



# GREENFINGERS GLOBAL SCHOOL



Dear Principals,

I have the pleasure to inform you that **GREENFINGERS GLOBAL SCHOOL** will be organizing the **CBSE SOUTH ZONE 2 YOGASANA COMPETITION** starting from **21<sup>st</sup> of July, 2025** and closing on **25<sup>th</sup> of July, 2025**.

Outstation participants may report after 10.00am till 10.00pm on 21<sup>st</sup> July 2025. Accommodation and meals will be covered upto 03:00pm on 25th July 2025. Enclosed are the details for your reference.

I extend a hearty welcome to all the participating teams.

Thanking you  
With  
Regards,

**Mrs. Anju Vedi Principal**  
Greenfingers Global School  
Plot no-9, Sector-12, Near Shilp Chowk  
Navi Mumbai, 410210  
Maharashtra

## Important Contact No.

Designation	Name	Contact No.
Principal	Mrs. Anju Vedi	9833948985
Food	Mrs. Ritu Yadav/Mrs. Guneeta Q	9004343290/9930870999
Transport Department	Mrs. Aparna/Mrs. Smita	8591484838/ 7977389399
Medical Officer	Nurse/Teachers	8591484838
Sport coordinator	Mrs. Anjana Sharma	9323219457
PET	Mrs. Puja Mhamunkar	9819474199
PET	Mrs. Harshala Shedge	9930773912
PET	Mr Mukesh Pawar	9076411674
PET	Mr Akshay Bhingari	8888167281

## ***Rules and Regulations to be followed @GreenfingersGlobalSchoolKharghar***

### **Eligibility:**

- 1) The age of the participant should be followed as per CBSE norms.
- 2) Each participant must produce an Admit card duly signed by the Principal valid for running session whenever needed.
- 3) Principal of the participant's school is requested to sign eligibility format. No form will be accepted in poor writing/ overwriting/ cutting/ incomplete.
- 4) All the supporting papers verifying age of participant shall be carried by the Team Manager while reporting for the participation.
- 5) Students studying in class X must provide CBSE Registration No. provided by CBSE to the respective school. Students studying in class XI and XII must provide photocopy of class X certificate issued by CBSE.

### **Discipline:**

- 1) Each team must have its Manager along with.
- 2) All teams and their escorts will be under administrative control of the Organizing Secretary and the Committee.
- 3) In discipline of any team or its member will get disqualified and may be asked to leave the campus immediately.
- 4) Any damaged one to the property of the host school during the stay will have to be borne by the respective team.
- 5) Consumption of tobacco, liquor is strictly prohibited in the campus.
- 6) Anyone found guilty consuming tobacco, liquor, or drugs will be asked to leave the campus immediately.
- 7) Meals will only be served at scheduled place and at scheduled timings.

### **Security Deposit:**

- 1) Participating teams are requested to deposit an amount of Rs.2000/-(Rupees Two Thousand Only) at the time of arrival. It will be refunded only at the time of departure. Deduction will be done if any damage is done to the school/stadium property.

### **Boarding and Lodging:**

- 1) The teams will be accommodated in class rooms.
- 2) Meals will be arranged by the host school.
- 3) The coupons of meals can be collected by the Team Managers/Coach on payment of Rs.500 (Rupees Five Hundred only) per head per day with accommodation, which is nonrefundable either partially or fully.

### **NOTE:**

We look forward to your school team's participation in this prestigious tournament. The requisite forms to be enclosed are as follows:

1. Team photo with school Principal, duly signed by Principal.
2. 10<sup>th</sup> mark sheet photo copy duly signed by Principal of the classes XI & XII.
3. In case the player is from class IX or below, a separate certificate may be issued by the principal indicating date of birth and class, where CBSE registration number is not available. Class X will carry registration provided by CBSE.
4. Game wise Report and Individual Admit Card duly signed by Principal
5. Entry form with CBSE registration number.
6. Journey, Boarding & Lodging Details.
7. The details of participants to be submitted on or before 16<sup>th</sup> July 2025, after that no entry will be entertained.

