



INVITATION

Grand Occasion Of 10th International Day Of Yoga 10th Yogasana Sports Championship & Schools & Colleges Yogasana Grade Championship Selection for Asian & International Yogasana Sports Championship

Date: 14 July 2024 on Sunday @ 8.00 am

**Venue: KORAMANGALA INDOR STADIUM,
100FT ROAD, H COLONY, 2ND STAGE, BENGALURU-30**



Sri Siddaramaiah
Chief of Minister
of Karnataka



**Sri Sri Sri
Siddalinga Maha Swamiji**
President
SGS International yoga Foundation
College & Research Centre

ORGANISED BY

SGS INTERNATIONAL YOGA FOUNDATION

COLLEGE AND RESEARCH CENTRE (R.)

Affiliated to Janapada Vishwavidyalaya
Vivekananda Yoga Anusandana Samstana
Affiliated Member
Karnataka Yogasana Sports Association

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IN ASSOCIATION WITH

Karnataka Yogasana Sports Association
Janapada Vishwavidyalaya
Sarala Yoga Vedike

SUPPORTED BY

World Yogasana
Asian Yogasana
Yogasana Bharath

Dept. of Youth Empowerment & Sports Govt. of Karnataka,
Nehru Yuva Kendra, Govt. of India
Dept. of Ayush, Govt. of India & Karnataka,
Dept. of Education Govt. of Karnataka,
Dept. of Tourism Govt. of Karnataka,
Dept. of Health & Welfare Govt. of Karnataka,
Karnataka State Women Development Dept. Govt. of Karnataka

SUPPORTING VENTURES



Sri D.K. Shivakumar
Deputy Chief of Minister
of Karnataka



Dr. M. Niranjana Murthy
Chairman, Selection
Community



COMMON CHAMPIONSHIPS GUIDELINES FOR 14TH JULY, 2024

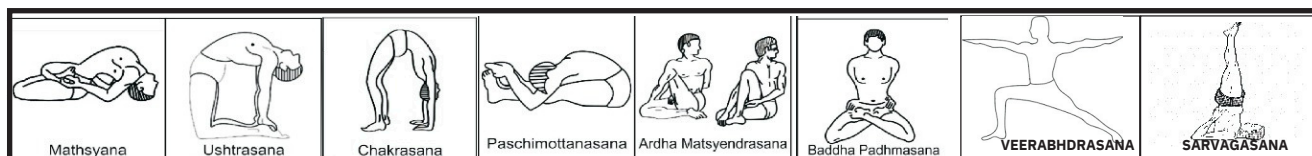
- 1. This Championship is open to all individuals as well as members of clubs, schools, colleges, universities, educational institution, Yoga Kendra's, centres Association, federation & interested participants.**
- 2. Breakfast & Lunch will be served on the day of the championship for participants, for one of the official, one team manager, jury and invitees.**
- 3. TRAVEL ALLOWANCES and ACCOMODATION WILL NOT BE PROVIDED**
- 4. Attire for Boys/Men Participating in the championship will be shorts and the girl/women will wear swimming suit/gymnastic/track suit as the dress code.**
- 5. The age of participant will be calculated as on 31/12/2023.**
- 6. All the participants/juries/instructors have to report by 8:00 am on the day of the championship.**
- 7. THE NAME AND AGE GROUP OF THE ENTRIES SENT WILL NOT BE CHANGED OR ADJUSTED AT THE VENUE OR ENTRY FEE WILL NOT BE REFUNDED.**
- 8. Any changes by un avoidable circumstance in the process of the championship, you are requested to co-operate and participate with the dignity and the spirit of the game .**
- 9. The participants will obey and abide by all the decisions of the organiser. In case of any issues, the participant have to bring it to the notice or escalate to the core committee of the championship.**
- 10. Any institution with a group of 30 or more participants will be honoured with memento and a certificate.**
- 11. List of the participants have to be sent by email/ WhatsApp or by the link provided on or before 01-07-2024. The entry fee shall be paid at the registration of the event.**
- 12. In all the different age group mentioned below boys-girls and men-women will have separate championship.**
- 13. Each participant has to bring a hard copy of sent e-mail or post to the venue. The judgement of the jury will be final.**
- 14. Athletes List Application forms,& Date of Birth Certificate should submitted in the competition time.**
- 15. Medical fitness certificate is compulsory for all participants and needs to be produced in case of any requirement.**

