

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
GENERAL ADMINISTRATION DEPARTMENT  
DELHI SECRETARIAT, I.P. ESTATE, NEW DELHI  
(SPORTS BRANCH)

F.18/32/2024/GAD/Sports/Admn. 1476-1480

Dated: 11.09.2024

CIRCULAR

**Sub:-Yoga protocols/guidelines for Inter-Departmental Sports Tournament 2024-25.**

Reference: GAD Circular No. F.18/32/2024/GAD/Sports/Admn./1428-1432 dated: 04.09.2024

With reference to the Yoga competition of Inter-Departmental Sports Tournament 2024-25, the following protocols/guidelines will be adopted.

1. Separate competitions will be held for male and female participants.
2. Competition will be played in 02 rounds: preliminary and final round.
3. Top 12 performers of preliminary round shall qualify for final round.
4. If the numbers of competitors are less than 20, then direct final round will be held.
5. If direct final round takes place, then all the competitors shall perform optional, compulsory and final round asanas.
6. In optional asanas, no additional chance will be given, but in compulsory asanas every participant can take max. 03 chances (if needed).
7. Each asana will be marked out of 10 marks.
8. Time duration for optional asanas is 30 seconds and for Compulsory asanas is 20 seconds. Time duration for final round asanas is 30 seconds.
9. Dress code for male is Track-suit/shorts, lower+ T-shirt and for female is salwar kameez/tracksuit /lower t-shirt or any comfortable dress.
10. Chanting of “OM” shall be marked as per the following criteria:

Seconds	Points
0-20	0
21-30	1
31-40	2
41-50	4
51-60	6
61-70	8
71 - above	10

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11. There shall be a panel of 05 judges and marks of 03 judges shall be counted. Highest and lowest marks shall be deleted.
12. All participants shall report 15 minutes advance before their turn.
13. All participants shall submit the list of asanas (optional), and final round before their turn.
14. In preliminary round, all participants shall have to perform 05 asanas.
15. In case of tie, the following criteria will be adopted in chronological order:-
  - (i) Marks obtained by a participant in the final round;
  - (ii) Marks obtained by a participant in the compulsory asanas;
  - (iii) Marks obtained by a participant in the optional asanas;
  - (iv) Toss of coin
16. The participants will bring their own yoga mats.
17. The specimen postures of asanas are attached herewith.

All the Heads of the Departments are requested that the contents of this circular may be brought into the knowledge of all the concerned officers/officials.

This issues with the prior approval of competent authority.



Pradeep Tayal  
(Pradeep Tayal)  
Deputy Secretary (Sports)

