



केन्द्रीय सिविल सेवा साँस्कृतिक एवं क्रीड़ा बोर्ड
Central Civil Services Cultural & Sports Board
(Registration No. 2621)
Department of Personnel and Training
Ministry of Personnel, Public Grievances and Pensions
Government of India

Phone : 011 -24624204
Fax : 011-24646961

361, B-Wing, 3rd Floor
Lok Nayak Bhawan
New Delhi- 110003

No. 20/2/2024-25/CCSCSB

Dated: 28.01.2025

To

Joint Director Sports
Chandigarh Administration
Sports Complex, Sector-42
Chandigarh

Subject : All India Civil Services (AICS) Yogasana Championship 2024-25

The Central Civil Services Cultural & Sports Board (CCSCSB) in collaboration with Sports Department, UT of Chandigarh are organizing All India Civil Services Yogasana Championship 2024-25. The detail of the Championship are as under:-

S. No.	Games	Game Dates	Last Date of Entry	Team Composition		Venue
1.	All India Civil Services Yogasana Championship	05.03.2025 to 08.03.2025	01.3.2025	Men	18	Sports Complex, Sector-42, Chandigarh
				Women	18	
				Men Coach	01	
				Women Coach	01	
				Men Manager	01	
				Women Manager	01	
				Total	40	

2. Further AICS Yogasana Tournament 2024-25 will be organized in the following four events:-

- i. Traditional Solo
- ii. Artistic Solo
- iii. Artistic Pair
- iv. Rhythmic Pair

The guidelines for organization of AICS Yogasana Tournament 2024-25 are attached at Annexure-I.

3. A copy of the updated rules for All India Civil Services Tournaments indicating eligibility criteria, composition of Team, Rules of games etc. has already been circulated to all concerned.

The same is available on the website at <http://dopt.gov.in/about-us/wings-or-division-in-dopt/Welfare-divisions>.

4. The States/UTs and Regional Sports Boards are requested to consider sending their team for the above AICS Yogasana Championship.

5. It may be ensured that the entries are submitted within prescribed time limits, Teams are requested to make their own arrangements for accommodation and transportation.

6. **List of players along with photocopy of their Identity Card** should be authenticated by the authorized officer under his signature & seal. All the participants shall carry individual Identity Card/Identity Slip/Age proof for verification of eligibility criteria by the Organizing Committee/Representatives of the Board at the venue of this Yogasana Championship.

7. **Manager's meeting is likely to held on the evening of a day before the date of commencement of the Championship.**

8. Addresses, Telephone Numbers, E-mail Addresses may be indicated by the participating State/UTs/RSBs.

9. Every participating team may bring two Flags representing their State/UT/Regional Sport Board with them.

10. It should be ensured that every member of the team report at the venue and participates in the Championship as scheduled. Failure to do so shall be treated as an act of indiscipline. All the participants shall maintain strict discipline on and off the venue of the Championship. Any act of indiscipline/misbehavior/misconduct will attract the provision of CCS (Conduct) Rules since Government Employees are treated 'ON DUTY' during All India Civil Services Tournaments.

11. The following categories of employees are not eligible for participation in AICS Tournaments:-

- (a) Uniform personnel in Defence Services/Para Military Organisations/Central Police Organisation/Police/RPF/CISF/BSF/ITBP/NSG etc.
- (b) Employees of Autonomous bodies/undertaking/Public Sector Banks eventhough administratively controlled by the Central Ministries.
- (c) Casual / Daily wages workers.
- (d) Employees attached to offices on temporary duty.
- (e) A newly recruited employed who has put less than 6 months in regular establishment/ service

12. Any information regarding change in dates/venue/cancellation etc. about the AICS Championship will be available on our website i.e. www.dopt.gov.in. All the participant teams are, therefore requested to check from organizers of the Championship about any possible change before starting their journey.

13. The decision of Referee/Umpires shall be final and binding on the competing teams.

14. The entries in the prescribed proforma enclosed at **Annexure 2** (duly filled) may be sent to the Nodal Officers (before last date of receipt of **entries i.e. 01.03.2025**) along with photocopy of ID card on sportsdevbranch@gmail.com.

