



Guru Nanak Higher Secondary School

Pee. Pee. Compound, Ranchi – 834001
(An English Medium Co-educational Public School)

Date : 23.08.2024

Subject: Invitation to Participate in the CBSE East Zone Yogasana Competition

Dear Principals,

It is with great pleasure that I inform you that Guru Nanak Higher Secondary School, Ranchi, Jharkhand, will be hosting the CBSE East Zone Yogasana Competition from September 5, 2024, to September 8, 2024. We cordially invite your esteemed institution to participate in this prestigious event.

For outstation participants, registration will commence at 2:00 PM on September 4, 2024. Accommodation and meals for all participants will be provided until 8:00 PM on September 8, 2024. Enclosed, you will find detailed information for your reference.

To facilitate your participation, we request you to complete the following Google Forms:

School Registration form (single form for the entire school)

<https://forms.gle/5ZYePhi51NdZaCTj6>

Participant Registration form (one form for each participant)

<https://forms.gle/CNJB7CaysU37dbCm6>

We extend a warm welcome to all participating teams and look forward to your active involvement in promoting the practice of Yogasana among students. **Kindly submit the Online Forms and send the filled out performa (Annexure R2 to R6) to the designated email ids by the 30th of August, 2024.**

gnhssran@gmail.com as well as 66229@cbseiksha.in

Thank you for your attention and cooperation.

With regards

Dr. (Capt.) Sumit Kaur
Principal



Guru Nanak Higher Secondary School

Pee. Pee. Compound, Ranchi – 834001
(An English Medium Co-educational Public School)

LETTER FOR PARTICIPATION (CONSENT LETTER)

To be sent via Email on receiving this letter

ON SCHOOL LETTER HEAD

Date: _____

To
The Principal
Guru Nanak Higher Secondary School,
Pee Pee Compound
Ranchi

Subject: Consent of participation – CBSE East Zone Yogasana Competition 2024

Dear Madam,

I am writing to formally confirm our school's participation in the CBSE East Zone Yogasana Competition 2024-25, scheduled to be held from September 5th to September 8th, 2024, under the esteemed organization of Guru Nanak Higher Secondary School, Ranchi, Jharkhand.

A total of _____ students from our school will be participating in the Competition and (**will be / will not be**) requiring accommodation. Please be assured that the detailed and duly completed entry form will be submitted to you on or before September 30th, 2024.

Thanking you

Yours faithfully

(Name of the Principal)

Principal

Affiliation Number:



Guru Nanak Higher Secondary School

Pee. Pee. Compound, Ranchi – 834001
(An English Medium Co-educational Public School)

PROGRAMME SCHEDULE

1. Reporting : 04.09.2024 after 02.00 p.m. and 05.09.2024 before 9.00 a.m.
2. Opening Ceremony : 05.09.2024 at 11:00 a.m.
3. Managerial Meeting : after Opening Ceremony.
4. Events of East Zone Yogasana Tournament : Post Managerial Meeting
5. Closing Ceremony : 08.09.2024 at 12:00 p.m.

IMPORTANT CONTACT NUMBER

Designation	Name	Contact Number
Principal	Dr. (Capt.) Sumit Kaur	08809634444
Vice-Principal	Sonia Kaur	09113114088
Event Coordinator	Rajni Bakshi	06200101775
Transport In-charge	Prem Prakash Tiwari	07479751333
Registration In-charge	Ranjit Bahadur Singh	07903852126
Yoga Teacher	Vandana Kumari	06201088002
Sports Teacher	Navin Kumar	08210798687
Sports Teacher	Kumari Bijeeta	08340604631

FOR ANY CLARIFICATION/ASSISTANCE PLEASE FEEL FREE TO CONTACT THE FOLLOWING:

(Related to Yogasana Rules & Events)

Event Coordinator : Rajni Bakshi (Mob: 6200101775)

(Related to Registration and Google Forms)

Registration In-charge : Ranjit Bahadur Singh (Mob:7903852126)

(Related to Overall Event Management)

Program Coordinator : Pratyush Natarajan (Mob:7856084053)

YOGASANA (Boys & Girls)