F.18/32/2024/GAD/Sports/Admn/ 1476 - 1480

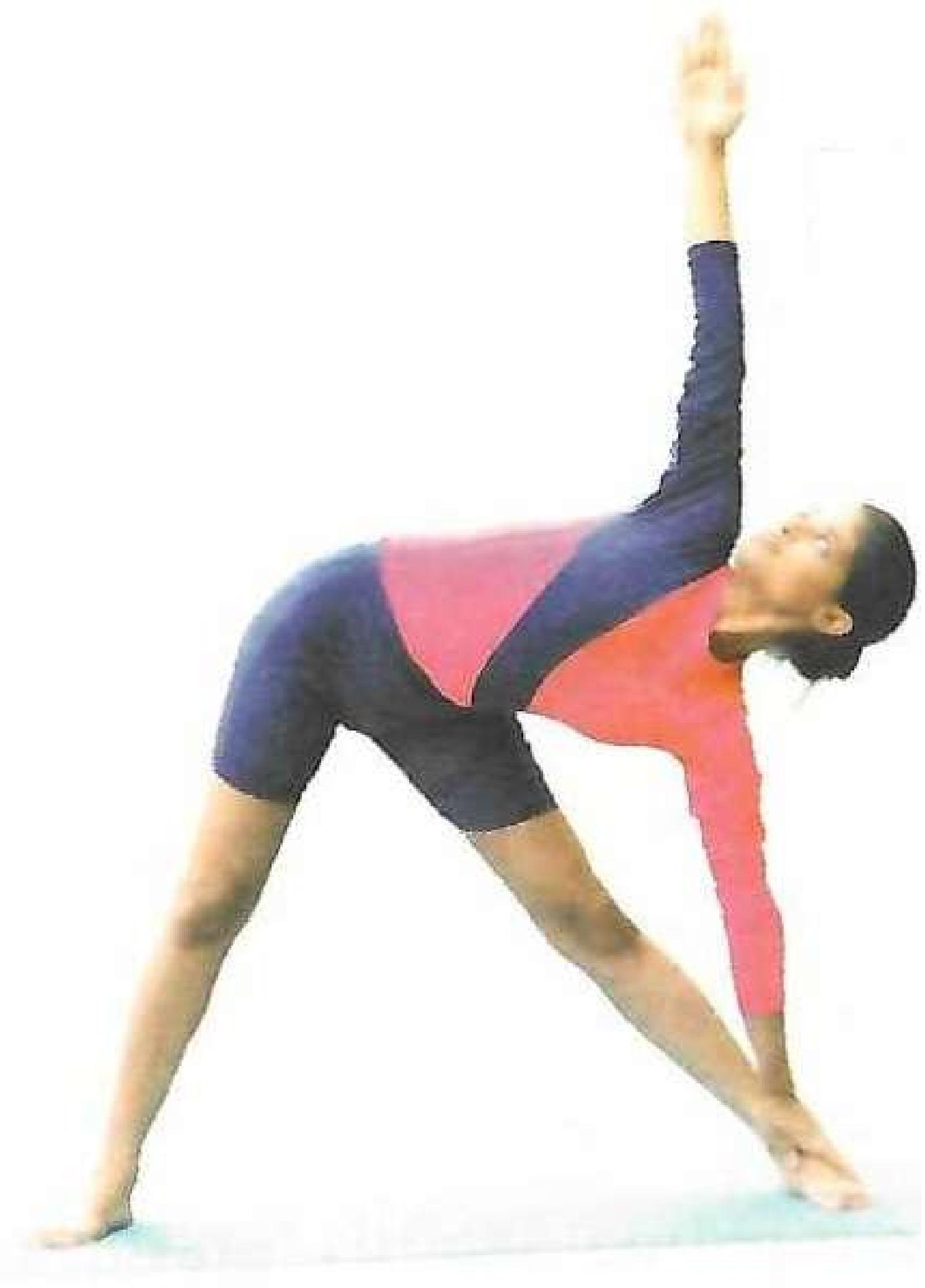
Dated: 11.09.2024

Copy forwarded for information and necessary action:-

1. All Additional Chief Secretaries/Pr. Secretaries/Secretaries/Heads of the Departments/ Autonomous Bodies, Govt. of NCT of Delhi.
2. The Dy. Director of Education (Sports), Dte. Of Education, Govt. of NCT of Delhi, Chhatarsaal Stadium, New Delhi.
3. PS to ACS (GAD), Govt. of NCT of Delhi.
4. Website of the Department
5. Guard File.



Pradeep Tayal  
(Pradeep Tayal)  
Deputy Secretary (Sports)



