

# WEST BENGAL YOGA ASSOCIATION

(Registered under Society Act-XXVI of 1961 No. S/19280 of 1076-77)

Affiliated with: Yoga Federation of India & Bengal Olympic Association

Regd. Office: 15/3, Raja Subodh Mullick Square, Kolkata – 700013

Email Id: wbyogaassociation@gmail.com Website: www.westbengalyogaassociation.org



50<sup>th</sup>. State Yoga Championship, 2023

Organised by : **West Bengal Yoga Association**

In association with

(MIDNAPORE Jagriti Nagar Physical Culture Association)

VENUE : VIDYASAGAR MEMORIAL HALL, MIDNAPORE TOWN

DATE : 30<sup>th</sup> September to 2nd October, 2023 (Saturday, Sunday & Monday)

ROUTE : From Howrah Station : By train to Midnapore Station. From Midnapore Stn. to Vidyasagar Memorial Hall by Auto .

## **RULES TO FOLLOW :-**

1. **Entry Fee :** Rs. 150/- (Rupees one hundred & fifty) only for each candidate.
2. **Last Date of Entry :** 16th September, 2023. \* No Spot entry will be entertained.
3. **Accommodation :** Free Fooding & Lodging will be provided to candidates from 30th September, 2023 (evening) to the evening of 1<sup>st</sup>. October, 2023 for 1<sup>st</sup> day Competition & from 1<sup>st</sup>. October (evening) to evening of 2<sup>nd</sup>. October, 2023 for 2<sup>nd</sup> day Competition for all Teams except outstation teams subject to prior intimation to the Office within 16th September, 2023. Two Coaches (One each from the both sex) and One Manager are allowed with a full team. No accommodation for Guardians is available.
4. **Participation :** 4 (Four) from each District & 2 (Two) from each Kolkata Club in each group can participate — Prize will be given on same day of the competition.
5. **Contest :** All the competitors are to line up in prescribed dress. They have to perform 10 (Ten) Postures within 8 (Eight) Minutes as per Syllabus enclosed herewith with duration of 10 seconds for each asana. In case of joint winner, the competitors will have to appear for Tie-Breaking (Tie) for 1<sup>st</sup> to 3<sup>rd</sup> Position.
6. **Dress:** Male competitors should use only swimming truck of single colour & Female competitors may wear half sleeve gymnastic costumes, tights and Banyan or Girth & half - sleeve Blouse of single colour.
7. **Proof of Age :** Attested copy of Birth (school Leaving / Corporation / Madhyamik Pass) certificate only will be accepted for attachment with Entry List. Calculation date will be as on 31. 12.2023.
8. **Reporting :** All the Team Managers along with candidates must report to office with banner at the Venue with light bedding (including Mosquito net, Candle, Torch etc.) on 30th September, 2023 Evening by 4.00 p.m. for Competition on 30. 09. 23 & 01.10.23 and on 01. 10. 23 at 4 P.M. for Competition on 02.10.23 for all Teams . Outstation Teams are to inform within 16.09.2023 regarding their arrival and departure.
9. **Competition Schedule :** On 30<sup>th</sup> September, 2023 ( Saturday) from 6.00 P.M = 35- 45 yrs ( Male & Female) and above 45yrs (Male & Female) . On 1<sup>st</sup>. October ( Sunday ) from 8.00 A.M 8 – 10yrs, 10-12yrs, 12-14yrs and on 2<sup>nd</sup>. October (Monday ) 14 – 16 yrs, 16 -18yrs, 18-21yrs, 21- 25 yrs, 25 – 30 yrs and 30 – 35 yrs. from 8.00 A.M.
10. **Inauguration Ceremony** on 30<sup>th</sup>. September, 2023 at 5.00 P.M
11. **JUDGING :** JUDGES DECISION WILL BE FINAL. PROTEST FEES Rs.500/- on letter head.

## **JUDGES CLINIC**

Judges clinic will be held on 9th. September, 2023 (Saturday) at 2 P.M at Association office. "Attending the clinic is Compulsory for the Judges for the above Competition". Lottery will be held on Saturday, 9th. September, 2023 after Judges Clinic.