The event will be conducted for Boys and Girls Category in Under-14, Under-17 and Under-19 age category at Zonal and National 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 any one 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 (Competitor can perform Purna Dhanurasana)
5. Purna Matsendrasana
6. Uttanapadasana

Group B

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

Group C

1. Sankhyasana
2. Vyaghrasana
3. Urdhava Kukutasana
4. Shirshasana
5. Utthit Padahasthasana
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:

- | | | |
|----|--|--------|
| a) | Way to performance to reach the final stage of the asana | 1 Mark |
| b) | Perfect posture of the asana | 4 Mark |
| c) | Exhibition of the asana without tension and trembling | 2 Mark |
| d) | Stay in asana for a fix time | 2 Mark |
| e) | Returning to the original position | 1 Mark |

7. Surya namaskar is compulsory asana for final round of competition.

A total of 10marks as per following division:

- | | | |
|----|---------------|--------|
| a) | Body posture | 3 Mark |
| b) | Forward bend | 3 Mark |
| c) | Backward bend | 3 Mark |
| d) | Dress | 1 Mark |

(ii) Individual Artistic Yoga Competition:

- A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.
B. One competitor 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. Dhwajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidasana
8. Standing Eka Pada Skandasana

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

D. Points will be awarded out of 10 Marks.

E. Participants have to chant Omkar - must clear 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

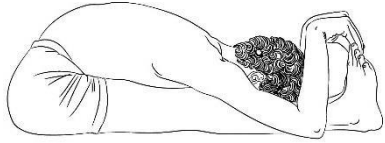
(iii) Rhythmic Yoga Competition

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.

GROUP (TRADITIONAL) YOGASANA KEY POINTS

Group A PASCHIMOTTONASANA

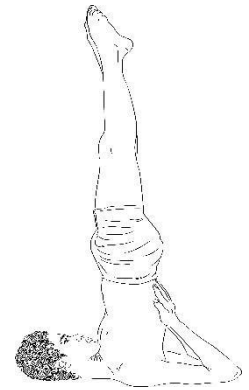


Index finger, other fingers folded inside.

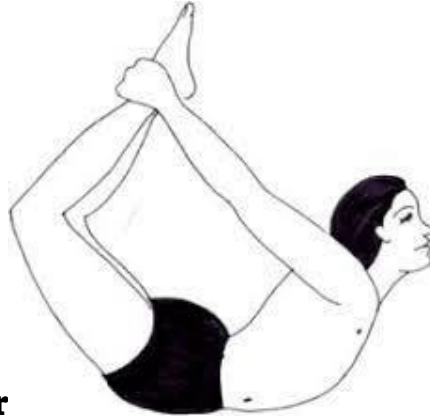
- Back maximum stretched with abdomen, chest, shoulders & forehead touching legs.
- No gap between the floor and leg.
- Toes pointing up together, aligned to other fingers, to be gripped with thumb and
- Grip on toe and Thumb should be on big toe.
- Elbows on the ground, touching legs.

SARBANGASANA

- Spine, legs and hips up to shoulders in straight line.
- Chin to be locked.
- Toes pointing upward.
- Palms placed on back.
- Shoulder distance between both elbows.



PURNA DHANURASANA



Either



Or

- Avoid holding inner side of the feet.
- Competitor must hold outer side or upper side of the feet.
- Try to less bend both elbow and knee.
- Less portion of the abdomen touches with the floor.
- Both arms should be touch with the ears. But keep feet shoulder distance.



MATSYASANA

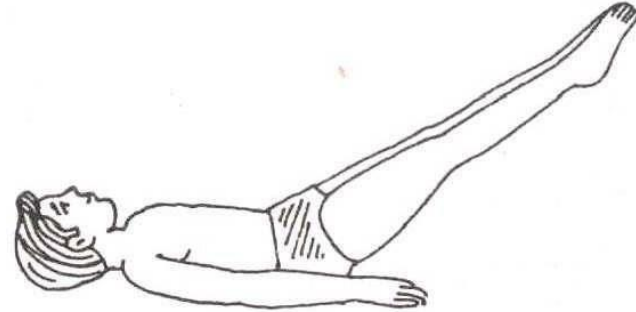
- Forehead and both knees should be on the floor.
- Both elbows touch the floor.
- Hands holding both toes but don't take any support

by the holding of the toes.

