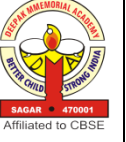




Deepak Memorial Academy



Affiliated to CBSE, New Delhi

F.No.DMA/Sagar/CBSE-Sports/2024-25/

Date: 20/8/2024

Dear Principal,

It is matter of great pleasure to inform you about the scheduled dates for **CBSE West Zone Yogasana Tournament 2024-25**, Age Group(s) **Under14, 17 &19** years (Boys & Girls). On behalf of **Deepak Memorial Academy management**, staff & students we take this opportunity to extend our warm invitation and request you to depute your team to participate in this tournament.

CBSE West Zone Yogasana Tournament 2024-25,

TOURNAMENT DATES & VENUE:

- Team Reporting** : 11th September, 2024 at 4:00 pm.
Managers Meeting : 11th September, 2024 at 6:00 pm.
Event Date : 12th September to 15th September, 2024
Closing Ceremony : 15th September 2024 at 10:30 am to 02:30 pm
Venue : Deepak Memorial Academy Sagar

DMA Campus, In front of Krishna Mandir Anand Nagar Rajakhedi Makroniya Sagar 470004

The DMA family is eagerly waiting to heartily welcome every participating team and accompanying officials coming from all over Madhya Pradesh.

As per CBSE guidelines, only participants registered on CBSE Sports portal will be eligible for the participation in the tournament mentioned above. We are not authorized to entertain any entry directly (Participants Registration number/ UID number is mandatory).

For accommodation at our school campus, coordinators may please be requested to send us their travel plan on or before 5th September 2024 (accommodation will be provided on first come first serve basis as limited rooms/ seats are available at campus, format is available on our school website). 5th September 2024, accommodation request would only be considered subject to the availability of rooms.

With regards,
(Mr. Brij Kumar Jaiswal)
Chairperson, Organizing Committee

Encl:Annexure "A" to "E"

Deepak Memorial Academy Sagar In front of Krishna Mandir Anand Nagar Rajakhedi Makroniya Sagar 470004

Website:- <https://dmasagar.com/>

Mail:- dmasagar99@gmail.com

Phone:- 07582230149



INTRODUCTION OF DEEPAK MEMORIAL SCHOOL

School Motive's

Established in 1993, with the aim of quality education which would be line with the national education policy. The purpose of the school is to provide a situation where education occurs in a non stressful, relaxed joyful, disciplined, secular, learning atmosphere.

**“Only as high as I reach can I grow,
Only as far as I seek can I go,
Only as deep as i look I see,
Only as much as I dream can I be..”**

Welcome to Deepak Memorial Academy, Sagar No. 1 School, a beacon of excellence in education since its establishment in 1993. Our institution was founded with a clear vision: to provide quality education aligned with the National Education Policy, fostering a nurturing environment where learning is both joyful and effective.

At Deepak Memorial Academy, we are committed to creating an atmosphere where education unfolds in a non-stressful, disciplined, and secular setting. Our students consistently excel in board and home examinations, setting new benchmarks each year and inspiring the next generation to achieve even greater heights.

Our commitment to excellence is reflected in our state-of-the-art infrastructure. Our campus boasts well-equipped laboratories, advanced technological classrooms, comprehensive sports facilities, and expansive playgrounds—all designed to support and enhance our students' learning experiences.

Our dedicated and experienced staff, guided by our visionary Principal, work tirelessly to turn our educational mission into tangible results. They are like meticulous gardeners, ensuring that every student's potential blossoms to its fullest.

At Deepak Memorial Academy, our motto is clear: “Better Child, Strong India.” We believe that by nurturing each child's growth and development, we are contributing to a stronger, more vibrant future for our nation.!

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□ IMPORTANT NOTES □

Deepak Mmemorial Academy Sagar (M.P.)
West Zone Yogasana Tournament 2024-25
Annexure:B