## ***Administrative Instructions***

- 1) The tournament will be organized strictly according to the norms laid by CBSE. Rules and regulations can be seen on CBSE website. (refer CBSE sports website)
- 2) During registration weight of the players will be checked and also anytime before the match.
- 3) The names of the participants are to be written clearly so that proper certification can be done.
- 4) The decision of the referee on all type of technical aspects will be final and binding.
- 5) Protest against decision of official shall be in writing and must reach the organizing secretary within one hour of declaration of result accompanied with a fee of Rs. 1000/- (Rupees One thousand Only) to organizer office. The decision taken by the Jury will be final.
- 6) The team managers must take care of costly items.
- 7) The team managers must take care of the sick/ injured participants of their teams. However, it can be reported to our Organizing medical in-charge for the first aid.
- 8) Last date to send your entry to organizer's school email([info@greenfingersglobalschool.com](mailto:info@greenfingersglobalschool.com)) is 16th July 2025.
- 9) As per CBSE rules, no school can withdraw their participation a week prior to the commencement of tournament. If the school withdraws without informing, the school will be penalized with a penalty of Rs. 1500/- (Rupees One Thousand Five Hundred Only).
- 10) You are requested to inform us about your arrival plans so that the transport arrangement from Kharghar station (3.6 Kms from School) can be done.
- 11) The detailed entries may be duly signed by the Principal of the school concerned with seal.
- 12) The Team Managers of winning teams and individuals are requested that before leaving the host school, a group photograph is to be taken and to be counter signed by the Principal of organizing school.

## ***ProgrammeList***

1. Reporting-21.07.2025after10:00amandbefore10:00pm,  
22.07.2025 after 05:00am to before 07:00 am
2. OpeningCeremony-22.07.2025 at 08.30am
3. Managerial meeting just after Opening Ceremony.
4. ClosingCeremony-25.07.2025 at 10.30am

### ***YOGASANA RULES & REGULATIONS***

#### **(Boys)**

The event will be conducted for Boys Category in Under-14, Under-17 and Under-19 age category at Zonal S 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 championship)

B) Individual Rhythmic Yoga Competition

C) Individual Artistic Yoga Competition.

An individual team member can participate in the group competition and anyone out of the two individual championships mentioned above.

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

#### **Group A**

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

#### **GroupB**

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

## GroupC

1. Sankhyasana
2. Vyaghrasana
3. Urdhava Kukutasana
4. Shirshasana
5. Utthit Padahastanasana
6. Utthit Titivasana

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:

Way to performance to reach the final stage of the asana 1 Mark

Perfect posture of the asana 4 Mark

Exhibition of the asana without tension and trembling 2 Mark Stay  
in asana for a fix time 2 Mark

Returning to the original position 1 Mark

7. Suryanamaskar is compulsory asana for final round of competition.

A total of 10 marks as per following division

Body posture 3 Mark

Forward bend 3 Mark

Backward bend 3 Mark

Dress 1 Mark

**(ii) Individual Artistic Yoga Competition:**

- A. A separate competition will be held for boys in each category under 14, 17 and 19 Yrs.
- B. One competition 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. Vrischikasana
- 2. Standing Linkarasana
- 3. Natarajasana
- 4. Sthambh Sirasan (Dhruvasana)
- 5. Dhvajanasana
- 6. Utthit Dwipad Skandhasana
- 7. Kand Pidanasana
- 8. Standing Eka Pada Skandasana

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

D. Points will be awarded out of 10 Marks.

E. Participants have to chant Omkar – must clearly 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**

**(CONSENT LETTER)**

**ON SCHOOL LETTER HEAD**

To  
The Principal  
GreenfingersGlobal School  
Plotno-9,Sector-12,NearShilpChowk Navi  
Mumbai, 410210  
Maharashtra

Dear Sir,

Subject: Consent of participation–CBSE SOUTH ZONE2 YOGASANA COMPETITION 2025-2026

This is to confirm that our school will be participating in the CBSE South Zone II Yogasana Competition 2025 – 2026 from 21<sup>st</sup> July, 2025 to 25<sup>th</sup> July, 2025 being organized by Greenfingers Global School, Kharghar. We will be forwarding you the detailed duly filled entry proforma to reach you on or before 16<sup>th</sup> July 2025.

Thanking you,

## ***MANDATORY FOR ALL THE PARTICIPATING SCHOOLS***

*(Affiliated to Central Board of Secondary Education,*

*New Delhi) Affiliation no.1130181*

GreenfingersGlobal School

Plotno-9, Sector-12, Near Shilp Chowk

Navi Mumbai, 410210

Maharashtra

***CBSE South Zone II Yogasana Competition 2025***

***(21<sup>st</sup> July, to 25<sup>th</sup> July, 2025)***

***Organized by Greenfingers Global School, Kharghar***

### ***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 Proforma duly counter signed by the School Principal and it should be produced at the time of entry in the organizing school campus.
3. Yogasana players of class X & XII 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 Proforma filled-in online, counter signed by the principal concerned.
6. The participating teams are requested to bring their school flags.
7. The soft copy of detailed duly filled entry proforma to be sent by 16th July 2025 on the below e-mail ID- [info@greenfingersglobalschool.com](mailto:info@greenfingersglobalschool.com)