- Heels touching the abdomen.
- Good posture depends upon less distance. between head and hip.

UTTHAN PADASANA

- Knee should be straight and both legs maintain 45° angle with the floor.
- Both shoulders should touch the floor.
- Both hands are placed on both sides of the body and don't take any support of the hand.
- Good posture depends upon without trembling leg.



PURNA MATSYENDRASANA

- Athletes should be in complete twist.
- One foot on another hip joint.
- Any foot over another thigh, sole touching the floor.
- Knee under the armpit.
- Hand should catch the toes.
- Foot behind folded knee.
- Gluteus muscles and folded knee in contact with

the floor.

- Another hand catches the shinbone on the leg.
- Chin over the shoulder.



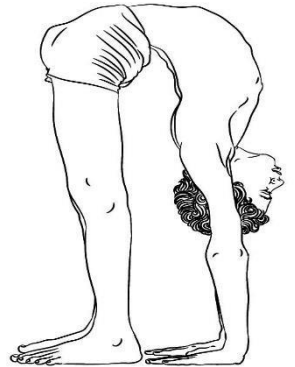
Group B GARVASANA

- Athlete should balance on glutei muscles.
- Keep Padmasana perpendicular to the ground.
- Keep wrist in contact with each other.
- Keep backbone straight.

- Toe planter flexion.

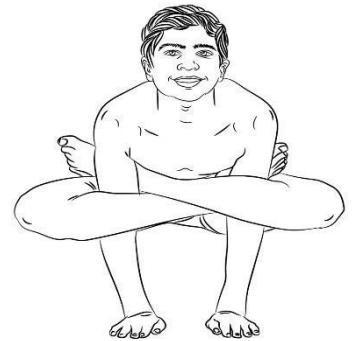
PURNA CHAKRASANA

- Hands and feet at shoulder's width, fingers pointing towards heel.
- Arms & legs to be perpendicular to the ground & parallel to each other.
- Maximum arch at thighs, hips & back.
- Head placed in between arms.
- Each arm touches the ear.
- Fingers closed.



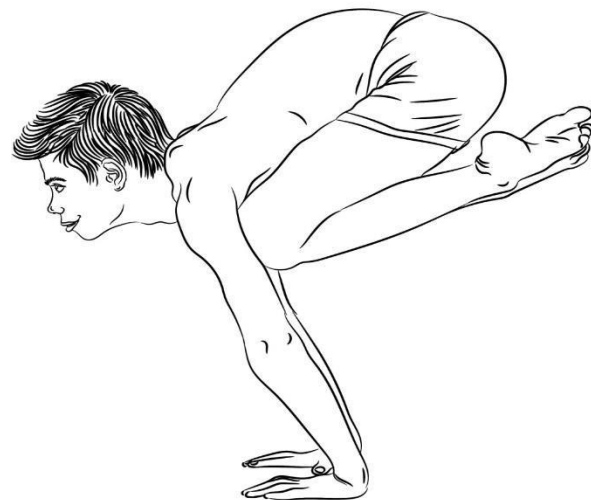
KUKKUTASANA

- Hands must be entered from the front side of feet.
- Padmasana must not be lifted above the elbows.
- Hands are parallel to each other and perpendicular to the ground.
- Flat palm with finger closed.
- Fully exposed thorax or chest.
- Knees, Glutes & elbows must be in a straight line with straight Spine.
- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.



BAKASANA

- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.
- Spine must be straight (No Curve on Back).