01	<i>Tournament</i>	CBSE West Zone Yogasana Tournament 2024-25
02	<i>Age Group</i>	Age Group(s) Under-14,17&19years
03	Event Dates	12th September to 15th September, 2024
	Reporting	11th Sep, 04.00pm
	Managers Meeting	11th Sep, 06.00pm
04	School Address	Deepak Mmemorial Academy Campus, In front of Krishna Mandir Anand Nagar Rajakhedi Makroniya Sagar 470004
05	<i>Chairperson Organizing Committee</i>	DR. RITOO JAISWAL
06	<i>Organizing Secretary</i>	MR. AJAY SHRIVASTAVA
07	<i>Contact No.(Co-ordinator)</i>	Mr. Dushyant Kewat 9406518908
09	<i>Contact No.(Transportation)</i>	Mr. Sandeep Sen 8462929410
10	<i>E-mail</i>	dmasagar99@gmail.com
11	<i>Website</i>	https://dmasagar.com/
12	<i>Information Assistance</i>	MR. SHARAD TIWARI - 9425452201
13	<i>Nearest Railway Station</i>	SAGAR, MAKRONIYA RAILWAY STATION
14	<i>Transport facility</i>	<ol style="list-style-type: none"> To and fro conveyance facility may be made available, from Sagar, Makroniya Railway Station to campus on 11th & 12th September, 2024. A part from conveyance provided by us, participants/ teams may hire Private taxi/ auto at their own convenience from Bus Stop/ Railway Station.
15	<i>Caution Money</i>	Each School has to deposit Rs.2000/- as caution money(Refundable)
16	<p style="text-align: center;">Lodging, Boarding & Meal Charges @500/- Per day, per head</p> <p>The teams returning after their respective matches shall be eligible for refund of payment deposited for meals & accommodation, but only for the balance meal coupons & accommodation charges from next day onwards.</p>	
17	<p style="text-align: center;">ACCOMMODATION</p> <ol style="list-style-type: none"> Teams will be provided accommodation in the school campus separately for Boy & Girls. Teams will be completely responsible for safety of expensive items and all their belongings. Accommodation request will only be entertained after receiving complete Travel Plan (Annexure "C"), Assurance Letter (Annexure") and Team photograph (Annexure") till 5th Sep. 2024. Accommodation request after 5th Aug. would only be considered subject to availability of rooms. Accommodation on campus will be provided on first come first serve basis and maybe considered confirmed only after Receiving our confirmation at the time of reporting as limited rooms are available at campus. Therefore please call us and confirm telephonically in advance 	
	Check in timing 11th sep. from 1:00PM onwards Check out on 15th sep. by 02:00Noon	
18	<i>Essential</i>	<ol style="list-style-type: none"> <u>A lady teacher MUST ACCOMPANY the girls' team.</u> Parents will not be entertained with the team. All teams are requested to bring School uniform, School flag, lock & key, torch, mosquito repellents, First Aid etc.
19	<i>Travel Plan</i>	Please mail your travel plan latest by 5th Sep. 2024, by 1:00pm positively.

ACCREDITED REPRESENTATIVES (TEACHER/COACH/MANAGER)

Deepak Memorial Academy Sagar In front of Krishna Mandir Anand Nagar Rajakhedi Makroniya Sagar 470004

Website:- <https://dmasagar.com/>

Mail:- dmasagar99@gmail.com

Phone:- 07582230149

All the teams shall be accompanied by a Teacher/Coach/Manager designated by the participating school Principal.

No team will be permitted to participate without accompanying official.

No team shall be accompanied by any parent. However if a parent is accompanying the team, such information may be provided by the school on the school letterhead.

Note am shall be accompanied by more than two officials.

In case of **Girl participants, one of the accompanying officials must be a female.**

The officials accompanying the team shall have a valid Identity Card issued by their school Principal.

No extra person shall be permitted to stay inside the school premises and on the play field along with the teams.

General/Mandatory Instructions

1. Taking part in Opening ceremony, march past & closing ceremony is mandatory for all schools and players.
2. Escort Coach/Manager shall be held responsible for their students' behavior manners and language, any default shall be reported to their school Principal/Management.
3. At time of event in progress only participating or qualified students/athletes shall be entitled to enter table tennis arena, other players shall be expected to stay out of play arena.
4. Players must give their attendance to official 45min prior to scheduled time of event.
5. It is mandatory for all coaches/managers/players to wear school identity card during days of meet irrespective of whether they are in or out of school campus.
6. It is mandatory for all the schools to deposit total amount for all the days of tournament as per CBSE norms at the time of reporting.
7. Student's movement after 8:00 pm outside their accommodation room shall not be permitted.
8. It is mandatory for all Coaches & Managers to stay with students in allotted accommodation/room.
9. Bringing or use of tobacco sachets, cigarettes, and liquor is strictly prohibited in school campus. If any coach/manager/student is found drunk or smoking on campus, his/her team shall be disqualified with immediate effect and same will be informed to their principal.
10. Only Vegetarian meals will be served in school campus.
11. The host school shall not be responsible for any incident which happens out of school campus during outing of any coach/manager/team or players.