*Trikonasana*



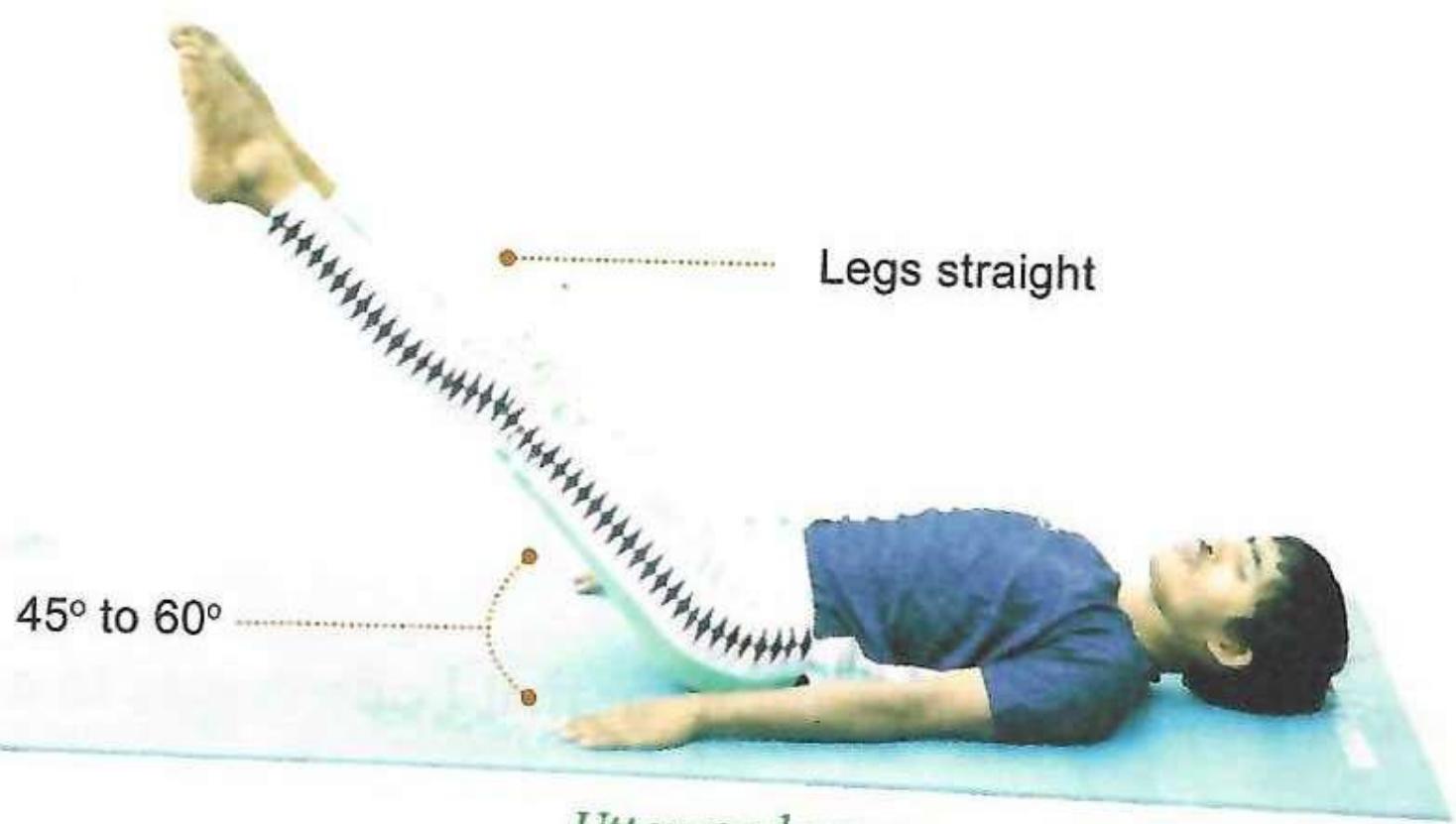
**Gomukhasana**



**janushirasana**

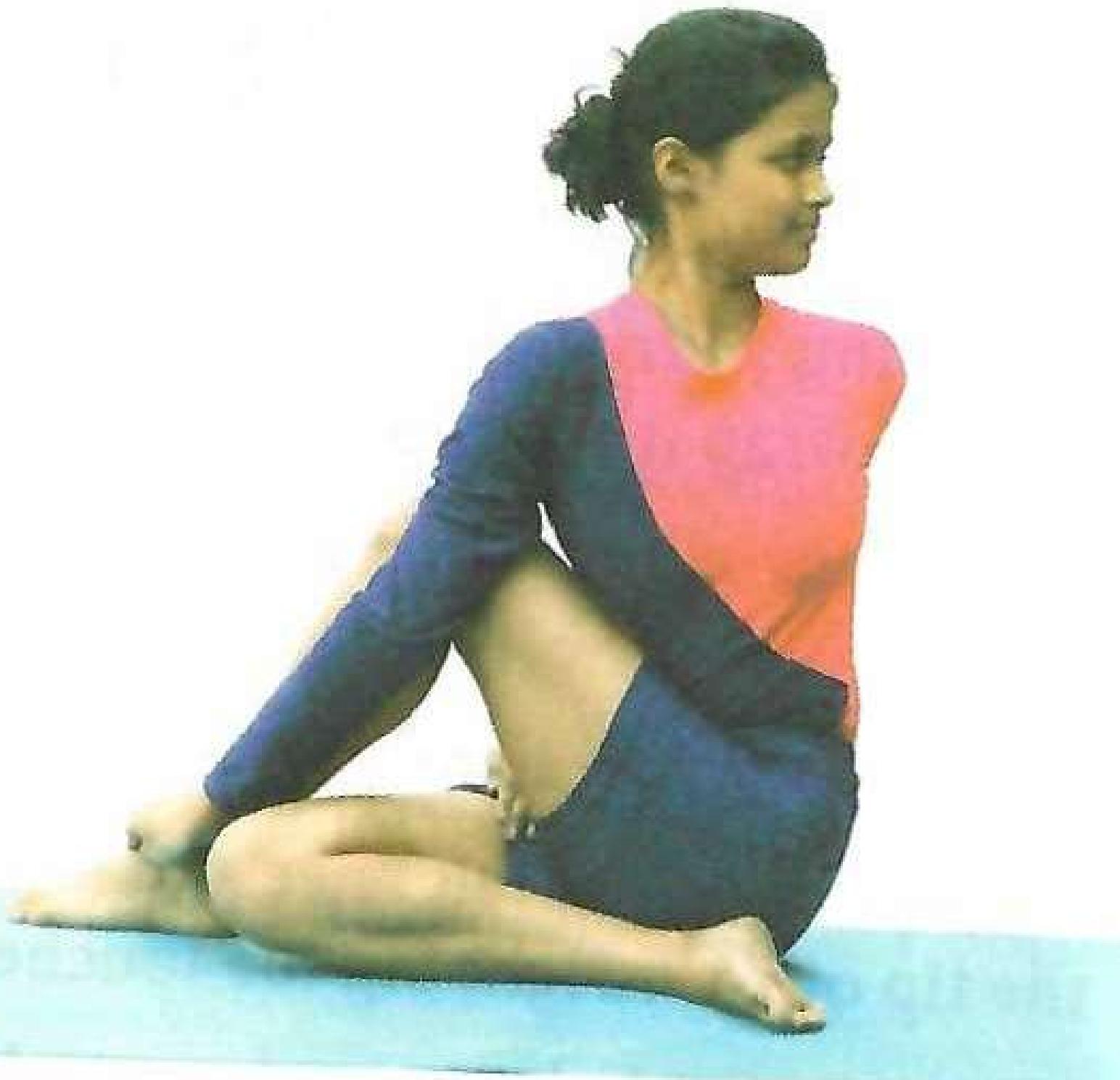