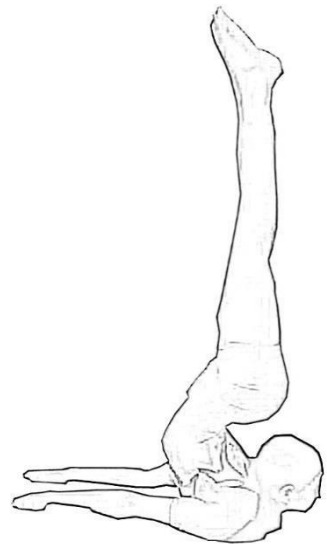
BHUMASANA



- Abdomen, Chest, shoulders and chin touching the ground.
- Back maximum straight
- Knees on the ground with toes pointing upward, Finger in contact with big toe
- Arms in straight line
- Both big toe, wrist, elbows, shoulders should be in on straight line.
- Split in 180°

PURNA SHALAVASANA

- Both hands placed parallel to each other on the floor.
- Shoulder, throat and chin should be touch with the floor.
- Both legs don't cross the head level.
- Chest to leg should be maintained 90° with the floor.
- Glutei muscles should not touch the head.
- With knee extension Hip to toe should be in straight line.



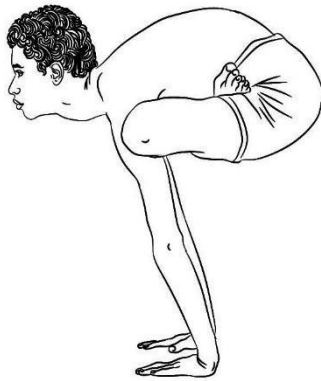
Group C SANKHASANA



- Whole body balanced on toe.
- Hands in Namaskar mudra in front of chest.
- Any leg should fold behind the back.
- The ankle to knee of behind leg should be parallel to the floor.
- Leg ankle is contact with shoulder blade.

UTTHITA PADAHASTASANA

- Both Legs straight with toes pointing upward.
- Back maximum stretched with abdomen, chest, shoulders, and forehead touching the legs.
- Palms holding the heels with balance on buttocks.
- Biceps touching thighs.



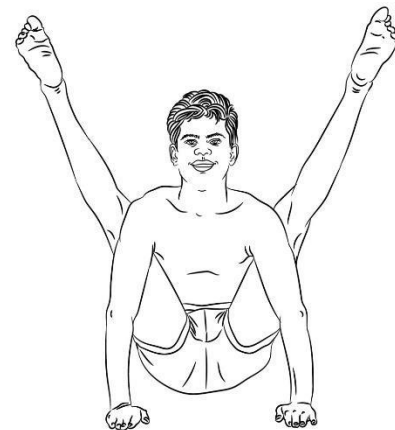
URDHA KUKKUTASANA

- looking forward.
- Both the hands are straight and parallel to each other.

- Crossed (lotus feet) must be placed under the armpit.
- Palms' facing front side, fingers are closed.
- Head should be straight by

UTTHITA TITIVASANA

- Both legs must be straight.
- Legs should be placed just behind the shoulder.
- Spine should be straight.
- The full body with legs must be placed in the same line vertically.
- Hands must be parallel to each other with completely exposed chest (Thorax region).
- Toes in planter flexion and flat palms.



BYAGHRASANA



- Athlete should be in half hand balance.
- Face facing forward.
- Shoulder distance between the hands.
- Hands parallel to each other.
- Legs should be in straight line and both legs tightly closed.
- Glutei muscles should not touch the head.

SIRSASANA

- The front portion of the head should be placed on the ground.
- Fingers to be interlocked on back portion of the head.
- Head, Back, Hip and Legs should be in one straight line.
- Keep toes pointing upward.
- Keep Elbows parallel to each other.



INDIVIDUAL ARTISTIC YOGASANA KEY POINTS

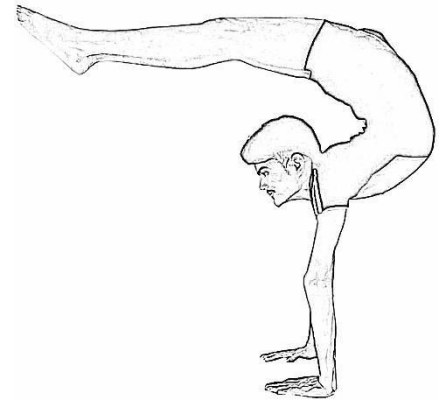
STANDING VRISCHIKASANA

- Athletes must be in full hand balance position with back bend.
- Shoulder distance between the hands.
- Knees and feet should touch each other.
- Hold feet resting on cranium.
- Face facing forward and maximum arch in the back.