IMPORTANT: IT SHALL BE MANDATORY

Age:

The athlete/player should be within the particular age group on 31st December of the year of tournament.

- (a) Only bonafide students with CBSE Reg. No. shall be eligible to participate in the Inter-School tournaments/meets. Filling names of any non bonafide student shall lead to disqualification of the team.
- (b) A student, who has failed twice in a particular class, shall no more be eligible to participate.
- (c) In complete information in any respect is liable for disqualification of team.
- (d) Any violation in eligibility (over age or Impersonation) shall be deal according to rules.

- (e) The original eligibility Performa of the Athletes/Players/Teams qualifying to participate from Cluster/Zone level to National level will have to be certified by the Organizing school at the Cluster/Zone level as the case may be and forwarded to the National Organizing School, immediately after their Cluster/Zone level tournament is over.
- (f) Medical checkup may also be applied by the Jury of Appeal appointed by the Organizing school in the case of overage objection.
- (g) Aplayershallbeunder14; 17; &19 years of age on 31ST Dec 2024.
1. Under 14 years: Born on or after 01.01.2011
 2. Under 17 years: Born on or after 01.01.2008
 3. Under 19 years: Born on or after 01.01.2006
- (h) All the supporting papers verifying the age of the player, etc in original, as per the CBSE Guidelines & Rules shall be carried personally by the Team Manager/Coach while reporting for participation.
- (i) The player's right to participate forfeits on failing to produce the papers supporting the eligibility in original on demand.

Any team/athlete not fulfilling the eligibility criteria before the commencement of the tournament/meet shall not be permitted to participate.

IMPORTANT: IT SHALL BE MANDATORY FOR ALL THE PARTICIPATING SCHOOLS TO PROVIDE THE FOLLOWING ON ARRIVAL AT VENUE-

- (i) The documents for verification in original when asked for.
- (ii) The team photo with school Principal along with the entry Performa, countersigned by the Concerned Principal.
- (iii) To provide CBSE registration number for student/player studying in class IX and above.
- (iv) To supply the eligibility Performa filled-in online, countersigned by the concerned Principal.

Affiliated to CBSE

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 Padahastanasana
6. Utthit Tivasana

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. Dhwasasana
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.

TRAVEL PLAN**Mandatory:-To be filled in and sent to organizing School before 5th Sep. 2024.**

Name of the School:- _____
 _____ Phone Number _____ :- _____
 _____ Principal Name and Mobile No. _____
 _____ Complete Postal Address:- _____
 _____ Email Address _____ :- _____
 _____ Name of the Manager:- (i) _____ Mobile No. _____
 _____ & Coach _____ :- _____
 _____ Mobile No. _____

Mode of transport:-Train/bus/Air	<input type="checkbox"/> Train <input type="checkbox"/> Bus <input type="checkbox"/> Air
Arrival at SAGAR	Train Name _____, Train No. _____ Date _____, Time _____
Departure from SAGAR	Train Name _____, Train No. _____ Date _____, Time _____
Number of participants	Boys _____ Girls _____
Number of Teacher / Coach	Male _____ Female _____
We need Accommodation in DMA School Campus	Yes() No ()

MEALS

DATE	MEALS (Nos. Required)			
	BOYS/GIRLS	BREAKFAST	LUNCH	DINNER
11/09/2024		NA	NA	
12/09/2024				
13/09/2024				
14/09/2024				
15/09/2024				NA

**Check in timing 11th Sep,2024 from 4:00 PM onwards Check
out Timing 15th Sep. 2024 by 12:00 Noon**

(Lodging, boarding and meal charges will be refundable to those participants who inform our administrative officer in writing 12 hours before leaving the campus. Amount pay able will be after deduction of charges till that date.)

