



International Yoga Day

"Yoga is the journey of the self, through the self, to the self."

Yoga is not just a form of exercise—it is a holistic practice that promotes physical health, mental clarity, and inner peace. By practicing yoga, students can improve their concentration, flexibility, and emotional balance.

To mark the occasion of **International Yoga Day**, our school is organizing an **Inter-House Yoga Competition on 20th June, 2025**. Details of the competition are given below.

Grades	Competition Name	Guidelines
VI & VII	Surya Namaskar Competition	<p><u>General Instructions:</u></p> <ol style="list-style-type: none">Each participant must perform complete and accurate steps of one or more rounds of Surya Namaskar (12 steps per round).All 12 steps should be done in the correct sequence with proper posture and breathing.Sanskrit or English names of each pose can be optionally chanted or spoken during the performance.Breathing coordination is important — inhalation and exhalation should match each step.Participants may choose to do 1 to 3 rounds, but quality is valued more than quantity.Costume: Simple, comfortable yoga wear (e.g., T-shirt and leggings/tracks)No background music with lyrics. Light instrumental music is allowed.No props allowed except yoga mats.Judging will focus on form, focus, discipline, and breath awareness.
VIII & IX	Yoga Role play/Skit	<p>Theme:</p> <ol style="list-style-type: none">Digital Detox with YogaYoga vs Peer PressureYoga Saves the Day <p><u>General Instructions:</u></p> <ol style="list-style-type: none">Each performance must be completed within 5–7 minutes.A team can have 3 to 6 participants.Skits can be performed in English or Hindi.Simple props are allowed but must be managed by the team itself.Originality: Scripts must be original and free of offensive content.No background music unless played live or pre-approved.Costumes: Should be modest, yoga-friendly, and theme-appropriate. (Students will carry costumes along with them)Judging Criteria:<ul style="list-style-type: none">* Theme relevance, creativity, message clarity* Acting, expression, dialogue* Costume, music, time management
X	Storybook Creation (Comic Style)	<p>Theme:</p> <ol style="list-style-type: none">The Adventures of Yogi SquadYoga High: The Mindful SchoolYoga Time Travelers <p><u>General Instructions:</u></p>

		<ol style="list-style-type: none"> 1. Comic Panels must be based on a yoga-related theme. Create a short illustrated comic/storybook on a yoga journey or yogic superhero. 2. Participation is allowed house-wise in teams of up to 4 members. 3. Submit hand-drawn comic (6–8 Panles max). 4. Content should be in English language with summary. 5. Include at least two yoga poses with correct names and benefits. 6. Content must be original, respectful, and age-appropriate. 7. No plagiarism, violence, or political/religious content allowed. 8. Submission date: 23rd June, 2025. 9. Judging based on theme, creativity, storytelling, art, and yoga use. 10. Disqualification for late, copied, or inappropriate work.
XI & XII	Yoga Reels	<p><u>General Instructions:</u></p> <ol style="list-style-type: none"> 1. Reels must be based on a yoga-related theme (e.g. poses, benefits, mental health, lifestyle). 2. Duration: Reel should be 30 to 60 seconds long. (Stick to the duration) 3. Format: Vertical video (9:16), MP4 or Instagram-uploaded. 4. Use In-shot app 5. Reels must showcase at least 2 authentic yoga asanas. 6. Use original concept and video. 7. Use royalty-free music only. 8. Submission date: 23rd June, 2025

Kindly refer our website www.dmworldacademy.edu.in for upcoming events details and circulars.



Principal