

ST. JOSEPH'S COLLEGE, PRAYAGRAJ

INTER HOUSE YOGA COMPETITION 2026-27

NOTICE REGARDING SELECTIONS

Dear House Moderators, Students & Parents

The Inter House Yoga Selections for the Junior and Senior Categories will be conducted according to the schedule given below:

Sub-Junior Category (Class 4 & 5)

Students of the Sub-Junior Category may conduct their selections during school hours in consultation with their respective House Teachers/Sports Department.

Junior Category (Class 6 to 8)

Senior Category (Class 9 to 12)

DATE	HOUSE	TIME	VENUE
8 October 2026	BLUE	2.00 PM	HOGAN HALL
	GREEN	3.00 PM	HOGAN HALL
9 October 2026	RED	2.00 PM	HOGAN HALL
	GOLD	3.00 PM	HOGAN HALL

Important Instructions

1. All students participating in the selection trials must report at the specified time and venue.
2. Black Shorts and House T-Shirt are compulsory for both the selection trials and the Inter House Yoga Competition.
3. Each House team must consist of 5 players.
4. Team-game points will be awarded according to the number of participants. Therefore, every House must ensure that its complete team of 5 players participates.
5. The Inter House Yoga Competition will be held on **Thursday, 15 October 2026.**
6. **The reporting time for the competition is 8:00 AM.**
7. Students must be prepared with the prescribed asanas according to the competition rules.
8. Each competitor will perform 5 asanas, with 10 marks allotted to each asana, for a maximum of 50 marks.
9. Asanas from Group A and Group B will be decided by draw, while one asana from Group C may be selected by the competitor, as per the prescribed rules.
10. Participants are expected to maintain proper discipline and report punctually for both the selection and competition.



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11. All students are advised to take the selections seriously and ensure their participation as per the schedule.
12. 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 padhastasana
6. Supta vajrasana

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

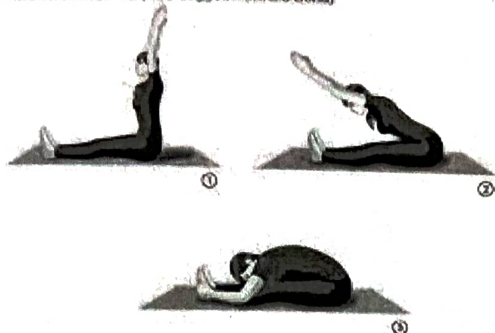
Junior & senior: 15 seconds



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- ✓ 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 asanas in group C and own choice. No choices will be given for Group A and Group B.

Paschimottasana (Two-Legged Forward Bend)



PASCHIMOTTAN ASANA



SARVANGASANA

Sarvangasna

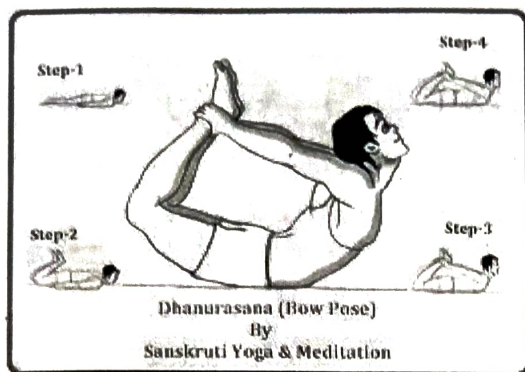
MATSYASANA



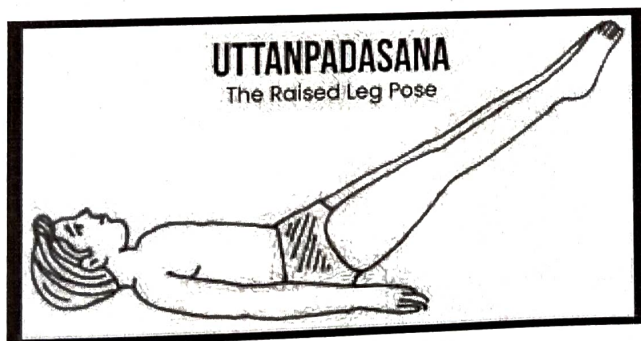
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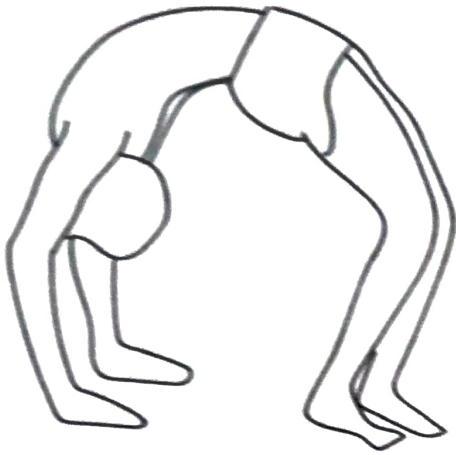
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ARDHMATSYENDRA ASANA

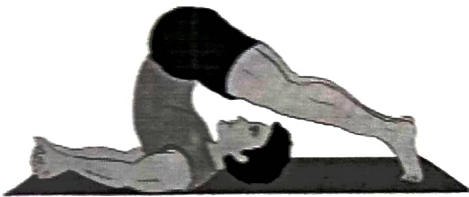


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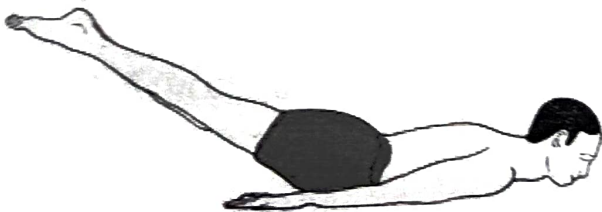