## Naukasana





**Ustrasana**



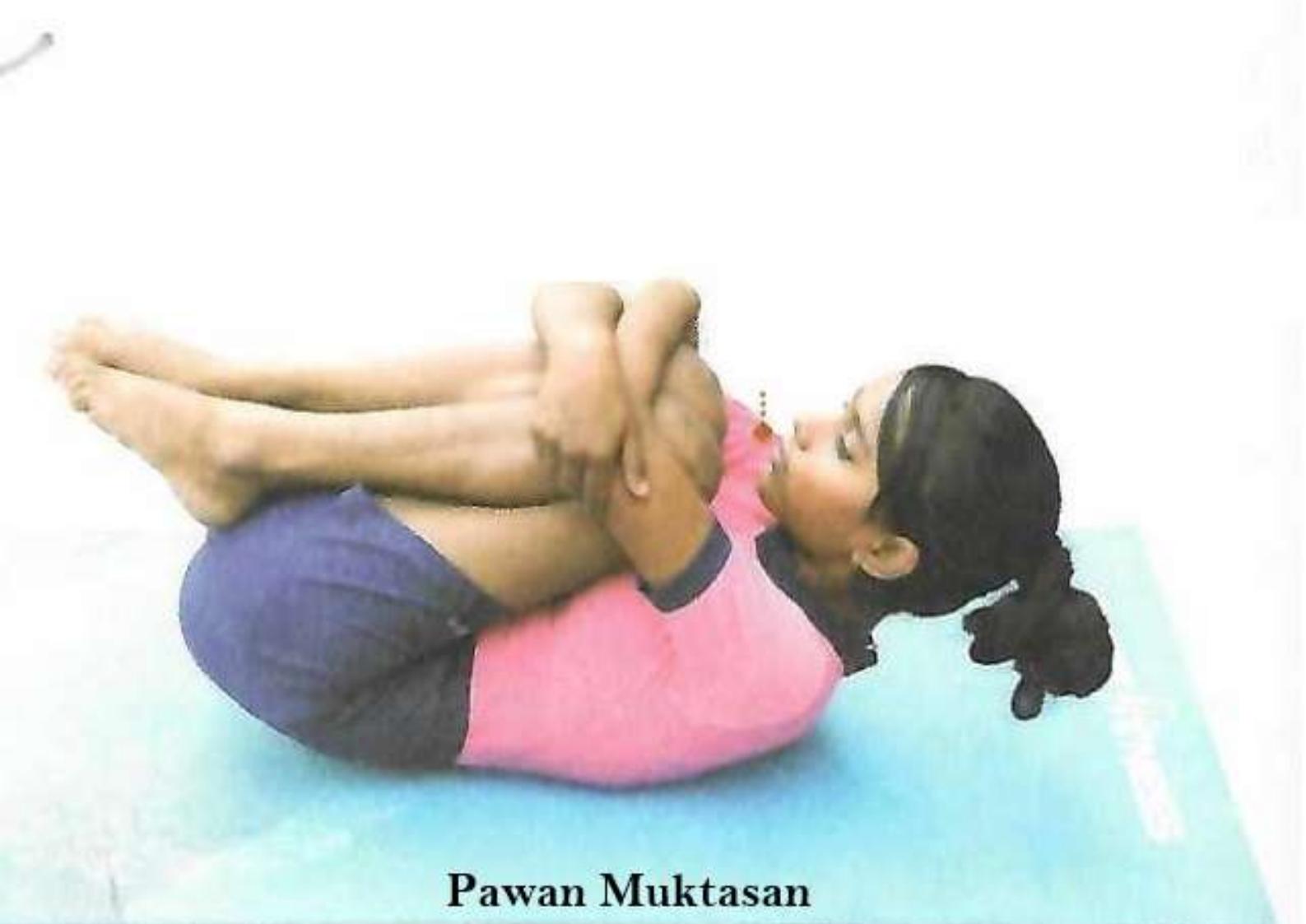
*Ardhamatsyendrasana*