School Seal

Principal's Signature

ON SCHOOL LETTER HEAD**ASSURANCE LETTER**

Date: _____

(Mandatory declaration of participating School requiring accommodation in DMA Campus duly signed by Principal)

I, Dr /Mrs /Mr _____ Principal of

_____ School. I hereby declare that

- Our assigned Coach/ manager Mr. _____, Contact number _____ will be fully responsible for well being, security, health and behavior of our school participants as well as participation in the enrolled game on time during the event. He/she will remain with the students at all times, day and night, during the games and till departure from the campus.
- The Girls teams will have a female coach/manager as per CBSE mandate.
- The coach/manager is aware that on campus accommodation is optional of Dormitory pattern. He / she may visit before check in and confirm stay if fully satisfied.
- The coach/manager will give the host school written intimation in case of leaving campus during the tournament with telephonic permission to concerned authority from his/her principal and return by 8 PM under all circumstances, except in case of an emergency.
- Out pass for leaving campus must be obtained by coach/manager and students; it will be issued from the front desk on receiving application before 5:30 PM only, except in case of an emergency it may be extended beyond the given time.
- Meal facility is out sourced on contract, hence fund of Meal Coupons will be as per concerned vendor's policy, and must be sorted out with vendor; school shall not be involved in any issues.
- Prizes and Merit Certificates will be given only at the designated time decided by Organizing Committee, and participants will not insist on obtaining it beforehand, in case the concerned participants leave early, the certificates will be mailed to the participating school after completion of event.
- Parents of participants are not authorized to carry their ward without submitting their own Photo ID, the concerned student's School ID, permission from the Principal or authorized coach/manager before taking any participants out of campus.

I accept full responsibility for the conduct of my coach/manager and students. I indemnify the Host School for any above circumstances occurring due to not following these rules.

Signature _____

Name of coach _____

Mobile no of coach _____

Mail ID _____

Signature _____

Name of Principal _____

Mobile Number of Principal _____

Mail ID _____

Seal of School

Bring original copy along with Team

School Name: _____ Principal
(Name of the School with School Seal)

Team: Boys Yogasana Girls Yogasana

TEAM PHOTOGRAPH

**TEAM GROUP PHOTOGRAPH WITH
PRINCIPAL, MANAGER AND COACH IN 7" X
5" DULY ATTESTED BY SCHOOL PRINCIPAL**

OFFICIAL ACCOMPANYING THE TEAM (MAXIMUM TWO)

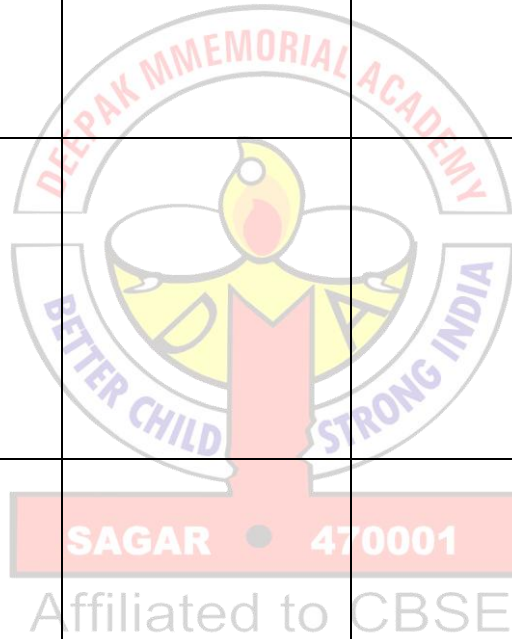
1.	Name of The Coach	Mobile No.	Photograph attested by the Principal
2.	Name of Manager	Mobile No.	Photograph attested by the Principal

Principal

(Name of the School with School Seal)

Student eligibility Performa
CATEGORY UNDER (B/G)

S.NO	Student name	STUDENT ID NUMBER	DOB	PHOTO	SIGN
1.					
2.					
3.					
4.					
5.					



HOTELS DETAILS

NEAR BY DMA CAMPUS SAGAR

ADDITIONAL INFORMATION FOR FACILITATING STAY OF PARTICIPANTS

S. No	HOTEL NAME	AREA	CONTACT PERSON	CONTACT NO.
1	CROWN PALACE	CANT ROAD	Reception	07582298577
2	VARDAN HOTEL	CIVIL LINES SAGAR	Reception	07582224522
3	HOTEL SANGAM	CIVIL LINES SAGAR	Reception	9109223489
4	SAGAR IN	CIVIL LINES SAGAR	Reception	6264905719
5	ASHIRWAD	CIVIL LINES SAGAR	Reception	9770130781
6	HOTEL KWALITY	MAKRONIYA CHOURAHA	Reception	9644734243
7	MP15	SHANKARGARD CIVIL LINES ROAD	Reception	7947140464

Note:

1. The names these budget hotels are suggestive, offer subsidized rates and situated nearby to our campus. However, you have the full liberty to book the hotel of your own choice.
2. Our school is now here concerned with these hotels. You have to book and stay there at your own risk.