CHAKRASANA

HALASANA

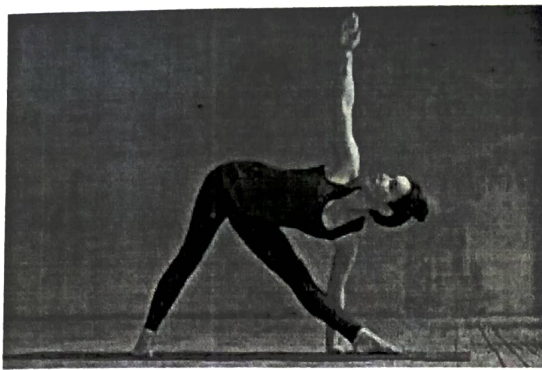


HALASANA

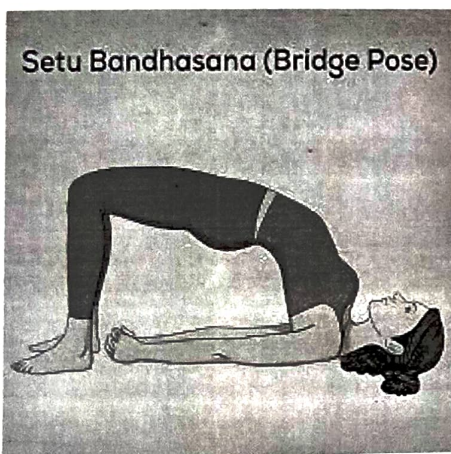


SHALABHASANA

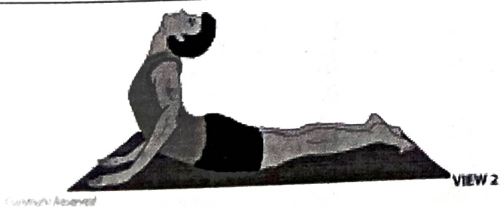
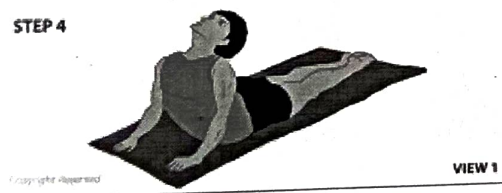

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TRIKONASANA



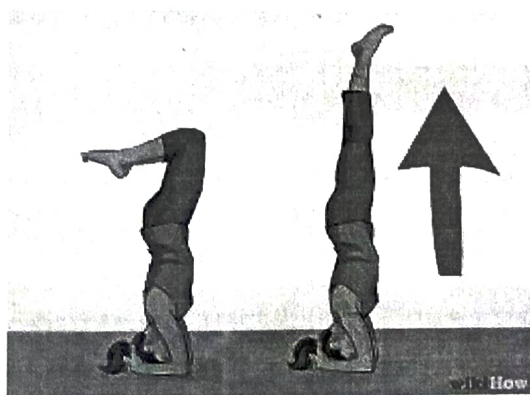
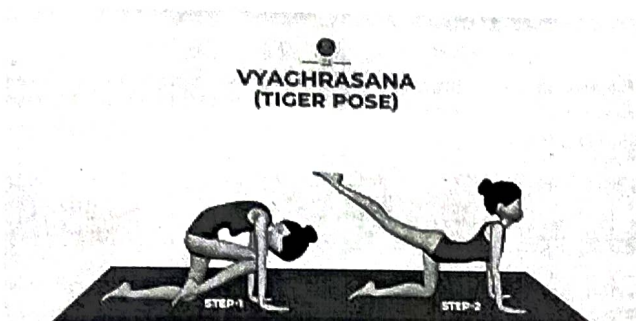
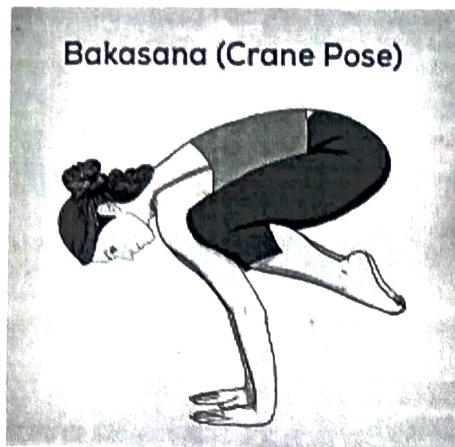
STEP 4



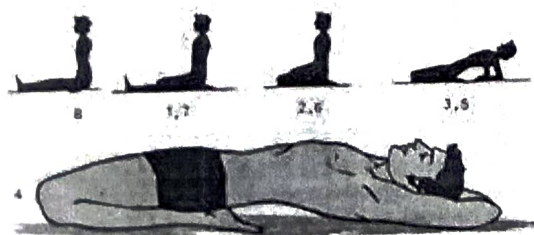
BHUJANGASANA

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SHIRSHASANA



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SUPTA VAJRASANA



UTTHIT PADHASTASANA



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PRINCIPAL

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SPORTS COORDINATOR