*Chakrasana (Wheel Posture)*



**Akarn dhanurasana**



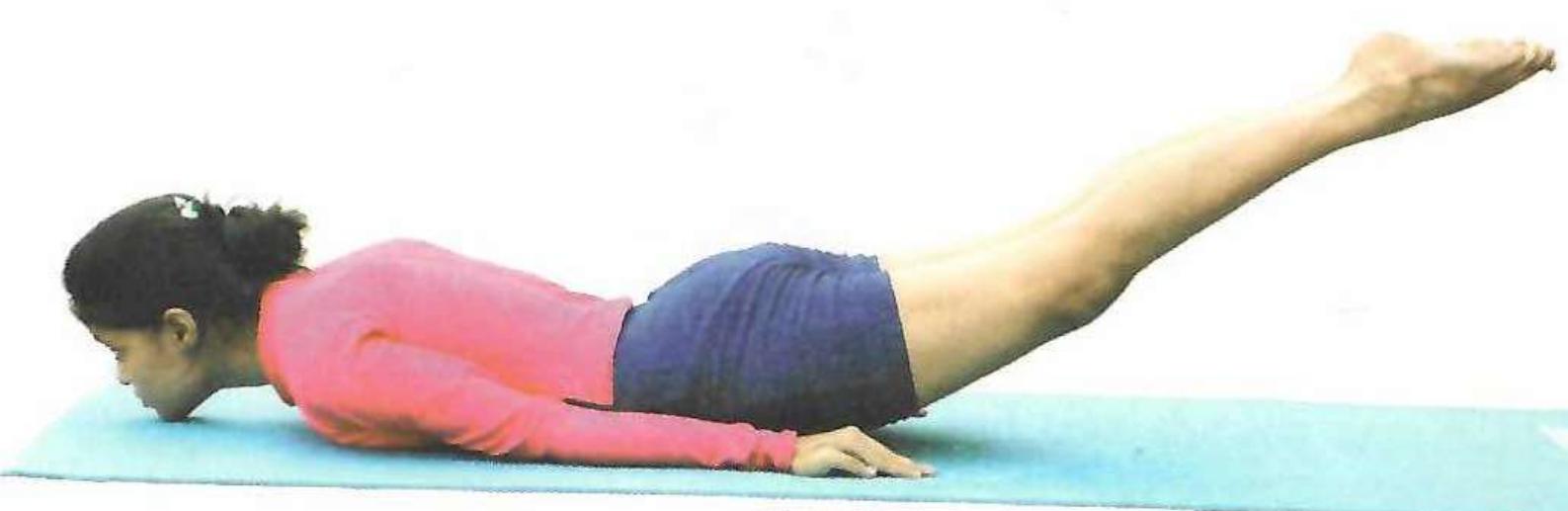
**Pawan Muktsan**



*Garudasana*



