USHTRASANA

UNDER - 40 (MEN&WOMEN)

FINAL ROUND

COMPULSARY ASANAS



VATAYANASANA



PADAM MAYURASANA



EK PADA CHAKRASNA

OPTIONAL ASANAS (ANY TWO)



PARIVRITTA HANUMANASANA



NATRAJASANA



KOUNDINY ASANA



PURNA BHUJANGASANA

AGE - 40-50 (MEN&WOMEN)

FIRST ROUND

COMPULSARY ASANAS



VEERBHADRASANA



UTTHITA PADMASANA



SETUBANDHCHAKRASANA

OPTIONAL ASANAS (ANY TWO)



BAKASANA



ARDHA MATSYENDRASANA



EK PADA RAJKAPOTASANA



URDHAV PADAM SARVANGASANA

AGE - 40-50 (MEN&WOMEN)

FINAL ROUND

COMPULSARY ASANAS



PARIVRITTA TRIKONASANA



HANUMANASANA



KURMASANA

OPTIONAL ASANAS (ANY TWO)



MARICHYASANA



NAUKASANA



SETU BANDHASANA



PURAN DHANURASANA

ABOVE - 50 (MEN&WOMEN)

First ROUND

COMPULSARY ASANAS



VRIKSHASANA



HALASANA



USHITRASANA

OPTIONAL ASANAS (ANY TWO)



PADAHASTAN



ARDHA MATSYENDRASANA



PURAN MATSYASANA



HANUMANASANA

ABOVE - 50 (MEN&WOMEN)

FINAL ROUND

COMPULSARY ASANAS



PARIVRITTA UTKATSANA



JANUSHIRASANA



SARAL VYGHRASANA

OPTIONAL ASANAS (ANY TWO)



EK PADA SHVANASANA



MALASANA



SUPTABADHHAKONASANA



ARDHA DHANURASANA