STANDING LINKARASANA

- The athlete must be in full hand balance position.
- Arms should be straight at shoulder level distance with fingers closed.
- Keep both legs straight forward over the head with toes pointed in front.
- Hip should not touch the back of the head.
- Face facing forward and maximum arch in the back.



NATARAJASANA

- Athlete must be in one leg balance in back bend position.
- Legs must be in splits of 180° degree keeping knee extended.
- Both hands gripping on extended knee with pointed toes upward.
- Both upper arms must touch the ear and face facing forward.

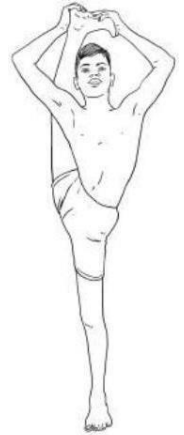
STHAMBH SIRASANA

- Athlete must be in one leg balance and body should be straight.
- Hands, trunk and leg should be perpendicular to the floor.
- By bending at knee keep one leg behind the back parallel to the ground.
- Head in between the hands and face facing forward.



DHAWJASANA/FLAG POSTURE

- Athletes must be in one leg balance without bending at knee.
- The other leg should be stretched straight touching side of the head.
- Both elbows in straight alignment, gripping of heel with the same hand and toes with the other hand.
- Gaze in front keeping neck straight.



STANDING EKA PADA SKANDHASANA

- Athletes must be in one leg balance without bending at knee. • Any one heel should touch the opposite side shoulder and toe of folded leg stretched out.
- Back, neck and head to be maximum straight.
- Hand folded in the front of chest.

KANDAPEEDASANA

- Heels are at the naval keeping back maximum straight.
- The toes are pointing upwards and soles are touching belly.
- Knees are resting on the floor.
- Keep one hand extending straight at shoulder level parallel to the floor.
- The other hand folded at elbow is on the back of head and palm on shoulder of extended hand.



UTTHIT DWIPAD SKANDHASANA

- The athlete must be in complete hand balance position.
- Shoulders are to be taken out from the crossing of legs behind the head.
- Arms parallel to each other up to shoulder width keeping fingers together.
- Back maximum straight and gaze forward.



Guru Nanak Higher Secondary School

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RULES AND REGULATIONS TO BE FOLLOWED WHILE AT GURU NANAK HIGHER SECONDARY SCHOOL

- i. **Organization of the Tournament:** Tournament will be organized based on latest CBSE Guidelines and Organizational Rules.
- ii. **No offline entry shall be accepted. On the spot entry will not be entertained.**
- iii. **Schedule:** The events will be held from September 5th to 8th, 2024. Participating teams must report on September 5th, 2024 at the latest by 9:00 a.m.
- iv. **Details and location of the host schools:** The event will be hosted by 'Guru Nanak Higher Secondary School, Ranchi. The school is situated in Pee Pee Compound, near Sujata Chowk.
- v. **Nearest Main Railway Stations and Airport:**
 - *Ranchi Railway Station is 2 Kms from the School.*
 - *Khadgera Bus Station is 3.1 Kms from the School.*
 - *Ranchi Airport is 6.1 Kms from the School.*
- vi. Schools (local and outstation) travelling by road can navigate to the school using the following Google Maps link <https://maps.app.goo.gl/NbrEt3ogReBmD4zc8>
- vii. **Age-Criteria:** As per CBSE Sports Registration.
- viii. **Ceremonial Regulations:** Participation in the Opening Ceremony and Closing Ceremony will be compulsory for the participating teams.
Dress Code for Ceremonies:
Opening and Closing Ceremony: Participating teams must be in a Track suits/School Uniform.
School Flags: Each participating school must bring 02 school flags (size 4.5 ft X 3 ft each), (one to be hoisted and the other for the March Past) which they will hand over to Registration In-charge on arrival. Team Managers are requested to collect their school flags from the venue/sports office after the closing ceremony of the tournament on September 08th, 2024.
- ix. **Arrival Schedule and Attending of Team Official's Meeting:**
 - a. **Travelling Arrangements:** Guru Nanak Higher Secondary School will provide travel arrangements for to and fro journeys from the Railway Station, Bus Stand and Airport, depending upon travel schedule, availability of vehicles etc.
 - b. Participating schools must intimate the host school in advance regarding their arrival and return schedule and other basic details by filling up Google Form

(provided along with this letter) to enable us to make necessary logistic arrangements. In the absence of the desired details your claim for boarding and lodging in the school's premises shall not be entertained.

