

**WELCOME-TO
C.B.S.E. WEST ZONE
YOGASANA TOURNAMENT
31st JULY 2025 TO 3rd AUGUST 2025**



**Venue: -
Gate no: -03 D.C.Patel
Navnirman Educational Campus,
New City light Road, Bharthana,
Surat, Gujarat.**

D. C. PATEL NAVNIRMAN EDUCATIONAL CAMPUS C. B. PATEL SPORTS CAMPUS NANDUBA ENGLISH ACADEMY



AFFILIATED TO
CBSE
BOARD

Managed By : Kantha Vibhag Navnirman Mandal
Affiliation No. 430496 | School Dis Code : 24221528509 | School Code : 11524
Gate No. 3, D. C. Patel Educational Campus, New City Light Road,
Bharthana (Vesu), Surat-395 017.
✉ nandubaenglishacademy@gmail.com 🌐 www.nandubaenglishacademy.in
☎ +91 9265165481 | +91 8780137479

CBSE West Zone Yogasana Tournament 2025. 31st July to 3rd August 2025

Respected Sir/Madam,

We are excited to announce that our institution has been honored with the privilege of hosting the CBSE **West Zone Yogasana Tournament 2025 (Boys & Girls)**. This thrilling "4-day Meet" is scheduled to take place from the **31st to 3rd of August, 2025**.

In this regard, we extend a warm and sincere invitation to your esteemed institution to participate in this sporting extravaganza. We invite you to join us for the same, which promises to showcase exceptional player talent and sportsmanship. To facilitate your participation, we kindly request that you provide us with the necessary details at your earliest convenience. Specifically, we would appreciate receiving your "Team Details," "Travel Plan," and the completed "Entry Proforma (Arrival & Departure Form)" by no later than the **24th of July, 2025**.

We eagerly anticipate your positive response and look forward to your team's involvement in this exciting event. Your presence will undoubtedly enhance the success and vibrancy of the **CBSE West Zone Yogasana Tournament 2025**.

Thank you for considering our invitation. We look forward to the opportunity to host your institution at Nanduba English Academy

Thanking you with Regards,

Dr. Monika Sharma (Principal)
Nanduba English Academy, Surat

Important Information

1	Name of the Competition	CBSE WEST ZONE YOGASNA TOURNAMENT - 2025 BOYS & GIRLS UNDER 14,17 AND 19 YEARS
2	Name of the host school	NANDUBA ENGLISH ACADAMY –SURAT (GUJ)
3	School Address	GATE NO-3, D.C. PATEL NAVNIRMAN EDUCATIONAL CAMPUS, NEW CITYLIGHT, BHARTHANA (VESU) 395007
4	Location	10 Kms from Railway Station 10 Kms from Roadways Bus Stand
5	Name of the Principal	Dr. Monika Sharma – 94271-62973
6	Sports Incharge	Mr. Niraj Sharma – 8200412768 / 99258-14594
7	School Website	https://nandubaenglishacademy.in/
8	School Email ID	11524@ cbsseshiksha.in nandubaenglishacademy@gmail.com
9	General Information	Mr. Niraj Sharma – 8200412768 / 8780137479 / 99258-14594
10	Administrator	Mr. Pritesh Patel – 99098-75574
11	Transport Facility (will be available on prior request)	Transport Incharge – Mr. Darshan Gandhi – 73837-33011
12	Lodging & Boarding	Mr Niraj Sharma & Mrs Laxmi Jain
13	Security Money	Rs. 3,000 (Refundable) Security amount is refundable in Case if no damage found.

IMPORTANT DATES

14	Date of Tournament	31 st July'2025 to 03 rd Aug'2025
15	Last Date of Entry	Please send your confirmation and travel plan on or before 24 th July'2025
16	Managers / Coach Meeting	After Inauguration
17	Date of Reporting	30 th July'2025 After 07:00 AM Onwards to till 5:00 PM
18	Inauguration	31 st July'2025 at 10.AM am at School Auditorium
19	Valedictory	03 rd July'2025

Rules and Regulation to be followed while at Nanduba English Academy.

