



Yogastha - The wellness club IIT Bombay

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



General criteria for each event in IDY 2022 celebrations

- Registration is mandatory
- Participants should be an IITB resident (student, faculty, staff and family member)
- All the registrations will be closed by 23:59 (IST), 19th June 2022.
- All the rewards will be given on 21st June or later upon successful verification of registration.

Events and guideline

2 minute Yoga challenge 2022:

Challenge 1 goes live on 8th June,2022. You can send in entries till 23:59 , 19th June,2022

Challenge 2: 10th June, 2022

Challenge 3: 16th June, 2022

This challenge is about performing and making others perform. As a participant, you have to post your video and nominate your friends to take the challenge.

Instructions for the video:

For each category (standing/sitting/on-spine), a video containing 4 asanas has been uploaded.

- (1) Perform the 4 yogasanas as demonstrated in demo videos.
- (2) Hold each asana for maximum 15 secs and use the rest 15 secs to get into and out of the 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) Please ensure that the video is well-lit and in landscape mode.
- (5) Take care of the caution points .

Winner:

- (1) Each category (standing/sitting/on-spine) will have 2- winners.
- (2) The performances would be marked out of 15 by a certified yoga instructor.
- (3) 2 marks will be awarded for each participation from your nominations. Maximum 6 marks will be awarded on this basis.
- (4) You cannot nominate someone who has already been nominated. And you cannot back-nominate the person nominating you.
- (5) We encourage you to participate in all 3 categories but you can be a winner in only 1 of them.



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Online Quiz competition

Each quiz has 10 Questions and 1 winner.

Instructions-

1. Each quiz has 10 questions
2. 2 minutes will be given for the quiz
3. You can open the quiz anytime between 10 am to 10 pm
4. The one who has the highest score will be the winner
5. If more than one person has the highest score, then the winner will be decided by a draw

Themes-

1. Yoga philosophy
2. Related to yogastha
3. Importance of yoga
4. Yoga for health
5. Asanas picture

Date time-

1. 7th June 10 AM to 8th June 10 PM
2. 10th June (10 AM to 10 PM)
3. 12th June (10 AM to 10 PM)
4. 14th June (10 AM to 10 PM)
5. 16th June (10 AM to 10 PM)
6. 18th June (10 AM to 10 PM)

POSE A CHALLENGE

Registered participants should send their pose through the provided link in the form.

Registered participants will be divided into 5 groups and will be given a pose to perform

Each pose group will have 2- winners.

(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.



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- (3) The poses can be as creative as possible.
- (4) It is recommended to share both front and side views in the video (if possible).
- (5) Share the video through the link provided in the form.
- (6) 10 videos of the winners will be uploaded on yogastha's social media pages. (We will send you the links of the posts) You need to share it as much as possible and the post which gets the maximum points will be considered and the person will be rewarded as the winner.
- 1 like on the post = 1 point
- 1 comment on the post = 2 points
- (Yogastha team members will edit the videos and add the benefits of that particular asana)

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

Launch date 16th June, 2022

Poster making competition:

Date: 20th June, 2022

Registered participants must be present at yoga room new SAC. In The selection of the best one will be done by internal voting of the Yogastha Core Team. There will be three winners for painted/sketched poster. In case of more than 3 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.

Slogan competition:

Slogans are a great way to create awareness. This year's theme of IDY is **"Yoga for Humanity"**.

1. Keep the slogan short, original and catchy (not more than 2 lines)
2. One can include benefits of yoga and meditation, how they've changed your lives or this year's theme for slogan



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Article writing competition - IDY 2022

You can include benefits of yoga and meditation, how they've changed your lives or this year's theme for IDY

Theme : Yoga for Humanity

Opening Date: 16 June

Closing Date: 21 June (Noon)

Import rules

- 1- Don't copy your write-up from anywhere.
- 2- Try to conclude in given word limit.
- 3- You can use English or Hindi.
- 4- After 21st June no entry will be considered for competition.
- 5- Please mention your correct details.

Prizes/Awards

- 1- Each participant will get an e-certificate from yogastha.
- 2- Top 3 entries will be featured on our social media pages and on our website.
(<https://iitbyogastha.in/>)
- 3- First winner will get exciting prize from Yogastha