



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

PROUDLY INVITES

FOUNDER'S

BIRTHDAY TROPHY - 2025

NATIONAL YOGA COMPETITION

YOGA AWARDS & YOGA WORLD RECORDS OFFICIAL ATTEMPT

Organized by

TAMILNADU YOGA COMMITTEE

In Association With

DIRECTORATE OF SPORTS, SRM IST

Under the Ageis of **CGDCA, TNSCA & AICF**

DATE: *24 August* 2025 TIME: 7 AM

PLACE: PADMA BHUSHAN MAJOR. DHYAN CHAND
INDOOR STADIUM SRM IST KATTANKULATHUR,
CHENGALPATTU, TAMIL NADU, INDIA

YOU ARE CORDIALLY INVITED!



+91 8248289578 www.tnyc.in

1. COMMON CATEGORY (BEGINNERS ONLY)

Purpose: This category is exclusively created for individuals who are new to yoga, with less than 1 year of experience or participating in a yoga competition for the first time.

Asana List (Choose Any 5 to Perform): **AGE Groups:** Up to 6 Years, 7-9, 10-12, 13-15, 16-19

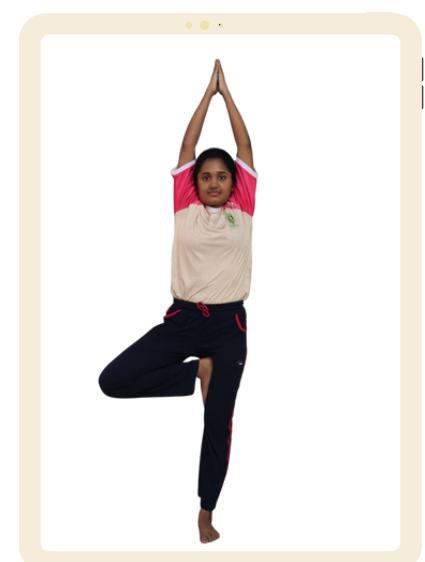
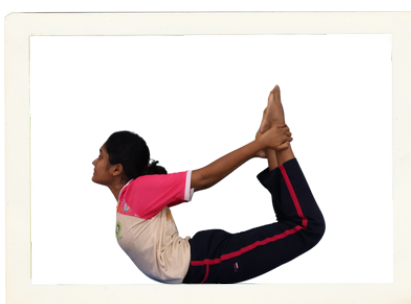
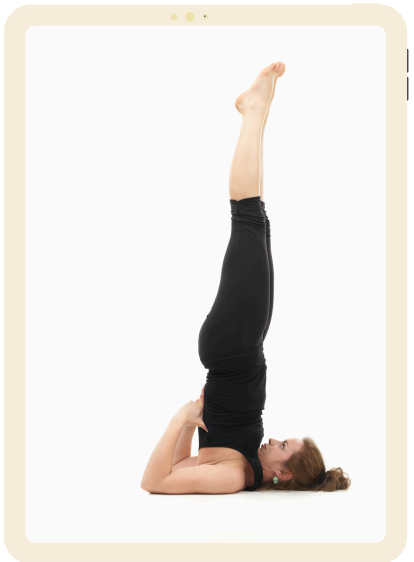
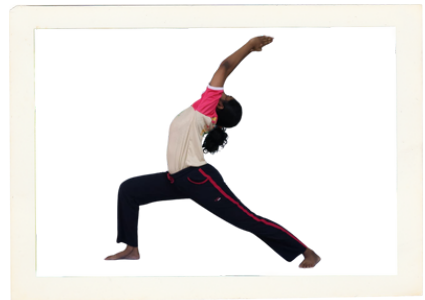
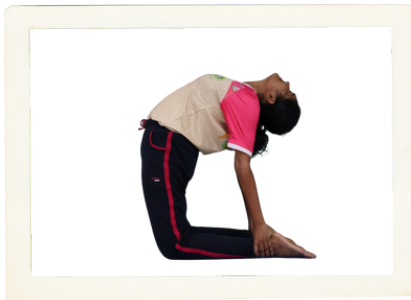
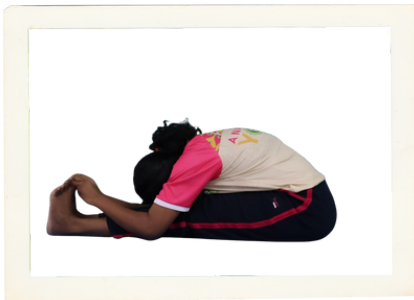
Paschimottasana
Ustrasana (Camel Pose)
Veerabhadrasana I (Warrior I)
Sarvangasana
Dhanurasana (Bow Pose)
Vrikshasana (Tree Pose)
Ardha Matsyendrasana

Holding Time: Final position must be held for 12 seconds per asana.

Note:

This is a learning platform, not a competitive one. Participants are encouraged to explore the power of yoga and understand its sports potential. Intermediate and advanced practitioners are kindly requested NOT to register in this category.

Entry Fee:
INR 500



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2. SPECIAL CATEGORY (INTERMEDIATE LEVEL)

Purpose: This is a competitive round designed for participants who are at an intermediate or emerging advanced level. Ideal for those who have already explored yoga and are ready to experience the real essence of competitive yoga.