- 1. Code of conduct and discipline must be followed strictly as per the CBSE guide lines.*
- 2. Boys and girls will have to stay at their designated rooms only.*
- 3. Drugs, Alcohol, Tobacco, Gutka, Cigarette etc are prohibited in school campus.*
- 4. All the participants should be cordial and friendly with the coaches as well as other fellow beings.*
- 5. Participants and coaches cannot leave the campus without the permission of the Organizing Committee.*
- 6. Participants cannot enter the prohibited areas of the campus.*
- 7. Abusing, insulting or unparliamentarily words cannot be used in the campus.*
- 8. Digital Surveillance is available all over the campus to observe the activities of the participants.*
- 9. Sick room is available in the main school building for the medical care of the participants.*
- 10. Littering and damage to landscape is prohibited.*
- 11. Participants should maintain discipline at all times while in campus.*
- 12. Silence and peaceful atmosphere should be maintained in the mess area while having meals.*
- 13. Photos or videos cannot be taken in the restricted and prohibited areas of the campus.*
- 14. All the participants and coaches have to follow the instructions of CBSE and help the organizing school to conduct the games smoothly without any hindrance.*
- 15. Participants and coaches can consult the members of the Organizing Committee for any issue or help.*
- 16. Participating schools will have to contact the Transport Department of the Organizing School on the mobile no. (7383733011), Mr. DARSHAN GANDHI for the arrival and departure.*

Scan for Google Form



Scan for WhatsApp Group



Scan for Google Map.



YOGASANA (Boys & Girls)

The event will be conducted for Boys and Girls Category in Under-14, Under-17 and Under-19 age category at Zonal and National level.

- a) Group Competition (Maximum 5 players and minimum 4 players can participate, however, if team has less than 5 players then they will not qualify for group TOURNAMENT)
- b) Individual Rhythmic Yoga Competition
- c) Individual Artistic Yoga Competition.
An individual team member can participate in the group competition and any one out of the two individual TOURNAMENT s mentioned above.

(i) The Group competition will include the following asanas:

Group A

1. Paschimottanasana
2. Sarvangasana
3. Matsyasana
4. Dhanurasana (Competitor can perform Purna Dhanurasana)
5. Purna Matsendrasana
6. Uttanapadasana

Group B

1. Purna Chakrasana
2. Kukutasana
3. Garbhasana
4. Bhumasana
5. Purna shalabhasana
6. Bakasana

Group C

1. Sankhyasana
2. Vyaghrasana
3. Urdhava Kukutasana
4. Shirshasana
5. Utthit Padahasthasana
6. Utthit Tithivasana

1. The asanas of Group A to be performed and retained for age group:
Below 14 Yrs.: 1.30 minutes.
Below 17 & 19 Yrs.: 2.30 minutes.
2. The asanas of Group B to be performed and retained for age group:
Below 14 Yrs.: 20 seconds.
Below 17 & 19 Yrs.: 30 seconds.
3. The asanas of Group C to be performed and retained for age group:
Below 14 Yrs.: 15 seconds.
Below 17 & 19 Yrs.: 20 seconds.
4. At the time of competition asanas from Group A and Group B will be decided by draw system on the spot. While Group C any one asana can be selected by the competitor.
5. Three compulsory asanas are to be performed in the given list of Group A, B and C. In addition to this, two other asanas of the competitor's choice are to be performed excluding compulsory asanas.



A total of 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and competitors will be given marks out of a total of 50 marks.

6. A competitor will be allowed a maximum of three attempts for optional asanas in Group C and their own choice. No choice will be given for Group A and Group B.

Details distribution of Marks:

- | | | |
|----|--|--------|
| a) | Way to performance to reach the final stage of the asana | 1 Mark |
| b) | Perfect posture of the asana | 4 Mark |
| c) | Exhibition of the asana without tension and trembling | 2 Mark |
| d) | Stay in asana for a fix time | 2 Mark |
| e) | Returning to the original position | 1 Mark |

7. Surya namaskar is compulsory asana for final round of competition.

A total of 10 marks as per following division:

- | | | |
|----|---------------|--------|
| a) | Body posture | 3 Mark |
| b) | Forward bend | 3 Mark |
| c) | Backward bend | 3 Mark |
| d) | Dress | 1 Mark |

(ii) Individual Artistic Yoga Competition:

- A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.
 B. One competitor for each region will be allowed in each group and category. The player will have to perform any five asanas of their choice from the following.

