

ST. JOSEPH'S COLLEGE, PRAYAGRAJ

INTER HOUSE YOGA COMPETITION 2025-26

Event Date: 04.09.25

Time: 8.00 AM

The team will consist of five members. The minimum team size to be eligible to participate in the team championship will be three.

The group competition will include the following asana:

GROUP A

1. Paschimottanasana
2. Sarvangasana
3. Matsyasana
4. Dhanurasana
5. Ardh Matsyendra asana
6. Uttanapadasana

Group B

1. Chakrasana
2. Halasana
3. Shalabhasana
4. Bhujangasana
5. Setubandhasana
6. Trikonasana

Group C

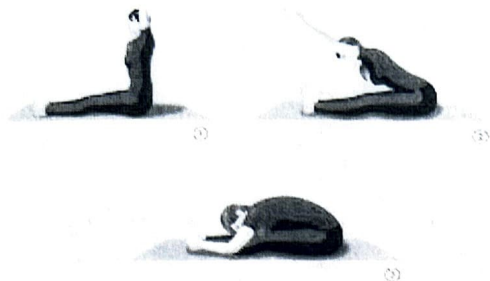
1. Bakasana
2. Vyaghrasana
3. Shirshasana
4. Eka pada rajakapotasana
5. Utthit padhasthasana
6. Supta vajrasana


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- ✓ The asanas of Group A to be performed and retained for age group:
 - Sub- Junior : 45 seconds
 - Junior& senior: 1 minute
- ✓ The asanas of Group B to be performed and retained for age group:
 - Sub- Junior : 20 seconds
 - Junior& senior: 25 seconds
- ✓ The asanas of Group C to be performed and retained for age group:
 - Sub- Junior : 10 seconds
 - Junior& senior: 15 seconds
- ✓ At the time of competition asanas from group A and Group B will be decided by draw system on the spot. While group C any one asana can be selected by the competitor.
- ✓ Three compulsory asanas are to be performed in the given list of Group A, B and C. In addition to this, two any other asanas of the competitor's choice are to be performed excluding compulsory asanas. Total 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and competitors will be given out of a total of 50 marks.
- ✓ A competitor will be allowed maximum of three attempts for optional asana in group C and own choice. No choices will be given for Group A and Group B.


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Paschimottasana (Two Footed Forward Bend)



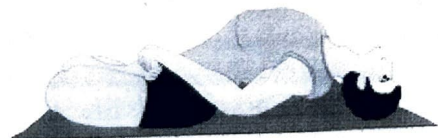
PASCHIMOTTAN ASANA



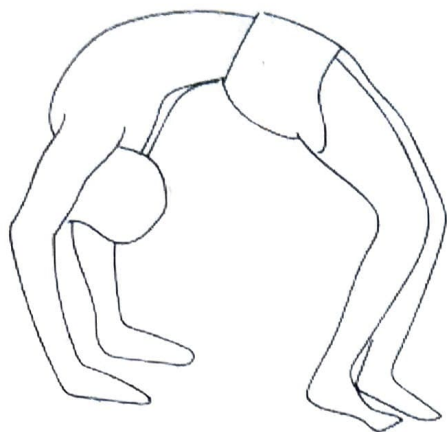
SARVANGASANA

Sarvangasna

MATSYASANA



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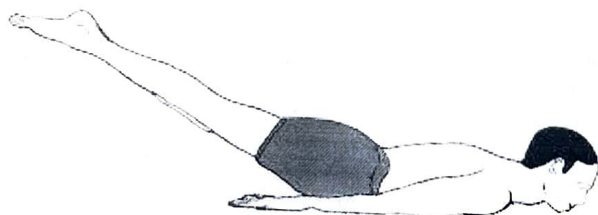


CHAKRASANA

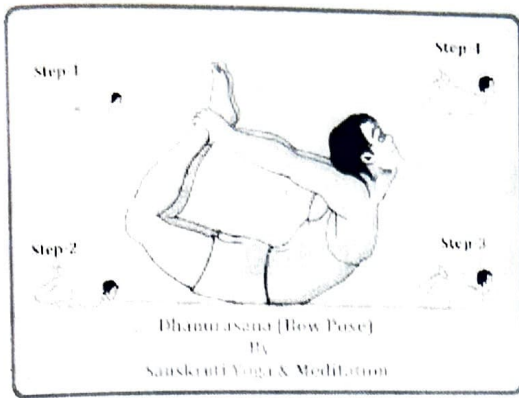
HALASANA



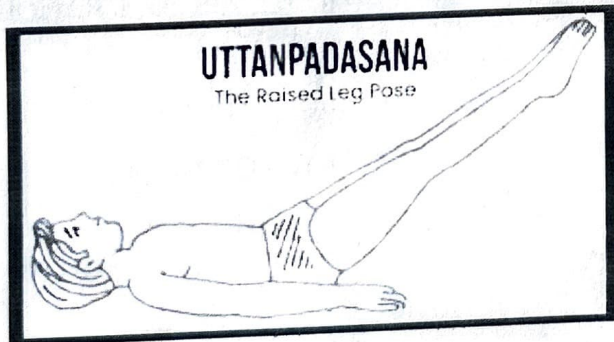
HALASANA



SHALABHASANA



ARDHMATSYENDRA ASANA

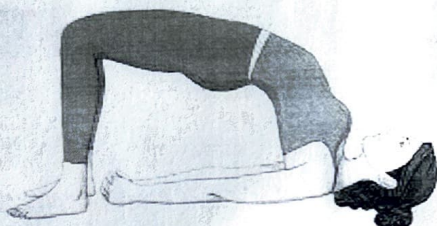


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TRIKONASANA

Setu Bandhasana (Bridge Pose)



STEP 4



VIEW 1

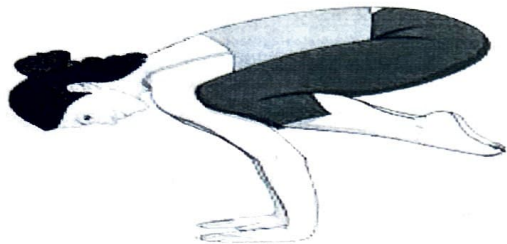


VIEW 2

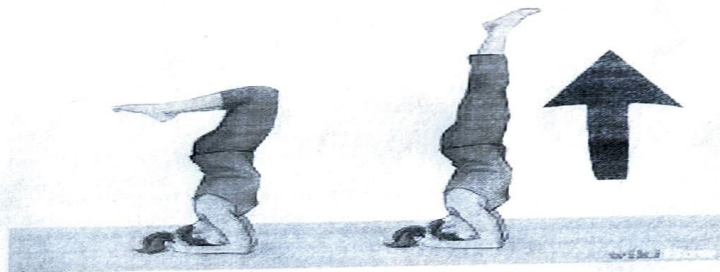
BHUJANGASANA

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Bakasana (Crane Pose)



VYAGHRASANA
(TIGER POSE)



SHIRSHASANA



mdsilva

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SUPTA VAJRASANA



UTTHIT PADHASTASANA



M. Silva

PRINCIPAL

Principal
St. Joseph's College
2, Tashkent Marg,
Prayagraj-211 001

Sham Kefign

SPORTS COORDINATOR