15. Nodal Officer may be contacted of any other query (on the below details):-

Srl.	Name, Designation & Address	Contact Information
1.	Dr. Mahender Singh Joint Director Sports-cum-Nodal Officer Chandigarh Administration, Sports Complex, Sector-42, Chandigarh	Office Phone No. 0172-2676009 Mobile No. - 9417378569 Email - sportsdevbranch@gmail.com

Yours faithfully,



(Satyendra Singh)
Secretary (CCSCSB)

Copy to:-

1. The Chief Secretary of all States/UTs and;
2. Secretary, General Administration Department of all States/UTs.
3. Secretary of all Regional Sports Boards.
4. Director of Sports & Youth Services of all States/UTs.
5. Ms. Neeva Singh, -Convenor- Yoga (CCSCSB) Mb. No.9971928594

RULES AND REGULATIONS OF THE
ALL INDIA CIVIL SERVICES
YOGASANA SPORTS CHAMPIONSHIP 2024-25

A. AGE GROUPS

The age group of of Yogasana competition are as follows:-

1. Upto -40 Male
2. Upto -40 Female
3. 40- 50 Male
4. 40-50 Female
5. Above 50 Male
6. Above 50 Female

B. EVENTS

There are total 04 events . First 02 events will be Individual event and 3rd and 4th event are Pair event.

1. Traditional Solo Yogasana Sports Competition
2. Artistic (Solo) Yogasana Sports Competition
3. Artistic Pair Yogasana Sports Competition
4. Rhythmic (Pair) Yogasana Sports Competition

C. TEAM COMPOSITION FOR AICS YOGASANA CHAMPIONSHIP**STRENGTH**

Total 18 Male , 18 Female and 02 Coach (M & W) & 02 Manager (M&W)

S N o	Event	Upto 40		40-50		Above 50		Coach	Manager
		M	F	M	F	M	F		
1	Traditional Solo	1	1	1	1	1	1	01 Male	01 Male
2	Artistic Solo	1	1	1	1	1	1		
3	Artistic Pair	2	2	2	2	2	2	01 Female	01 Female
4	Rhythmic Pair	2	2	2	2	2	2		
	Total	6	6	6	6	6	6	02 (M&W)	02 (M&W)

D. SYLLABUS & DETAILED NSTRUCTIONS FOR THE COMPETITION**1. Traditional Solo Yogasana Competition:-**

Separate Yogasana Competitions for male and female competitors will be held in the following two age groups:-

UNDER-40 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
GARUDASANA	EK PADA CHAKRASANA
DHANURASANA	PADAM BAKASANA
PARIVRITTA PARSHAVKONASANA	KARNAPIDASANA

	PURNA USHTRASANA
--	------------------

UNDER-40 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VATAYANASANA PADAM MAYURASANA EK PADA CHAKRASANA	PARIVRITTA HANUMANASANA NATRAJASANA KOUNDINYASANA PURNA BHUJANGASANA

AGE 40-50 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VEERBHADRASANA-3 UTTHITA PADMASANA SETUBANDHCHAKRASANA	BAKASANA ARDHA MATSYENDRASANA EK PADA RAJKAPOTASANA URDHVA PADAM SARVANGASANA

AGE 40-50 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARIVRITTA TRIKONASANA HANUMANASANA KURMASANA	MARICHYASANA-1 NAUKASANA SETU BANDHASANA PURNA DHANURASANA

ABOVE 50 (MEN & WOMEN) FIRST ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VRIKSHASANA HALASANA USHTRASANA	PADAHASTASANA ARDHA MATSYENDRASANA PURNA MATSYASANA HANUMANASANA

ABOVE-50 (MEN & WOMEN) FINAL ROUND

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
PARIVRITTA UTKATSANA JANUSHIRASANA SARAL VYGHRASANA	EK PADA SHVANASANA MALASANA SUPTABADHHAKONASANA ARDHA DHANURASANA