1. Vrishchikasana
2. Standing Linkarasana
3. Natarajasana
4. Sthambh Sirasan (Dhruvasana)
5. Dhawajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidanasana
8. Standing Eka Pada Skandasana

- C. Holding time of each asana is 15 seconds for all groups and categories.

- D. Points will be awarded out of 10 Marks.

- E. Participants have to chant Omkar - must clear pronounce A-U-M (exhale) for two times and the allotment of marks shall be as under:

20 Sec	1 Points	50 Sec	6 Points
30 Sec	2 Points	60 Sec	7 Points
35 Sec	3 Points	70 Sec	8 Points
40 Sec	4 Points	80 Sec	9 Points
45 Sec	5 Points	90 Sec	10 Points

(iii) Rhythmic Yoga Competition

In this competition the competitor has to perform not less than 8 and not more than 15 asanas within maximum of 150 seconds.

1. The competitor has to perform various asanas i.e., forward bending, backward bending, balancing, front and sitting postures in all the four directions with music.
2. One competitor for each region will be allowed in each group and category.
3. The asanas and body movement should be synchronized with music.
4. If a competitor takes more than 150 seconds or less than 120 seconds, one point will be deducted.

LETTER FOR PARTICIPATION.
(CONSENTLETTER) ON SCHOOL LETTER HEAD

To
The Principal
Nanduba English Academy

Date:

Dear Madam/Sir,

Subject: Consent of participation – CBSE West Zone Yogasana Competition 2025-26

This is to confirm that our school will be participating in the CBSE West Zone Yogasana Competition 2025-26 from 31st July 2025 to 3rd August, 2025 being organized by Nanduba English Academy, Surat, Gujarat. We will be forwarding you the detailed duly filled entry Performa so as to reach you on or before 24th July 2025.

Thanking you
Yours
faithfully



MANDATORY FOR ALL THE PARTICIPATING SCHOOLS



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.430496

*Gate no.3, D. C. PATEL NAVNIRMAN EDUCATIONAL
CAMPUS & C. B. PATEL SPORTS CAMPUS E*

*New City Light Rd, New City Light, Bharthana, Surat,
Gujarat 395007*

CBSE West Zone Yogasana Competition 2025.

(31st July, to 3rd August, 2025) Organized by

Nanduba English Academy School, Surat.

MANDATORY FOR ALL THE PARTICIPATING SCHOOLS

1. Team manager/ coach will have to provide the original documents for verification, if asked for by the controller.
2. Team photo with School Principal along with the entry Performa duly countersigned by the School Principal and it should be produced at the time of entry in the organising school campus. (Annexure-G)
3. Yogasana players of class IX and above will provide CBSE Registration number given in class IX and XI.
4. Identity cards to be brought by the students and coaches duly stamped and signed by the school Principal concerned.
5. Team should produce essentially the Performa filled-in online, countersigned by the principal concerned.
6. Girl participants should be essentially escorted by the female escort(s) (Manager/coach)
7. The participating teams are requested to bring their School flags.
8. The softcopy of detailed duly filled entry Performa to be sent by **24th July 2025** on the below mail ID- 11524@cbseshiksha.in

TRAVEL ITINERARY



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no. 430496

Gate no.3, D. C. PATEL NAVNIRMAN EDUCATIONAL

CAMPUS & C. B. PATEL SPORTS CAMPUS E

New City Light Rd, New City Light, Bharthana, Surat,

Gujarat 395007

CBSE West Zone Yogasana Competition 2025.

(31st July, to 3rd August, 2025) Organized by

Nanduba English Academy School, Surat.

TRAVEL ITINERARY

S.NO	SCHOOL DETAILS	
1.	Name of the school :	
2.	Postal address :	
3.	Phone Number :	
4.	E-Mail Id :	

Team Details

5.	Name & contact no. of the team manager	
6.	Number of participants	
7.	Accommodation required (Yes/no)	
8.	Number of boys	
9.	Number of girls	
10.	Arrival details By: Bus/Train	Bus No/Name: Train no/Name: Arrival date & time:
11.	Departure details By: Bus/Train	Bus No/Name: Train no/Name: Departure date & time:

Signature and stamp of Principal

BOARDING AND LODGING



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.430496

*Gate no.3, D. C. PATEL NAVNIRMAN EDUCATIONAL
CAMPUS & C. B. PATEL SPORTS CAMPUS E
New City Light Rd, New City Light, Bharthana, Surat,
Gujarat 395007*

CBSE West Zone Yogasana Competition 2025.