**Mandukasana**



*Shalabhasana*



**janushirasana**



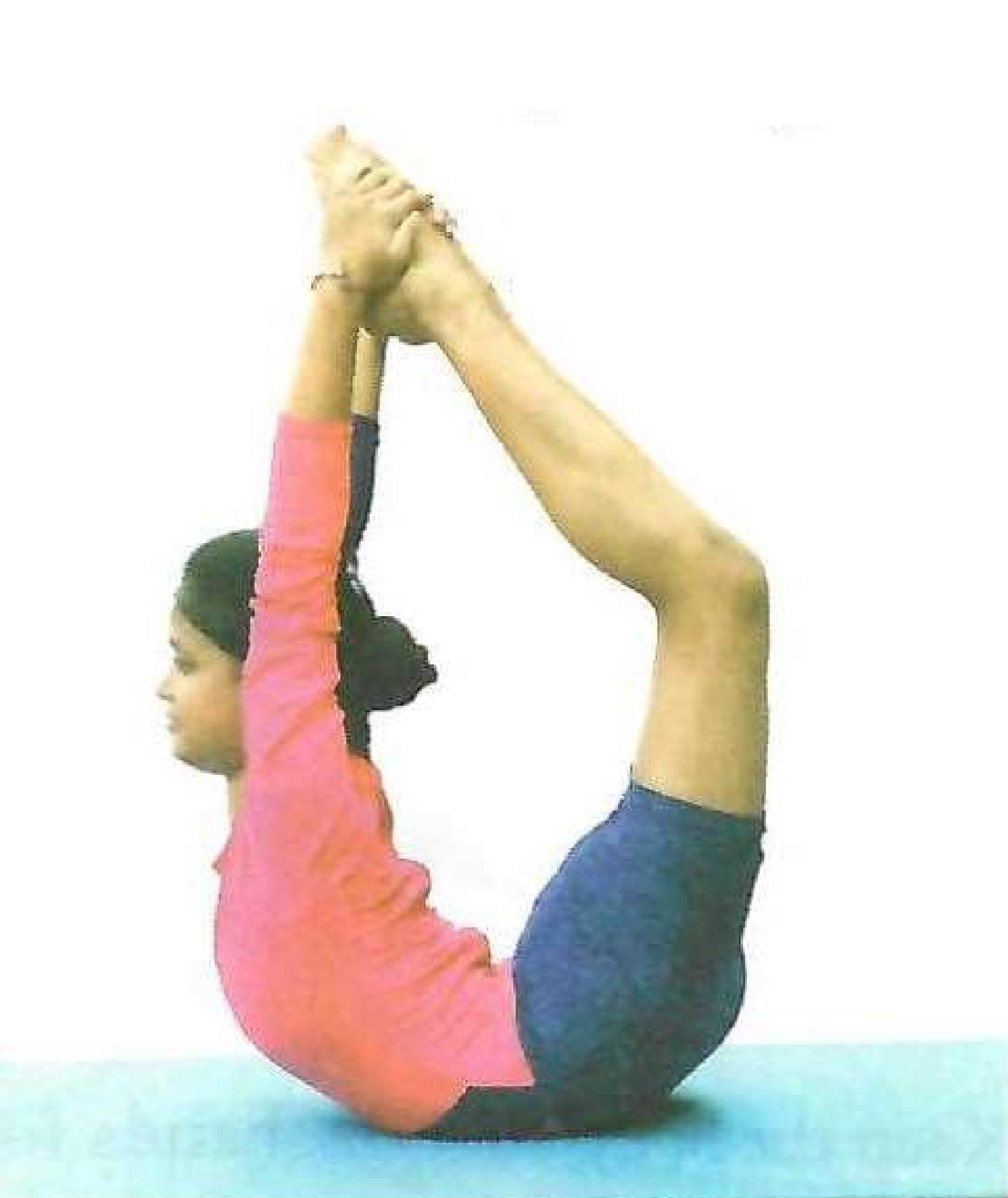
*Sarvangasana*