Instructions for conduct of Traditional Solo Yogasana Competition

- i. Separate competition will be held for male and female competitors
- ii. Individual Participants must perform asanas from the prescribed syllabus.
- iii. There will be two rounds : First Round and Final round. Only top 15 participants will go for final round.
- iv. 03 Compulsory Asanas are mandatory to perform and 02 Optional Asanas of individual choice from syllabus will be performed by the participants.
- v. There should be perfect synchronization of body movements.
- vi. **Time duration for each compulsory asana is 30 seconds and Optional Asana is 15 seconds.**

2. Artistic Solo Yogasana Competition

- i. Separate competition will be held for male and female competitors.
- ii. Total number of asanas performed should be 10 of competitor's choice. Artistic (Solo) Yogasana competition consists of presentation of various asanas (postures) 02 forward bending, 02 backward bending, 02 hand balancing, 02 leg balancing and 02 twisting, performed with music.
- iii. It is synchronization of body movement with music (without break)
- iv. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- v. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- vi. The transition from one posture to another posture should be slow & Artistic.

3. Artistic Pair Yogasana Competition

- i. Artistic Pair Yogasana Competition will be held for male and female separately.
- ii. Total number of asanas performed should be 10 of competitor's choice by each competitor. Artistic Pair Yogasana competition consists of presentation of various asanas (postures) 02 forward bending, 02 backward bending, 02 hand balancing, 02 leg balancing and 02 twisting by each participant performed with music.
- iii. Both the participants will perform two different postures at a time. Performing same posture will be a disqualification.
- iv. Body touch is allowed in the competition as per the discretion of the competitors. Both participants can form asanas in pyramidal or structural formations. Making of pyramid will be given preference.
- v. Pair will have to write the sequence and the Yogasana base value on the 'Athlete Order of Performance sheet' to be submitted to judge's panel.
- vi. Pair cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
- vii. If Pair changes sequence of asana as provided on the spot on the stage while performing will lead to penalty of marks. For such one change in the performance will lead to 2 marks of penalty. Second such change will lead to penalty of 4marks, Third change will lead to 6marks penalty, and more than that it will lead to disqualification. 15. If Pair performs different asana other than the sequence provided by them in writing will lead to Zero (0) marks for that particular formation
- viii. Synchronization of body movements with music will be given top preference
- ix. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- x. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- xi. The transition from one posture to another posture should be slow, Artistic and Synchronized.
- xii. Premounting of asana/formation before start of the music is not allowed.

4. Rhythmic Pair Yogasana Competition.

- i. Rhythmic Yogasana Competition will be held for male and female separately.
- ii. Rhythmic Yogasana is also known as pair Yogasana. Total number of asanas performed should be 10 of competitor's choice by each competitor. Artistic Pair Yogasana competition consists of presentation of various asanas (postures) 02 forward bending, 02 backward bending, 02 hand balancing, 02 leg balancing and 02 twisting by each participant performed with music.
- iii. The same posture should be performed by the pair together.
- iv. There should not be any body touch between the two competitors.
- v. Pair will have to write the sequence of Yogasana on the 'Athlete Order of Performance sheet' to be submitted to judge's panel.
- vi. Pair cannot change the sequence of asana provided in 'Athletes Order of Performance Sheet' on the spot on the stage while performance.
- vii. If Pair changes sequence of asana as provided on the spot on the stage while performing will lead to penalty of marks. For such one change in the performance will lead to 2 marks of penalty. Second such change will lead to penalty of 4marks, Third change will lead to 6marks penalty, and more than that it will lead to disqualification. 15. If Pair performs different asana other than the sequence provided by them in writing will lead to Zero (0) marks for that particular formation
- viii. There should be perfect synchronization of body movements with the music.
- ix. Number of postures performed should be 8-10 of competitor's choice.
- x. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- xi. **The competitor will maintain each posture for at least 5 seconds during the performance.**
- xii. The transition from one posture to another should be Slow, Rhythmic and Synchronized.
- xiii. Premounting of asana/formation before start of the music is not allowed

SPECIAL INSTRUCTIONS:

1. A competitor can participate in all events i.e.Traditional Solo,Artistic (Solo), Artistic Pair, Rhythmic Pair Yogasana competitions.
2. Time: For starting performer should wait in standing pose/sitting pose but not in posture. Music will start then performer will start movement or posture. Counting of timing will starts when the music starts. For ending- counting of time will stop when the performer first join palms together for namaskar or bend down for namaskar. Returning should not be counted because some time after returning performer makes some additional movements that can create confusion.
3. Music should be melodious, devotional and classical music.
4. Competitor will perform within the marked arena. 5 mark will be deducted every time (from the marks of performance) if the competitor/s cross or touch the arena line during their performance.

