

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 7th March, 2023

CIRCULAR

Sub : 1st Inter-Ministry (Men & Women) Yogasana Competition 2022-23.

On the occasion of 75 years of independence of India, Government of India is celebrating Azadi ka Amrit Mahotsav. The objective of the Mahotsav is to enhance interaction and promote mutual understanding between people of different States and Union Territories by conducting activities in the field of language and culture.

2. To commemorate the glorious history of Indian people and culture, Central Civil Services Cultural and Sports Board (CCSCSB) is organizing **1st Inter-Ministry (Men and Women) Yogasana Competition 2022-23 on 29.3.2023 at CSOI Auditorium, Chankya Puri, New Delhi from 10 AM onwards.** 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. As the Competition is being held for the first time, no age category is specified and only traditional and simple Asanas are included which are easy to perform.

3. Minimum 10 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/-. 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 28.3.2023.

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

6. Central government autonomous organizations 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 Officer of the Ministry concerned.

7. 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.

8. No entry will be accepted unless accompanied with fee. The entry should be sent in the prescribed proforma (Annexure II) duly signed by the Welfare Officer concerned and should reach on or before the last date 28.3.2023, 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.

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

10. 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>).

11. For any further queries relating to the rules and regulations of the Inter Ministry Yogasana Competition 2022-23, Ms Neeva Singh - Mb. 9971928594 may be contacted.


(Kulbushan Malhotra)
Secretary (CCSCSB)

To,

1. All Welfare Officers in the Ministries/Departments.
2. Ms. Neeva Singh (Mb. 9971928594) Coordinator of Inter Ministry Yogasana Competition.

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

Guidelines for conducting 1st Inter-Ministry Yogasana Competition

SYLLABUS FOR MEN & WOMEN

FIRST ROUND

COMPULSORY ASANA	OPTIONAL ASANA (Any 02)
Paschimottanasana Dhanurasana Garudasana	Trikonasana Akarna Dhanurasan Chakrasana Sasangasana

NOTE :-

All Compulsory Asanas are mandatory to be performed

Any 02 Optional Asanas to be performed

Compulsory Asana holding time- 45 Second

Optional Asana holding Time- 15 Seconds

Each asana carries 10 marks

All participants to be in proper costume/Stretchable. No loose clothing.

Those qualifying in First Round will go for Final Round

FINAL ROUND SYLLABUS

COMPULSORY ASANA	OPTIONAL ASANA (Any 02)
Vrkshasana Matsyasana Ushtrasana	Virbhadrasana-I Setu Bandhasana Baddha Padamasana Ardha matsendrasana

NOTE :-

All Compulsory Asanas are mandatory to be performed

Any 02 Optional Asanas to be performed

Compulsory Asana holding time- 45 Second

Optional Asana holding Time- 15 Seconds

Each asanas carries 10 marks

All participants to be in proper costume/Stretchable. No loosing clothing.

SYLLABUS FOR MEN & WOMEN

FIRST ROUND
COMPULSORY ASANA



Paschimottanasana



Dhanurasana

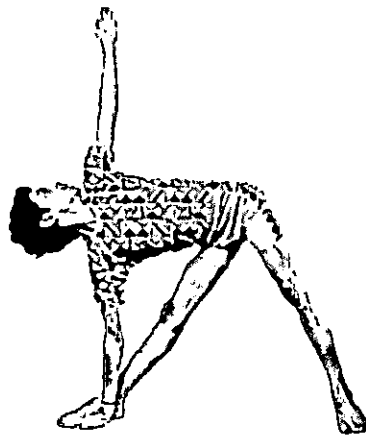


Garudasana

OPTIONAL ASANA(Any 02)



Chakrasana



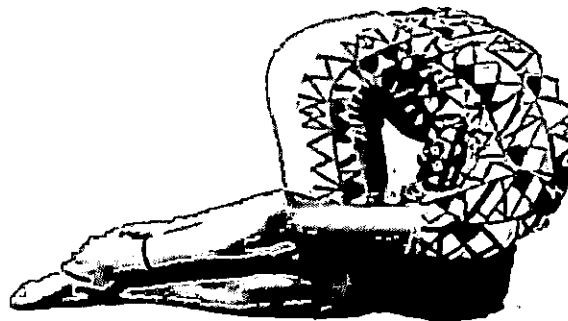
Trikonasana



Akarna



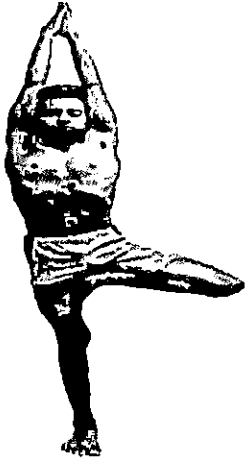
Dhanurasana



Sasangasana

FINAL ROUND

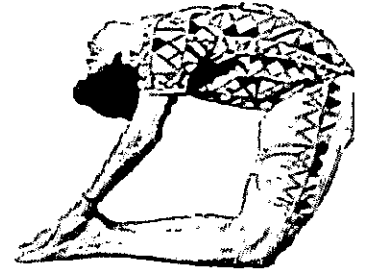
COMPULSORY
ASANA



Vrikshasan



Matsyasana

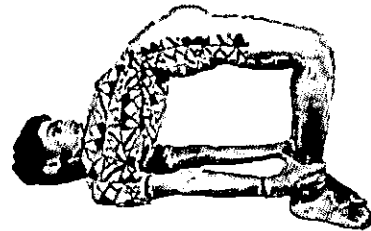


Ushtrasana

OPTIONAL ASANA
(Any 02)



Virbhadrasana-I



Setu Bandhasana



Baddha Padmasana



Ardha matsendrasana

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

APPLICATION FORM FOR
INTER MINISTRY (MEN & WOMEN) YOGASANA COMPETITION 2022-23

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

S. No.	Name	Date of Birth	Date of Joining	ID Card No. (Enclose copy of ID Card)	Events
1.					
2.					
3.					
4.					
5.					
6.					

(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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