*(31st July, to 3rd August, 2025) Organized by
Nanduba English Academy School, Surat.*

Annexure- B

BOARDING AND LODGING

1. Boarding & Lodging charges will be Rs .500/- (Rs Five hundred) per student/manager/coach i.e. per person per day.
2. Boarding & Lodging charges should be paid in advance for all four days, by the participating schools. Refund would be made depending upon the number of days the facilities are not used (post 24 hours' balance meal coupons).
3. Security deposit of Rs.3000 (Three thousand only) should be paid by each team at the time of entry and the same would be refunded while returning.
4. In case of any damage to the school property, the team manager has to pay the penalty in cash.
5. All the managers and players will be accommodated in the school campus.
6. Participants would be responsible for their belongings. No expensive items, jewellery, gadgets etc. are to be brought to the campus during the competition. The school will not be responsible for loss of any personal belongings.
7. It is not obligatory on the part of the host school to provide any accommodation to the parent accompanying the participants.
8. *Lady official or Lady Coach must be accompanied along with Girls. It must be strictly adhered*
9. *The coaches and managers will be accommodated with their respective teams.*

10. Meals available:

	30/7/2025	31/07/2025	01/08/2025	02/08/2025	03/08/2025
Breakfast		✓	✓	✓	✓
Lunch		✓	✓	✓	✓
Evening/ Snacks	✓	✓	✓	✓	
Dinner	✓	✓	✓	✓	

(500x4 = Rs. 2000/- will be deposited at the time of reporting).

10. Timings:

Breakfast: 7:30 a.m. to 8:30 a.m.

Lunch: 01:00 p.m. to 2:00 p.m.

Evening Tea/Snacks: 4:30 p.m. to 5:30 p.m.

Dinner: 8:30 p.m. to 9:30 p.m.

Two copies of the following documents must be carried along with the team. One copy of these documents in a file will be submitted in the school at the time of registration.

1. Team photograph with school Principal
2. Complete team details form
3. Team entry form
4. Travel plan also to be email before 30th Nov. 2022
5. CBSE Registration card/LOC of the players if applicable.
6. Previous class mark sheet/report card of the players.
7. Original Aadhaar Card of the student.
8. Students' Identity card issued from the school of current session.
9. Player Identity Card downloaded from CBSE Sports website and attested by the school Principal.
10. The details of the players must be same in all his/her documents.
11. In case the player is admitted in your school in the current session, in addition to the above.

The following document must be produced to verify the validity of the player:

- A. TC issued from the previous school and attested by the school principal
- B. Copy of the admission form attested by the school principal
- C. Photocopy of the admission register attested by the school principal
- d. Original Report Card of previous class.

12. Carrying school flag is must.



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.430496

*Gate no.3, D. C. PATEL NAVNIRMAN EDUCATIONAL
CAMPUS & C. B. PATEL SPORTS CAMPUS E*

*New City Light Rd, New City Light, Bharthana, Surat,
Gujarat 395007*

CBSE West Zone Yogasana Competition 2025.

*(31st July, to 3rd August, 2025) Organized by
Nanduba English Academy School, Surat.*

**GROUP PHOTO IDENTITY OF ALL THE PARTICIPANTS WITH THE PRINCIPAL AND OFFICIALS
WHO ARE ACCOMPANYING THE PARTICIPANTS.**

PHOTOGRAPH

Certified that the details mentioned above are true and correct to the best of my knowledge.

Please furnish a copy of the team registration list as per the CBSE website.

Date:

Signature and Stamp of Principal

“Annexure “B”

Performa for sending Detailed Entry for Team or Individual Events

Name of the School with Address: _____

Email Id: _____ Mobile No.: _____

Discipline: _____ Age Category (Boys/Girls): _____

PARTICIPANTS LIST

Sr No.	Name of the Student	Class / Sec	Admission No.	Date of Birth	CBSE UID	CBSE Registration No. if the student is in IX, X, XI or XII	Photograph attested by the Principal

Officials accompanying the team (Maximum two)

1.	Name of the Coach		Photograph attested by the Principal
	Name of the Coach		Photograph attested by the Principal

Certified that the detailed mentioned above are true.

Principal

***Please Note: To be filled in CAPITAL LETTERS only and should reach the organizing school
on or before 24th July 2025***