N.B– Pl. note that 1<sup>st</sup> to 3<sup>rd</sup> Rank holders of each group are to confirm immediately after declaration of result for their participation in National Championship.

GAUTAM SINHA

Hony. General Secretary

Dated 5<sup>th</sup> August, 2023.



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## Syllabus for 50<sup>th</sup> Sate Yoga Championship - 2023

SUB JUNIOR GROUP-A (8-10 YEARS, BOYS & GIRLS) (01-01-2014 to 31-12-2015)	SUB JUNIOR GROUP-B (10-12 Years, Boys & Girls) (01-01-2012 to 31-12-2013)	SUB JUNIOR GROUP-C (12-14 YEARS BOYS & GIRLS) (01-01-2010 to 31-12-2011)
<ol style="list-style-type: none"> <li>1. VRIKSHASANA</li> <li>2. PADAHASTASANA</li> <li>3. USHTRASANA</li> <li>4. SASANGASANA</li> <li>5. AKARNA DHANURASANA</li> <li>6. GARABHASANA</li> <li>7. EKA PADA SIKANDHASANA</li> <li>8. CHAKRASANA</li> <li>9. SARVANGASANA</li> <li>10. DHANURASANA (T)</li> </ol>	<ol style="list-style-type: none"> <li>1. TRIKONASANA</li> <li>2. PURNA USTHRASANA</li> <li>3. PASCHIMOTTANASANA</li> <li>4. EKA PADA SIKANDHASANA</li> <li>5. AKARNA DHANURASANA (T)</li> <li>6. KUKKUTASANA</li> <li>7. YOGA NIDRASANA</li> <li>8. SARVANGASANA</li> <li>9. CHAKRASANA</li> <li>10. DHANURASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. GARUDASANA</li> <li>2. PARSVAKONASANA</li> <li>3. VIBHAKTA PASCHIMOTTANASANA</li> <li>4. BAKASANA</li> <li>5. PURNA SUPTA VAJRASANA</li> <li>6. UTTHIT EKA PADA SIKANDHASANA</li> <li>7. PADAM SARVANGASANA</li> <li>8. EKA PADA CHAKRASANA (T)</li> <li>9. EKA PADA BADDHA RAJKAPOTASANA</li> <li>10. PURNA DHANURASANA</li> </ol>
JUNIOR GROUP-A (14-16 YEARS, BOYS & GIRLS) (01-01-2008 to 31-12-2009)	JUNIOR GROUP-B (16 -18 YEARS BOYS AND GIRLS) (01-01-2006 to 31-12-2007)	SENIOR GROUP-A (18-21 YEARS MEN AND WOMEN) (01-01-2003 to 31-12-2005)
<ol style="list-style-type: none"> <li>1. VIRBHADRASANA (T)</li> <li>2. PARVA KONASANA</li> <li>3. ARDHA BADDHA PADAM PASCHIMOTTASANA</li> <li>4. KUKKUTASANA</li> <li>5. PURNA SUPTA VAJRASANA</li> <li>6. TITIBHASANA</li> <li>7. EKA PADA VIPARIT DANDASANA</li> <li>8. SUPTA KONASANA</li> <li>9. VIBHAKTA VIPARIT SUPTASANA</li> <li>10. PURNA DHANURASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. VATAYANASANA</li> <li>2. PURNA CHAKRASANA</li> <li>3. PARIVARTITA PARSVAKONASANA</li> <li>4. VIBHAKTA PASCHIMOTTANASANA</li> <li>5. PADAM BAKASANA (T)</li> <li>6. PURNA MATSYENDRASANA</li> <li>7. KOUNDINYASANA</li> <li>8. PADMA SARVANGASANA</li> <li>9. PURNA SHALABHASANA</li> <li>10. PADANGUSHTH DHANURASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. TRIVIKRAMASANA</li> <li>2. PURNA CHAKRASANA</li> <li>3. UTHITA PASCHIMOTTASANA</li> <li>4. KOUNDINYASANA</li> <li>5. PARIVARTITA PARSVAKONASANA</li> <li>6. OMKARASANA</li> <li>7. PURNA MATSYENDRASANA</li> <li>8. KARAN PITTHASANA</li> <li>9. PURNA DHANURASANA (T)</li> <li>10. SIRSHASANA</li> </ol>
