



# Yogastha - The wellness club IIT Bombay

<https://iitbyogastha.in/>  
yogastha@iitb.ac.in



## General criteria to select winners from each event in IDY 2021 celebrations

- Registration is mandatory
- Participants should be an IITB resident (student, faculty, staff).
- All the registrations will be closed by 13:00(IST), 20th June 2021.
- All the rewards will be given after reopening of the institute upon successful verification of registration.

### Event-wise:

#### Common Yoga Protocol (CYP): 2021

Registered participants should attend and send a small video clip of practicing CYP through the link provided in the page.

Selection for rewards will be done by a lucky draw from all the entries.

Selected 20 participants will get mats after reopening of the college.

#### Yogathon:

**All the participants will receive a participation certificate.**

Registered participants should send a small video clip of practicing surya namaskar (1 or 2 cycles) through the link provided in the page.

Selection for rewards will be done by a lucky draw from all the entries.

Selected 20 participants will get mats after reopening of the college.

#### 2 minute Yoga challenge: 2021

Registered participants should send a 2 min video clip of the challenge (1/2/3) through the link provided in the page.

Participants should follow the posters as demonstrated in demo videos.

Each challenge will have 2- winners. In case of more than 2 perfect performances, the winner will be chosen by a draw.

Instructions for the video:

- (1) Participants should follow the 4 yogasanas as demonstrated in demo videos.
- (2) Hold each asana mentioned for maximum 15 secs and the rest 15 secs are for entry and exit postures. This makes each asana clip 30 secs long and combined video nearly 120 secs.
- (3) Share a combined clip for all the asanas in the challenge.
- (4) It is recommended to share both front and side views in the video.
- (5) Share the video through the link provided on the page.

Winner:



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- (1) Each challenge will have 2- winners. In case of more than 2 perfect performances, the winner will be decided on the basis of a lottery.
  - (2) "One participant can be a winner for only one challenge, but participate in all challenges"
- Please note:
- (1) Record in landscape mode (Very important)
  - (2) Ensure proper lighting
  - (3) Please follow the caution points while doing a particular asana
  - (4) You can tag our Facebook page. Share your videos with the hashtags #iitbyogastha #IDY2021 #IITBombay

### Online Quiz competition

Each quiz will have 2- winners. In case of more than 2 perfect performances, the winner will be chosen by a draw.

### Best Yoga pose competition:

- Registered participants should send their pose through the provided link in the page. The selection of best one will be done by internal voting of the Yogastha Core Team. Each category will have 2- winners. In case of more than 2 good poses, the winner will be chosen by a draw.
- (1) Participants can do this either individually by only recording a video of themselves or in a group by recording the video of the entire group performing any chosen asana.
  - (2) Participants can hold each asana mentioned for maximum 20 secs and the rest 20 secs are for entry and exit postures. This makes each asana clip 40 secs long. This is just a recommendation and the candidate need not necessarily follow it, however the combined video length of the asana (solo/group) should be less than 120 secs.
  - (3) The poses can be as creative as possible.
  - (4) It is recommended to share both front and side views in the video.
  - (5) Share the video through the link provided on the page.

Please note:

- (1) Record in landscape mode (Very important)
- (2) Ensure proper lighting
- (3) Please follow caution while performing these asanas. The Yogastha Club will not take any responsibility in case of any mishap.
- (4) You can tag our Facebook page. Share your videos with the hashtags #BeWithYogaBeAtHome #IDY2021 #yogaforall #yogaforwellness #yogaforhealth #yogasthaiitb #iitbombay #yogaathome



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### **Slogan competition:**

Registered participants should send their slogan through the provided link in the page.  
The selection of best one will be done by internal voting of the Yogastha Core Team.  
This will have 2- winners. In case of more than 2 good entries, the winner will be chosen by a draw.

### **Poster making competition:**

Registered participants should send their poster through the provided link in the page.  
The selection of the best one will be done by internal voting of the Yogastha Core Team.  
There will be two winners one for digital and one for painted/sketched poster. In case of more than 2 good entries, the winner will be chosen by a draw.

1. The winner will be judged on the message being delivered by the poster or any innovative idea.
2. Consolation prizes can also be considered in case judges find any entry appealing.
3. To maintain authenticity one of the following guidelines is to be recorded and sent:
  - a. A time lapse video of the participant making the poster.
  - b. A collage of snapshots at different intervals of the poster completion with the applicant.
  - c. A short video of the applicant making the poster.