** IMA COIMBATORE BRANCH **

INTERNATIONAL YOGA day

**Inter school yoga competition**

DATE:30.06.2019 TIME: 8.00AM TO 11AM

PLACE:IMA Hall

* Competition open for all school students and public below 18 years.
* Students should be sponsored by the school and to be accompanied by the master.
* Public should bring the age proof certificate.
* Participation certificate will be given to all participants.
* Report to IMA HALL at 8 AM on 30.6.19

1st and 2nd and 3rd from each group will be awarded.

Judges decision is final.

Last date for Registration is 27.6.19. Registration fee per student Rs.100/=

Breakfast will be served at the venue.

Contact details : 0422 2471824, 9566365577, 9843053255.

Please send the Registration form to Indian Medical Association, 92, Syrian Church Road,

Coimbatore 641 001 or E Mail to [imacoimbatore@gmail.com](mailto:imacoimbatore@gmail.com)

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GROUP A 5 years to 7 years

1st std to 3rd std

1.Padhahasthana

2.Sashang - asana

3.Bhujangasana

4.Chakrashana.

Any two asana + One special asana

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GROUP B 8 years TO 12 years

3rd std TO 6th std

1.Padmasana

2.Gomuha asana

3.Ushtra asana

4.Aehapadha sirasasana

Any two asana +one advance asana

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GROUP C 13 years TO 16 years

1.Patchimothasana

2.Sarvangasana

3.Dhanurasana

4.Thrikona asana

Any two asana +one advance asana

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GROUP D 17 years TO 18 years

1.Sirasasana

2.Halaasana

3.Mayurasana

4.Uthitha padmasana

Any two asana + special asana

Dr.M.Marippan Dr.N.Sathian Dr.K.Priya Dr.M.Doriakannan

President Secretary Finance Secretary Project coordinator

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Registration Form

IMA Inter School Yoga competition 2019

Name: Gender :

Age : D.O.B :

Address:

GROUP A B C D

Student/ yoga member

I clarify that the above information is true to the best of my knowledge.

Signature