SENIOR GROUP-B (21-25 YEARS MEN & WOMEN) (01-01-1999 to 31-12-2002)	SENIOR GROUP - C (25-30 YEARS MEN) (01-01-1994 to 31-12-1998)	SENIOR GROUP- C (25-30 YEARS WOMEN) (01-01-1994 to 31-12-1998)
<ol style="list-style-type: none"> <li>1. NATRAJASANA</li> <li>2. PARIVRTTA PRASARITA PADOTTANASANA</li> <li>3. SETU BANDHA CHAKRASANA</li> <li>4. UTTHITA PASCHMITTONASANA (T)</li> <li>5. HANUMANA ASANA</li> <li>6. KURMASANA</li> <li>7. KOUNDINYASANA</li> <li>8. EKA PADA SETU BANDHA SARVANGASANA</li> <li>9. PADANGUSHTH DHANURASANA</li> <li>10. PADAM SIRSHASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. VATAYANASANA</li> <li>2. VIRBHADRASANA</li> <li>3. HANUMANA ASANA</li> <li>4. ARDHA BADHA PADAMA PASCHIMOTTANASANA</li> <li>5. BADDHA PADAMASANA</li> <li>6. PADAM MAYURASANA</li> <li>7. ARDHA MATSYENDRASANA</li> <li>8. SETU BANDH SARVANGASANA</li> <li>9. EKA PADA CHAKRASANA (T)</li> <li>10. PADAM SIRSHASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. GARUDASANA</li> <li>2. SIRSHA PADANGUSTHASAN</li> <li>3. USHTRASANA</li> <li>4. VIBHAKTA PASCHIMOTTANASANA</li> <li>5. BADDHA PADAMASANA</li> <li>6. MARICHYASANA</li> <li>7. ARDHA MATSYENDRASANA</li> <li>8. PADMA SARVANGASANA</li> <li>9. EKA PADA PURNA DHANURASANA (T)</li> <li>10. EKA PADA CHAKRASANA</li> </ol>
SENIOR GROUP- D (30-35 YEARS, MEN & WOMEN) (01-01-1989 to 31-12-1993)	GROUP- E (35-45 YEARS, MEN & WOMEN) (01-01-1979 to 31-12-1988)	SENIOR GROUP - F (ABOVE 45 YEARS, MEN & WOMEN) (Before 01-01-1978)
<ol style="list-style-type: none"> <li>1. GARUDASANA</li> <li>2. SIRSHA PADANGUSTHASANA (T)</li> <li>3. USHTRASANA</li> <li>4. ARDHA BADDHA PADAM PASCHIMOTTANASANA</li> <li>5. BADDHA PADAMASANA</li> <li>6. KURMASANA</li> <li>7. ARDHA MATSYENDRASANA</li> <li>8. HALASANA</li> <li>9. EK PADA PURNA DHANURASANA</li> <li>10. SETU BANDHA CHAKRASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. TRIKONASANA (T)</li> <li>2. USHTRASANA</li> <li>3. VIBHAKTA PASCHIMOTTANASANA</li> <li>4. UTTHITA PADAMASANA</li> <li>5. AKARNA DHANURASANA</li> <li>6. PADAM SARVANGASANA</li> <li>7. ARDHA MATSYENDRASANA</li> <li>8. MATSYASANA</li> <li>9. DHANURASANA</li> <li>10. EK PADA CHAKRASANA</li> </ol>	<ol style="list-style-type: none"> <li>1. VRIKSHASANA (T)</li> <li>2. USHTRASANA</li> <li>3. PASCHIMOTTANASANA</li> <li>4. UTTHITA PADAMASANA</li> <li>5. AKARNA DHANURASANA</li> <li>6. ARDHA MATSYENDRASANA</li> <li>7. HALASANA</li> <li>8. MATSYASANA</li> <li>9. DHANURASANA</li> <li>10. CHAKRASANA</li> </ol>