5. The competitor/(s) must stay atleast for 5 Seconds in each Posture / Pyramid / Formation. Therefore if the competitor/(s) do not abide by the said rule for particular Posture / Pyramid / Formation, in that case that Posture / Pyramid / Formation will deemed to be cancelled and accordingly the number of postures will be counted by the panel of Judges.
6. **Size of Arena for all the events will be 10 meter X 10 meter.**
7. **Cut off date for age calculation for the competition will be 31 March of the previous financial year.Eg If the financial year is 2024-25 then cut off date for calculation will be 31 March 2024.**
8. **Dress Code:- Participants to be in proper yoga costume (Stretchable, tight fitting non transparent material). The neckline should be around the neck with no cuts.**
9. No Prop will be allowed during the performance of Artistic solo Yogasana Sports Competition, Artistic Pair Yogasana Sports Competition and Rhythmic Pair Yogasana Sports Competition.
10. If there will be 15 or less participants then both First & Final round will be conducted in Traditional Solo . If participants will be above 15 then only Final round to be conducted.
11. For Artistic Solo, Artistic Pair & Rhythmic Pair only one round to be conducted.
12. Both the athlete will wear blue and red band orribbon on both wrist, foridentification. Player 1= Red Band/Ribbon and Player 2= Blue Band/Ribbon.

B. POSITIONS

- i. The aggregate of minimum and maximum marks given by the referees to each competitor/pair will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
- ii. First three positions will be declared in each age group/event in Traditional Solo, Artistic Solo Yogasana, Artistic pair Yogasana, Rhythmic Pair Yogasana based on merit of the scores secured by the competitors.
- iii. The judges will award the marks out of 10 to each competitor for each Yogasana separately in all the event including Traditional Solo, Artistic Solo, Artistic Pair and Rhythmic Pair. The judges will be free to move about to see the aspect of pose from different angles during the retention period.
- iv. The efficiency of the yogasana will be judged based on execution, perfection of posture, stresslessness, stability, movement, holding time, Grace and presentation.
- v. In case of tie in Traditional Yogasana Competition it will be decided as follows:-
 - (a) Aggregate of Marks in Compulsory Asana
 - (b) Aggregate of Marks in Optional Asana
- vi. **Judge's decision will be final.**

N.B.:In case any competitor is disqualified due to doping/underage/overage or any other factor then the rank/medal given to that competitor will be awarded to the next competitor as per merit.

D. ROUNDS EVENTWISE

S No	Event	Round 1 Semi Final	Round 2 Finals
------	-------	-----------------------	-------------------

1	Traditional Solo	✓	✓
2	Artistic Solo	✓	✓
3	Artistic Pair	✓	✓
4	Rhythmic Pair	✓	✓

E. MEDAL TALLY

S No	Event	MEDALS FOR MALES			MEDALS FOR FEMALES		
		Gold	Silver	Bronze	Gold	Silver	Bronze
1	Traditional Solo	1	1	1	1	1	1
2	Artistic Solo	1	1	1	1	1	1
3	Artistic Pair	2	2	2	2	2	2
4	Rhythmic Pair	2	2	2	2	2	2
	Total	06	06	06	06	06	06
	Grand Total	36 X3 AGE CATEGORIES = 108 Medals					

F. OVERALL CHAMPIONSHIP

Gold Medal	Silver Medal	Bronze Medal
3	2	1

On the basis of above points 3 Overall Champions will be awarded with Trophy(1ST / 2ND / 3RD position)

