

Inter Schools Sports & Games Competitions

Organized by Arambagh Vivekananda Academy

Venue: - Arambagh Vivekananda Academy

Basantapur Sports Complex Ward No.11 Dist. Hooghly Pin-712601 W.B.

Date-30.11.2019

Reporting Time: - 8:30 a.m.

Kabaddi for Boys

Class — VII to XI

Each Team -12 players

- 7 players in each team to play inside the court.
- 5 players are substitutes.



Kho-Kho for Girls

Class — VII to X

Each Team -12 players

- 9 players in each team to play inside the court.
- 3 players are substitutes.



YOGA for Boys

Class — IV to VII

Asanas:- 1. GOMUKHASANA, 2. CHAKRASANA,
3. UTKATASANA

YOGA for Girls

Class — IV to VII

Asanas:- 1. GOMUKHASANA, 2. CHAKRASANA,
3. AKARNA DHANURASANA



- ✓ Every contestant has to perform 3 selected compulsory asanas as per list and one asana (his/her choice) from out of the list.
- ✓ Full marks : **50**. Each contestant will perform total four asanas. Each asana will carry 10 marks and 10 marks for smartness.

No. of Participants – 4 students from each school for each event

Costume : School Sports Uniform

Last date of registering List of Candidates : 22.11.2019 upto 4-00 p.m.

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