

# PODAR INTERNATIONAL SCHOOL, MANGALORE

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

Ref No: PIS/ACT/SEAT/2022-23/09

Dear Parents/Guardians,  
Greetings from Podar International School Mangalore!!!!

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

**Theme - "Yoga for Humanity"**

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 2022 -Theme Yoga for Humanity**

The International Day of Yoga 2022 will be celebrated on Tuesday under the theme "**Yoga for Humanity**".

Yoga session for students Date: 21/06/2021

Time 8: 00 am to 9: 00 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: 20/06/2022

**Time: 8:15 to 9:30**

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

##### **Category B – Grade 3 to 5**

Date: 20/06/2022

**Time: 8:15 to 9:30**

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

## **Category C – Grade 6 to 10**

Date: 20/06/2022

**Time: 8:15 to 9:30**

Topic: Trikonasana/ Ardha Halasana / 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 can enrol their names to the class teacher on or before 17/06/2022**

### **Group Yoga Competition**

Date: 21/06/2022

#### **Guidelines for Group Yoga Competition**

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

House can play the music while performing yoga.

House can chose any 4 yoga pose out of 9 given yoga pose

1. Padmasana
2. Shashankasana
3. Vajrasana
4. Supthavajrasana
5. Salabasana
6. Tadasana
7. Vrukshasana
8. Ardhakati chakrasana
9. Trikonasana
10. Ardha Halasana

**1circle 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 17/06/2022 before 4: 00 pm**

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

Chandrasaha. P  
Event in charge

Principal