



INDIAN SCHOOL MUSCAT
PO Box: 2470, Ruwi, P.C. 112
Sultanate of Oman



May 11, 2017

To synchronise with the initiative of our Honourable Prime Minister of India, the United Nations General Assembly passed a resolution on 11th December 2014 that the International Yoga Day will be observed on 21st of June every year. To be a part of this, Indian School Muscat has formed a Yoga Club which conducts different activities every year in school. This year as part of the celebration, a Yoga competition will be conducted for the students of the Primary, Middle & Senior Sections in the solo category. There will be a preliminary competition followed by the Mega finals where the winners will be awarded a certificate and a lapel pin.

The details of the competition are as follows.

Level 1- Classes 3 & 4	Level 2- Classes 5 & 6
Level 3- Classes 7 & 8	Level 4- Classes 9 & 10

The Preliminary level competition will be conducted on Wednesday, 17th May 2017 during the school hours and the Mega finals will be held on Saturday, 20th May 2017.


Students opting for the solo category are required to **choose any five asanas** prescribed by the CBSE which are as follows.

	BOYS		GIRLS
1	Surya Namaskar (12 stages)	1	Surya Namaskar (12 stages)
2	Titibhasana	2	Vira Badrasana
3	Mrigasana	3	Karnapidasana
4	Paschimottanasana	4	Paschimottanasana
5	Padahasthasana	5	Uttitha Padahasthasana
6	Purna Shalabhasana	6	Purna Ustrasana
7	Bhunamanasana	7	Padmasana
8	Matsyendrasana	8	Makarasana
9	Omkara sana	9	Sethu Bandhasana
10	Likarasana	10	Garbhasana
11	Dimbasana	11	Vyagrasana
12	Purna Chakrasana	12	Dimbasana
13	Purna Dhanaurasana	13	Purna Dhanaurasana
14	Badha Vihangasana	14	Chakrasana
15	Uttitha Kurmasana	15	Vajrasana
16	Urdhav Kukkutasana	16	Kukkutasana

The last date for registration for the competition is Tuesday, 16th May 2017 with the respective yoga coordinators.

Primary – Ms. Nastinka Fernandez, Middle – Ms. Preetha Vinod, Senior- Ms. Manju Pathyarch

With warm regards,


Dr. Rajeev Kumar Chauhan

Principal