G MARKING SYSTEM FOR TRADITIONAL SOLO

1	Execution	Marks
	Time consumed and process followed to reach the final position of yogasana.	1
	Time consumed and process followed to reach back to normal position	1
	Point of Marking	
	A) Time / Speed	0.25
	B) Process / Flow (Not showing other Asnas in between)	0.25
	C) Stages followed	0.25
	D) Sthit (Starting and Ending posture)	0.25
2	Perfection of Posture	
	Accuracy of Posture (Final Pose)	2
	A) Stretch / Bend / Curve / Twist	1.00
	B) Palms / Toes / Fingers perfection	0.25
	C) Alignment / Distance between hands / Legs	0.25
	D) Balance / Symmetry / Tiltlessness	0.25
	E) Face Direction	0.25
3	Stresslessness (Face)	1
	A) Smile	0.25
	B) Eye Position	0.25
	C) Closed Mouth	0.25
	D) Calmness	0.25

4	Stability / Tremblinglessness		1
	A) Hands / Legs muscle stability	0.25	
	B) Abdominal muscles stability	0.25	
	C) Face stability	0.25	
	D) Normal Breathing	0.25	
5	Smooth Movements (No jerks)		1
	A) Smooth movement	0.25	
	B) No Jerks	0.25	
	C) No excess stretching	0.25	
	D) No supported movements	0.25	
6	Holding Time		2
	UNDER -40/ 40 to 50 / Above -50 (First & Final Round)		
	Compulsory Asanas - 45 Sec		
	Optional Asanas – 30 Sec		

	A) 100% Time	2.00	
	B) 75% to 99% + Time	1.50	
	C) 50% to 74% + Time	1.00	
	D) 25% to 49% + Time	0.50	
	(For second attempt 1 mark will be deducted)		
7	Grace and Presentation		1
	A) Expressions	0.25	
	B) Decent Makeup / Costume	0.25	
	C) Walking / Standing / Greeting	0.25	
	D) Confidence	0.25	
		Total	10

H. MARKING SYSTEM FOR ASANAS IN ARTISITC SOLO/ ARTISTIC PAIR/RHYTHMIC PAIR

Sr..	Particulars	Marks	Marks
1	Perfection of Posture Accuracy of Posture 1. Stretch, Bend, Curve, Twist 2. Palm, Toes, Fingers perfection 3. Alignment, symmetry, Tiltness 4. Face Direction	4 Marks	7 Marks
	Mounting – Dismounting 1. Mounting of Asana 2. Dismounting of Asana (Smooth movements, no jerks, no extra stretching and no supported movements)	3 Marks	

2	Stability/ Tremblinglessness 1. Hand/ leg muscles stability 2. Abdominal muscles stability 3. Face stability 4. Normal Breathing	2 Marks	3 Marks
	Stresslessness, Grace & Presentation 1. Expression (Smile, Eye Position, Closed Mouth) 2. Decent Makeup/ Costume 3. Walking/ Standing/ Greeting 4. Confidence, Calmness	1 Marks	
		TOTAL	10 Marks

PARAMETERS FOR MARKING ARTISTRY IN ARTISTIC SOLO/ ARTISTIC PAIR/RHYTHMIC PAIR

S No	Components
1	Costume
2	Theme
3	Character
4	Expression
5	Rhythm
6	Music
7	Use of Floor
8	Artistic Step
	Total

Annexure-II

ALL INDIA CIVIL SERVICES YOGASANA (MEN & WOMEN) TOURNAMENT 2024-25 (ENTRY FORM)

Name of the State Sectt. RSB: _____

S. No.	Name of Player	Date of Birth	ID Card No. (along with copy)	Age Group(age as on the last date of entry)	Events
1				Under 40	Traditional Solo
2				40-50	
3				Above 50	
4				Under 40	Artistic (Solo)
5				40-50	
6				Above 50	
7	i.			Under 40	Artistic Pair
	ii.				
8	i.			40-50	
	ii.				
9	i.			Above 50	Rhythmic (Pair)
	ii.				
10	i.			Under 40	
	ii.				
11	i.			40-50	
	ii.				
12	i.			Above 50	
	ii.				

Details.	Manager	Coach
Name and Designation		
Office Address		
Contact No.		