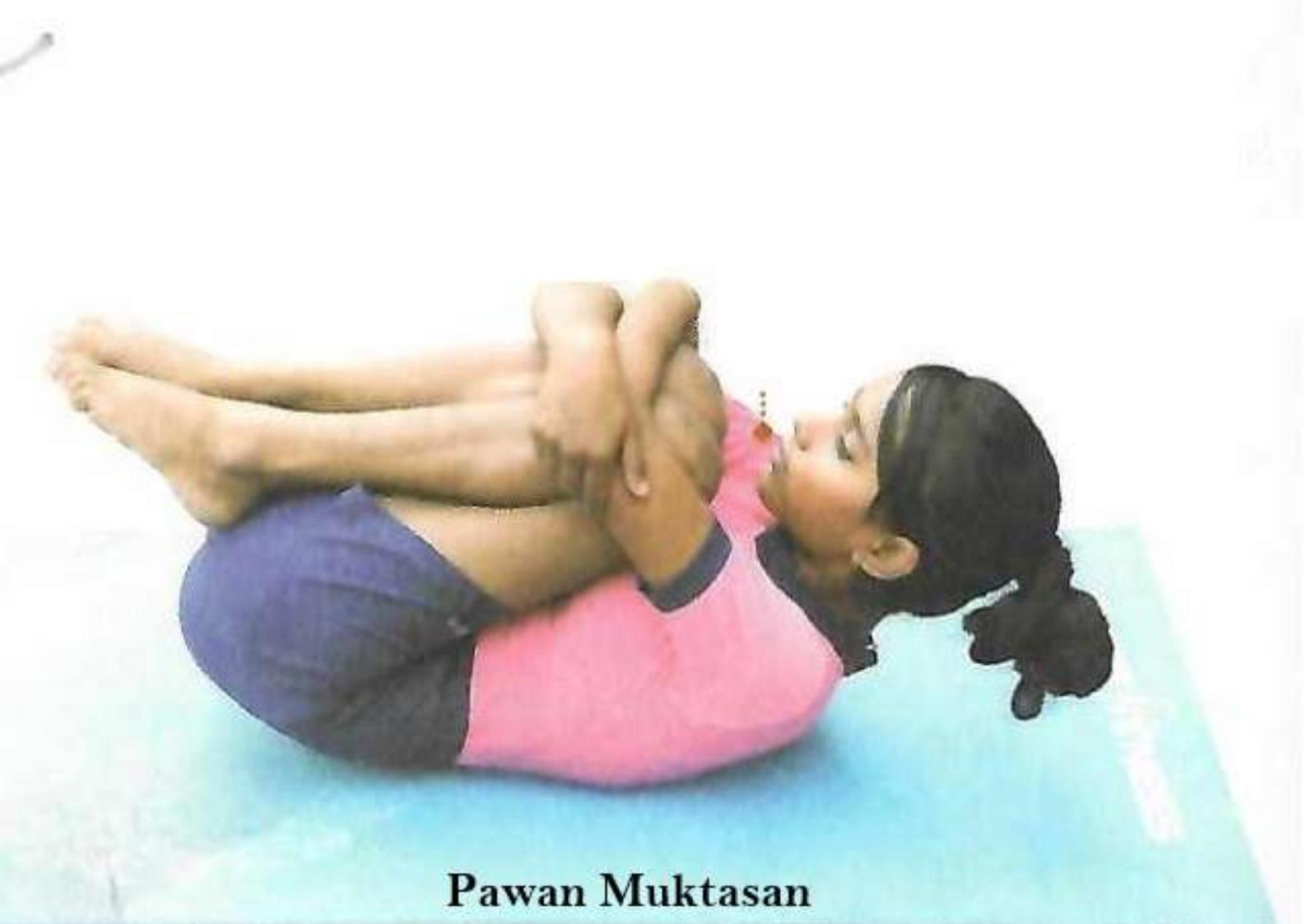
*Setubandhasana*



**Vakrasan**



*Dhanurasana*



**Pawan Muktsan**



**Akarn dhanurasana**