1. TRADITIONAL YOGASANA SPORTS CHAMPIONSHIP 2024

1. Entry Fees Per Individual Candidate is Rs. 1000/- only
2. Traditional Sports Championship participants will be provided with the participant certificate & Medal
3. Medals & certificates will be awarded to First, Second & Third place candidates.
4. Honour certificates will be awarded to 4th to 10th place.
5. All Age Groups Top 10 Winners will be selected for Asian and International Yogasana Sports Championship
6. **YOGASANA SPORTS CHAMPIONSHIP AGE GROUP AS MENTIONED BELOW**

Below 8 years boys & girls	15 to 20 years boys & girls	40 to 50 years male & female
8 to 12 years boys & girls	20 to 30 years male & female	50 to 60 years male & female
12 to 15 years boys & girls	30 to 40 years male & female	60years above male & female
7. Any 3 asanas to be selected amongst the 8 asanas from the below picture
8. Any 2 asanas of your own choice will also be performed, in total 5 asanas to be performed.

COMPULSORY ASANAS FOR TRADITIONAL, SCHOOLS and COLLEGES GRADE CHAMPIONSHIP



2. SCHOOL & COLLEGES YOGASANA GRADE CHAMPIONSHIP

1. Entry Fees Per Individual Student is Rs. 1000/- only.
2. Based on the individual performance, A+, A, B+, B, C, Grades certificate and medals will be honoured to the participants.
3. Any 3 asanas to be selected amongst the 8 asanas given in the above the picture.
4. Any 2 asanas of your own choice will also be performed, in total 5 asanas to be performed.
5. All Category Students who will get A+, A, B+, B Grades will be further selected for Asian and International Yogasana Sports Championship.
6. Catagories LKG, UKG, Primary, Midal School, High School PU College & above.
7. Students should produce any ID proof or study certificate of their respective school or college.

3. OWN CHOICE YOGASANA SPORTS CHAMPIONSHIP

1. Entry Fees Per Individual Candidate is Rs. 1000/- only.
2. All participants will be provided with the participant certificate & Medals.

Medals & Honour certificates will be awarded to First, Second & Third place candidates.
3. Honour certificate will be awarded to 4th to 10th place candidates.
4. Top 10 Winners from all age groups will be further selected for Asian and International
5. Yogasana Sports Championship.
6. Participants will have to perform any 5 asanas of their Own Choice.
7. **YOGASANA SPORTS CHAMPIONSHIP AGE GROUP AS MENTIONED BELOW**

Below 8 years boys & girls
8 to 12 years boys & girls
12 to 15 years boys & girls

15 to 20 years boys & girls
20 to 30 years male & female
30 to 40 years male & female

40 to 50 years male & female
50 to 60 years male & female
60years above male & female

AWARDS

Yoga Shree and Yoga Shiromani awards will be awarded to the achievers in the respective yoga field.

Please send Bio-Data with email and WhatsApp details on or before 15-06-2024 for the selection.

Any SPONSORSHIPS & DONORS For the events are welcome

CONTACT FOR FURTHER DETAILS

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SGS INTERNATIONAL YOGA FOUNDATION COLLEGE AND RESEARCH CENTRE

SUNSHINE THE YOGA ZONE, 2ND FLOOR, JAWAHARLAL NAHRU ROAD, BEML LAYOUT,
4TH STAGE, RAJARAJESHWARI NAGAR, BENGALURU, KARNATAKA-560098

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