Signature.....
Designation.....
State/Board.....
Full Address.....
.....
Tele No.....
Fax No.....

VERIFICATION CERTIFICATE

This State Government/RSB intends to send a team for the All India Civil Services Tournaments/Competition. Consequently, I submit the entry form duly completed. I hereby undertake on behalf of the State Government/RSB to abide by the rules and instructions of the Tournaments /competition.

I certify that the players mentioned in this form who will play in the All India Civil Services Tournaments/Competition are employees of the State Government/Central Government. No member of the team is a casual/daily wage employee. All the players are eligible to participate in the Tournaments/Competition as per eligibility criteria laid down by the Board. In case, if it is found that any member of the team is not eligible and is included in the team, the team will be automatically disqualified from the Tournaments/Competition without any notice.

I certify that all the players mentioned in the form are physically & mentally fit to participate in this Tournaments/Competition.

I also undertake the responsibility to ensure that the State Government/RSB team after being entered in the Tournaments/Competition will participate in the Tournaments/Competition and at any stage would not refuse to participate or withdraw from the Tournaments/Competition without prior approval of the Board.

Signature of Competent Authority.....

Name :

Designation :

Tele No (O) :Mobile.....

Email :

Correspondence Address :

Note :-

(a) The participants are required to produce their office Identity Cards at the venue. Therefore, they shall bring their Identity Cards with them. Where the system of Identity Card is not in force, the participants can produce their photographs duly authenticated by the offices.

(b) The proforma will be used for all the AICS Tournaments/Competition and will be furnished to the Organising Secretary with an endorsement to the Board's office at least 07 days before the commencement of the Tournament/Competition duly signed by an officer not below the rank of Under Secretary concerned of the States and by the Secretary or President of Regional Sports Board.

**SYLLABUS FOR ALL INDIA CIVIL SERVICES
TRADITIONAL SOLO YOGASANA COMPETITION
2024-25**

UNDER - 40 (MEN&WOMEN)

FIRST ROUND

COMPULSARY ASANAS



GARUDASANA



DHANURASANA



PARIVRITTA PARSHAVKONASANA

OPTIONAL ASANAS (ANY TWO)



EK PADA CHAKRASANA



PADAM BAKASANA



KARNAPIDASANA



PURNA USHTRASANA

UNDER - 40 (MEN&WOMEN)

FINAL ROUND

COMPULSARY ASANAS



VATAYANASANA



PADAM MAYURASANA



EK PADA CHAKRASNA

OPTIONAL ASANAS (ANY TWO)



PARIVRITTA HANUMANASANA



NATRAJASANA



KOUNDINY ASANA



PURNA BHUJANGASANA

UNDER - 40-50 (MEN&WOMEN)

FIRST ROUND

COMPULSARY ASANAS



VEERBHADRASANA



UTTHITA PADMASANA



SETUBANDHCHAKRASANA

OPTIONAL ASANAS (ANY TWO)



BAKASANA



ARDHA MATSYENDRASANA



EK PADA RAJKAPOTASANA



URDHAV PADAM SARVANGASANA

UNDER - 40-50 (MEN&WOMEN)

FINAL ROUND

COMPULSARY ASANAS



PARIVRITTA TRIKONASANA



HANUMANASANA



KURMASANA

OPTIONAL ASANAS (ANY TWO)



MARICHYASANA



NAUKASANA



SETU BANDHASANA



PURAN DHANURASANA

UNDER - 50 (MEN&WOMEN)

First ROUND

COMPULSARY ASANAS



VRIKSHASANA



HALASANA



USHITRASANA

OPTIONAL ASANAS (ANY TWO)



PADAHASTASNA



ARDHA MATSYENDRASANA



PURAN MATSYASANA



HANUMANASANA

UNDER - 50 (MEN&WOMEN)

FINAL ROUND

COMPULSARY ASANAS



PARIVRITTA UTKATSANA



JANUSHIRASANA



SARAL VYGHRASANA

OPTIONAL ASANAS (ANY TWO)



EK PADA SHVANASANA



MALASANA



SUPTABADHHAKONASANA



ARDHA DHANURASANA
