

# **PODAR INTERNATIONAL SCHOOL, MANGALORE**

(CBSE Affiliation No -831054, School code – 46680)

Ref No: PIS/ACT/SEAT/2024-25/05

Dear Parents/Guardians,

Greetings from Podar International School Mangalore!!!!

## **June 21<sup>st</sup> "International Yoga Day."**

**Theme - Yoga for Women Empowerment".**

Purpose: -The United Nations General Assembly proposed on December 11 and established June 21 as "International Yoga Day." The date was assigned for the occasion as it is the longest day when the sun is out at its most compared to every other day of the year. This day is being celebrated throughout the world annually since June 2015 with an objective to bring about awareness about the health benefits of yoga and its several practices.

## **International Yoga Day 2024 –Theme Yoga for Women Empowerment".**

Yoga session for students Date: 21/06/2024

Time 8: 30 am to 9: 30 am

Grade 1to 2

Grade 3 to 5

Grade 6to 10

### **Solo and Inter House Group Yoga Competition**

#### **Competition for Students**

##### **Solo Yoga Competition:**

##### **Category A -Grade 1 &2**

Date: 20/06/2024

Time: 8:30 to 9:30

Topic: Vajrasana /Tadasana/ Vrikshasana (Participant can choose any one)

##### **Category B – Grade 3 to 5**

Date: 20/06/2024

Time: 8:30 to 9:30

Topic: Bhujangasana/ Dhanurasana/ Trikonasana(Participant can choose any one)

##### **Category C – Grade 6 to 10**

Date: 20/06/2024

Time: 8:30 to 9:30

Topic: Trikonasana/ ArdhaHalasana /Vrukshasana(Participant can choose any one)

### Evaluation criteria

Formation (Vinyasa Pattern): Starting to completion of Asana	10 marks
Retention (Final Posture): To maintain Asana for 8-10 seconds	10 marks
Grace and Presentation: The aesthetic aspect in formation and retention	10 marks

**Interested students enrol your name to class teacher on or before 15/06/2024**

### Group Yoga Competition

**Date: 21/06/2024**

### Guidelines for Group Yoga Competition

Each house team will consist of 20 members (while choosing the team give preference to all class)

House can play the music while performing yoga.

House can choose any 4 yoga pose out of 10 given yoga pose

1. Padmasana 2. Shashankasana 3. Vajrasana 4. Supthavajrasana 5. Salabasana  
6. Tadasana 7. Vrukshasana 8. Ardhakatichakrasana 9. Trikonasana 10. ArdhaHalasana

**1 circle of suryanamaskar (12 counts) compulsory**

### Evaluation criteria

Formation (Vinyasa Pattern): Starting to completion of Asana	10 marks
Retention (Final Posture): To maintain Asana for 8-10 seconds	10 marks
Grace and Presentation: The aesthetic aspect in formation and retention	10 marks

**House teachers update the final list on 17/06/2024 before 4: 00 pm**

Results of the competition will be intimated through e-mail.



Chandrasah. P  
Event in charge

  
Principal