## TRAVEL ITINERARY

*(Affiliated to Central Board of Secondary  
Education, New Delhi) Affiliation no.1130181*

Greenfingers Global School

Plot no-9, Sector- 12,

Near Shilp Chowk

Navi Mumbai,

410210 Maharashtra

**CBSE South Zone II Yogasana Competition 2025**

**(21<sup>st</sup> July, to 25<sup>th</sup> July, 2025)**

**Organized by Greenfingers Global School, Kharghar**

### TRAVEL ITINERARY

Sr. 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 with photo duly signed by Principal	
6.	Number of participants	
7.	Accommodation required (Yes/no)	
8.	Number of boys	
9.	Arrival details  By: Bus/Train	Bus No/Name:  Train No. /Name :  Arrival date & time:
10.	Departure details  By: Bus/Train	Bus No/Name:  Train No./Name:  Departure date & time:

*Signature and stamp of Principal*

## ***Annexure-B BOARDING***

***(Affiliated to Central Board of Secondary  
Education ,New Delhi)Affiliationno.1130181***

***GreenfingersGlobal School  
Plotno-9,Sector-12,NearShilpChowk Navi***

***Mumbai, 410210***

***Maharashtra***

***CBSE South Zone II Yogasana Competition2025  
(21<sup>st</sup> July, to 25<sup>th</sup> July, 2025)***

***Organized by Greenfingers Global School, Kharghar***

### ***Schedule for meals***

<b>Date</b>	<b>21<sup>st</sup> July (with lodging per day Rs.500)</b>	<b>22<sup>nd</sup> July2025 (with lodging per day Rs.500)</b>	<b>23<sup>rd</sup> July 2025 (with lodging per day Rs.500)</b>	<b>24<sup>th</sup> July 2025 (with lodging per day Rs.500)</b>	<b>25<sup>th</sup> July 2025 (with lodging per day Rs.350)</b>
Breakfast	No	Yes	Yes	Yes	Yes
Lunch	Yes	Yes	Yes	Yes	Yes
Dinner	Yes	Yes	Yes	Yes	No

07:00a.m.to 8:00 a.m. --

Breakfast

12:30 p.m.to1:30 p.m. --

Lunch

08:00 p.m.to 9:00p.m. --

Dinner

***Only vegetarian meals will be provided. No morning tea will be served to students.  
All participant teams are advised to switch off lights of the respective room latest by10.00 p.m.***

### **HOW TO APPROACH THE VENUE**

- 1) The venue Greenfingers Global School–CBSE3.6 kms from Kharghar Station.
- 2) The participating school will send their tentative arrival schedules to that the transport arrangement can be done accordingly.
- 3) The meeting of tournament will Be conducted on 22<sup>nd</sup> July2025.

## ***Annexure-G***

### ***Annexure- (G)***

***(Affiliated to Central Board of Secondary Education,***

***New Delhi)Affiliation no.1130181***

***Greenfingers Global School***

***Plotno-9, Sector-12, Near Shilp Chowk***

***Navi Mumbai, 410210***

***Maharashtra***

***CBSE South Zone II Yogasana Competition 2025***

***(21<sup>st</sup> July, to 25<sup>th</sup> July, 2025)Organized***

***by Greenfingers Global School ,Kharghar***

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

***School Name:*** \_\_\_\_\_ ***Affiliation No. :*** \_\_\_\_\_

**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**

(Separate sheet to be used for Boys UNDER14/UNDER17/ UNDER 19)  
**Proforma for sending Detailed Entry for Team or Individual Events**

Name of the School with Address : \_\_\_\_\_

Affiliation No. : \_\_\_\_\_

Email Id : \_\_\_\_\_ Mobile No.: \_\_\_\_\_

Discipline : \_\_\_\_\_

Age Category (Boys): UNDER 14/UNDER 17/UNDER 19

### **PARTICIPANTS LIST**

<b>Sr. No.</b>	<b>Name of the Student</b>	<b>Class /Sec</b>	<b>Name of the Event (Team, Artistic, Rhythmic)</b>	<b>Date of Birth</b>	<b>CBSE UID</b>	<b>CBSE Registration No. if the student is in IX, X, XI or XII</b>	<b>Photograph attested by the Principal</b>

***Please Note : To be filled in CAPITAL LETTERS only and should reach the organizing school on or before 16<sup>th</sup> July 2025***

***\*Students can participate in two event only.***