

Live Yoga Competition

Guidelines:

The aim of yoga is to encourage a positive and healthy lifestyle for physical, mental and spiritual well-being. It helps in the development of strength, stamina, endurance and high energy at physical and mental levels. Yoga has been integrated as an essential component of Health and Physical Education.

To spread the goodness of Yoga and to imbibe it as a life style, it is felt need to disseminate the information about this unique system among the masses. On the occasion of 7th International Yoga Day 2021, Rashtriya Ayurveda Vidyapeeth is organising a Live Yoga Competition as a part of Yoga week celebrations. The Competition will encourage the masses to perform yoga to acquire good health.

Eligibility:

Live Yoga Competition is open to all (age more than 12 years).

Awards for Live Yoga Competition

First prize – Rs 3000

Second prize – Rs 2000

Third prize – Rs 1000

Consolation prize – Rs 500 each (2)

In case of a tie in the score the eldest will be awarded the prize.

Time for performing the Live Yoga Competition:

Each candidate will be given 5 minutes for performing a Live Yoga. This will be assessed by a panel of Judges. The Competition will be performed on 14 June, 2021. Details will be shared with registered participants.

The registration opens from 10th June, 2021 and closes on 13th June, 2021 by 5 PM sharp for only 25 candidates on first-come-first serve basis.

For any information:

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