- c. **Official's Meeting:** Team Managers and Coaches are required to attend an Official's Meeting after the Opening Ceremony.
- d. **Identity Cards:** All coaches and managers of the participating teams will keep with them the School Identity Cards, of all the players and self which need to be produced before or during the tournament on demand, anywhere on the school campus.
- e. **Medical First-Aid:** In the event of any unfortunate accident or injury to any player on the field or otherwise, first-aid will be available. The escorts are, however, requested to have with them the phone numbers and residential addresses of the players for immediate communication, if need arises. Each school must submit Medical Fitness Certificate (sample enclosed) on arrival. The host school will not be responsible for any loss, illness, or accident, which may occur during the travelling, stay and/or playing.
- f. **Account Settlement:** The Team In-charges of the participating teams must settle the accounts before departure from the host school.
- g. **Following the Schedule:** The participating teams must adhere to all timings pertaining to the matches as also the daily schedule. Teams residing in School premises during the tournament will retire to their respective rooms no later than 10:00 p.m. Any transgression of this will be the responsibility of the team Manager/Escort.
- h. **Disqualifications :** A player/team may be disqualified/scratched for the following reasons.
 - a) If the ineligibility of any member of the team is detected.
 - b) Inclusion of non bonafide students in the team.
 - c) Misbehavior on the ground by participants or accompanying official.
 - d) Use of abusive language by participants or accompanying officials.
 - e) Misbehavior with Officials/Opponents by participants or accompanying official.
 - f) Indiscipline at the place of stay by participants or accompanying official.
 - g) Damaging the host school's property.
 - h) Indiscipline during the Opening and Closing ceremonies by participants or accompanying official.
 - i) Non-participation in March Past.

i. Protest:

- a) Protest of any nature in connection with the tournament shall be in writing and must reach the Organizing Secretary and CBSE Observer within 45 minutes of the declaration of the result, duly accompanied by a fee of Rs.1000/- (Rupees One Thousand). Such a protest will be considered by the Jury of Appeal, consisting of following: - Principal - Organizing School, Organizing Secretary, CBSE Observer, One or two technically qualified People present at the venue.
- b) The parties under dispute may be heard before deciding the issue. In case the protest is upheld, the protest fee shall be refunded to the protesting school otherwise the fee shall be forfeited. The decision taken by the Jury of Appeal will be final and binding.
- c) The decision, along with full facts of the protest shall be reported to the Sports Cell, CBSE.

j. Withdrawl :

- a) If a school, after filling-in its entry, wishes to withdraw from a tournament/meet, it shall give a written request of its intention to do so to the organizing school.
 - b) School withdrawing without informing/ requesting the organizing school, will be penalized with a penalty of Rs.1000/-. The penalty will be collected by the organizing school.
- k. The decision of the Organizing Committee on all matters of dispute will be final and binding to all concerned.



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BOARDING/LODGING & GENERAL DISCIPLINE