Asana List (Choose Any 5 to Perform): **AGE Groups:** Up to 6 Years, 7–9, 10–12, 13–15, 16–19, 20–23, 24–27, 28 – 35, 36–45, 46 and Above

Padangushta Dhanurasana

Omkarasana

Sirsasana

Upavishta Konasana

Yoganidrasana

Veerabhadrasana III

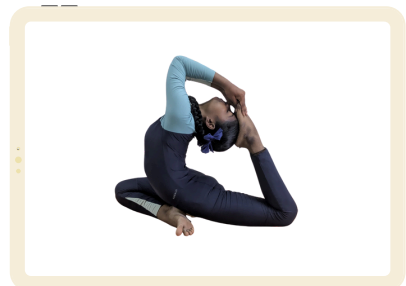
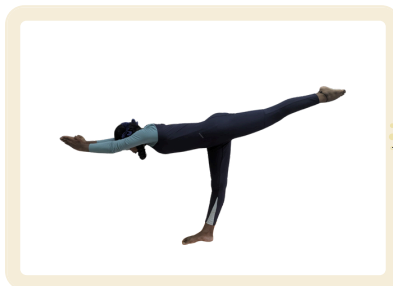
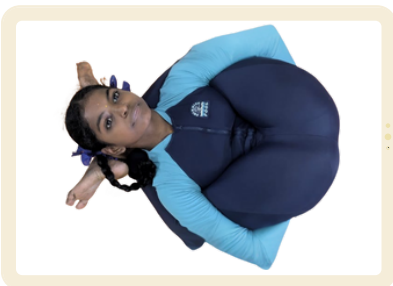
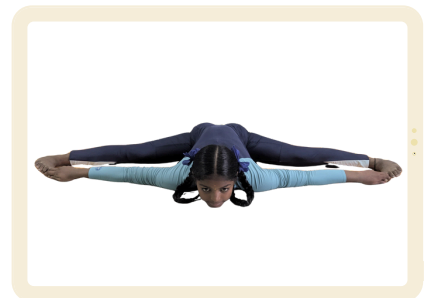
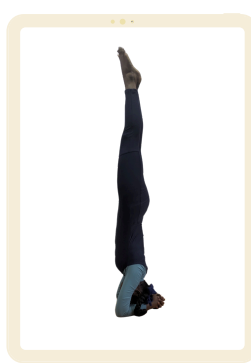
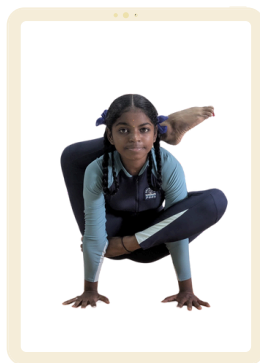
Rajakapotasana

Note:

Ideal for those who have already explored yoga and are ready to experience the real essence of competitive yoga. Encourages deeper understanding, game awareness, and performance under judgment.

Holding Time: Final position must be held for 10 seconds per asana.

Entry Fee:
INR 600



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3. ATHLETE SPORTS CHAMPIONSHIP (ADVANCED LEVEL)

Purpose: This is the highest level category, created for well-trained and experienced yoga practitioners, especially those involved in sports-level yoga. Participants will face a real competitive battle, testing their skill, creativity, strength, and achievements. This category is for those who aspire to push their limits and showcase mastery in advanced asanas.

Asana List (Choose Any 5 to Perform):

Forward Bend:

- A. Urdhva Mukha Tittibhasana – **10 marks**
- B. Urdhva Mukha Paschimottanasana – **8 marks**

Back Bend:

- A. Dimbasana – **10 marks**
- B. Gandabherundasana – **8 marks**

Twisting:

- A. Parivritta Upavishta Konasana – **10 marks**
- B. parivrtta parsvakonasana – **8 marks**

One Leg Balance:

- A. Trivikramasana – **10 marks**
- B. Dandayamana Janushirasana – **8 marks**

Hand balance :

- A. Pincha mayurasana – **10 marks**
- B. Urdhuva padmakukkutasana – **8marks**

Holding Time: Final position must be held for 10 seconds per asana.

AGE Groups: 7-9, 10-12, 13-15, 16-19, 20-25

Entry Fee:
INR 600

Note:

The participant who secures **1st place** in the Athlete Sports Championship will qualify for the **Champions of Champions round - the ultimate title challenge.**

ASANA LIST "Own Choice"

TWO ASANAS (YOGA POSES) FROM EACH CATEGORIES.



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GENERAL RULES & REGULATIONS

Application Process:

- All participants must submit the official registration form online only.
- No offline or spot registrations will be accepted.
- Additionally, participants are required to send the completed form to the designated WhatsApp number to receive future updates regarding the event.

Team/Institution Participation:

- Schools, colleges, and yoga institutions must submit a Team Participation List in Excel format to the following email address: **tnyct20@gmail.com**.
- All registration forms must be submitted on or before **August 10th, 5:00 PM**.

Confirmation Details:

- On August 15th, all successfully registered participants will receive the following:
- **Chest Number and Competition Timing**

Dress Code:

- Male Participants: Half shorts or skin-tight wear
- Female Participants: Gymnastic wear, skin-tight outfit, or t-shirt with track pants

Performance Requirements:

- Each participant must perform 5 asanas from the list in their respective category.

Final Decision:

- The judges' decision will be final and binding in all matters related to scoring and evaluation.

Competition Timing and Reporting:

- All participants must report by 7:00 AM. The event will run from 7:00 AM to 7:00 PM.
- In case of rain, electrical issues, or any unforeseen circumstances, the competition timing may be rescheduled.
- We kindly request all participants and institutions to accept and cooperate with any necessary changes.

Permission & Responsibility Guidelines

Entry Permission:

- Only masters with a valid event ID card will be allowed inside the competition hall.
- Parents or guardians are strictly not allowed inside the competition venue during the event.

Responsibility Clause:

- The organizing team will not be held responsible for any injury, accident, or personal issues that may occur during the event.
- All participants, teachers, and institutions are kindly requested to take full responsibility for themselves, their students, and children throughout the event.

Food Provision:

- Food will be provided only to registered participants and masters.
- No food will be provided for parents or accompanying visitors.



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CAMPUS AERIAL VIEW



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VENUE



SCAN ME



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