1. The School will provide accommodation to all outside teams in the school's classrooms, provided they have submitted all details through Google Form, in advance.
2. The Team Managers & Coaches of outside teams shall be required to stay with their teams only, and will not be provided separate accommodation.
3. Teams shall be provided with bedding (mattresses, bed sheets and pillows). However, teams must carry their own blankets etc. All teams are also expected to carry their own lock, key and mosquito repellents etc.
4. The teams willing to leave before the Closing Ceremony for any reason and inform the host school in writing 24 hours in advance of its departure time shall be eligible for the refund of the payment deposited against meals. However, the refund shall be applicable only for the post 24 hours balance meals coupons.
5. The Team In-charge will be responsible for the conduct of his/her player/team on and off the field.
6. The team will be responsible for their belongings and are advised not to carry any expensive item with them. Heavy cash, jewelry, valuable electronic gadgets, cell phones and other valuable articles are not allowed in the school premises for the students/players.
7. The players, coaches and managers are expected to strictly adhere to the Rules and Regulations and Spirit of the Game and maintain a healthy sporting atmosphere during the event. Any unfair and unwarranted behavior and indiscipline on the part of any player/official/team will lead to the team's disqualification from the event and the team may be asked to leave immediately. Also, the matter will be reported to the concerned Head of School, Dy. Director Sports C.B.S.E.
8. All teams will retire to their respective rooms not later than 10:00 pm.
9. No Unauthorized Outing: No player/team is allowed to go out of the school campus without permission on failing which a strict disciplinary action will be taken against the team. However, in exigencies Team In-charge may seek permission for the same from the Principal of Guru Nanak Higher Secondary School.
10. Any damage done to the property of the host school during the stay by any participant/team will have to be compensated by the respective team's Coach/Manager. All the teams are expected to maintain discipline during their stay/participation in the tournament.

11. Consumption of tobacco, liquor, smoking and/or any contraband substance (in any form) is strictly prohibited on the campus.
12. Coaches/Team managers shall be staying in the school's classrooms with their students only. No separate accommodation shall be provided for the coaches/team managers.
13. Fooding Charges: Additional Rules & Regulations
 - a) Daily Charges: A fooding charge of ₹250/- per member (official/participant) per day will be levied. This amount is non-negotiable and will be charged for the entire day, regardless of whether any meals are skipped by the team or its members.
 - b) Meal Type: All meals provided during the event will be strictly vegetarian. No special dietary preferences or non-vegetarian meals will be entertained under any circumstances.
 - c) Early Departure and Refund Policy: Should any team wish to depart before the scheduled end of the event, they must notify the host school in writing at least 24 hours in advance. While teams may be eligible for a refund of the boarding charges, the host school reserves the right to collect the fooding charges for the full 24-hour period following the notice of departure.
 - d) Meal Timings: Meals will be served at designated times as per the event schedule. Teams are expected to adhere to these timings. No special arrangements will be made for missed meals, and no refunds will be issued for meals not consumed.

e) MEALS TIMINGS

Breakfast	07:00 a.m. to 08:30 a.m.
Lunch	12:45 p.m. to 02:15 p.m.
Evening Snacks	04:45 p.m. to 05:30 p.m.
Dinner	07:00 p.m. to 08:30 p.m.

Participation Charges: No Entry Fee would be charged. Boarding and Fooding Charges will be as per CBSE norms (as given below) and must be deposited to the host school on arrival at registration counter of the host school.

Boarding and Fooding Charges @ Rs. 500/- (250 Boarding & 250 Fooding) per member per day of the team (including escort, coach, and team manager staff).

Caution Money: Rs. 2000/- per team/school (Shall be refunded at the time of departure if there is no damage to the school's property by your team)

Any violation of the eligibility and indiscipline on the part of any team or its members will lead to disqualification from the tournament and the player/team may be asked to leave the premises immediately.



Guru Nanak Higher Secondary School

Pee. Pee. Compound, Ranchi – 834001
(An English Medium Co-educational Public School)

(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.3430005

Pee Pee Compound

Ranchi, Jharkhand

CBSE East Zone Yogasana Competition 2024.

(05th September to 08th September, 2023)

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. **Teams will carry C.B.S.E. Participant Registration List from CBSE Sports System (CSS).**
3. Team photo with School Principal along with the entry Performa duly countersigned by the School Principal and it should be produced at the time of entry in the organizing school campus. (Annexure- R4)
4. Identity cards have to be brought by the students and coaches duly stamped and signed by the school Principal concerned.
5. Team should produce the Performa filled-in online, countersigned by the principal concerned along with the seal of the school.
6. Girl participants should be essentially escorted by the female escort(s) (Manager/coach)
7. The participating teams are requested to bring their School flags.
8. The softcopies of detailed duly filled entry performa (R2 to R6, with multiple copies of R6, one for each participant) to be sent as Scanned PDF by 30th August, 2024 on the below mail ID

gnhssran@gmail.com as well as 66229@cbseiksha.in