svfac
Swami Vivekananda
foundation of Art & Culture
ART | CULTURE | HERITAGE | HUMANITY

MSME
MINISTRY OF MICRO, SMALL & MEDIUM ENTERPRISES
GOVERNMENT OF INDIA

FIT INDIA

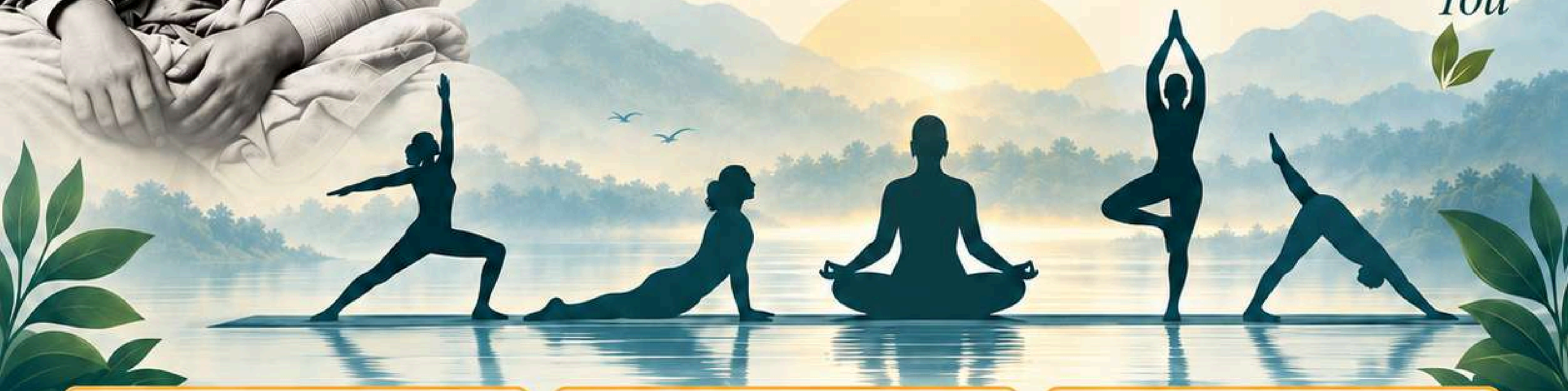


ALL INDIA YOGA COMPETITION

ONLINE COMPETITION

BREATH • BALANCE • A BRIGHTER TOMORROW

Yoga for a Healthier Happier You



REGISTRATION LAST DATE
15th October 2026

VIDEO SUBMISSION LAST DATE
20th October 2026

REGISTRATION FEE APPLICABLE
₹ 475/-

APPLY ON - www.svfacindia.com | 8207060081 | svfacindia@gmail.com

DISCIPLINE | HARMONY | WELLNESS | GLOBAL PEACE

svfac
Swami Vivekananda
foundation of Art & Culture
ART | CULTURE | HERITAGE | HUMANITY

ALL INDIA YOGA COMPETITION

ONLINE COMPETITION

BREATH • BALANCE • A BRIGHTER TOMORROW



Arise, Awake and Stop not till the Goal is Reached.
– Swami Vivekananda

FIT INDIA

RULES AND GUIDELINES

PRACTISE • PERFORM • PROGRESS

COMMON RULES



- Transition between asanas should be smooth.
- No props, support or help from others is allowed.
- Yoga should be performed only on yoga mat.

STAY DISCIPLINED • STAY TRUE TO YOGA

DRESS CODE



- **Boys / Male :-**
  Shorts / Half Pant +
  Sleeveless Vest. Body fitting.
- **Girls / Female :-**
  Shorts / Leggings + T-Shirt /
  Sports Tap (Body fitting, Decent).
- No Saree, No loose salwar,
  No jeans, No Shoes, No Socks.
  Barefoot compulsory.

SIMPLE DRESS • TRUE SPIRIT • YOGA FOR ALL

GROUNDS FOR DISQUALIFICATION



- Performing Gymnastics, stunts or non-yogic exercises.
- Wearing improper / loose costume.
- Full body not visible / fast moving camera / other person in frame.
- Taking support / prompting from others.
- Exceeding time.
- Any kind of vulgarity or indiscipline.
- If video is not containing all 5 asanas.
- If the video uses the help of AI.
- If video is made by joining the separate videos of asanas.

PLAY FAIR • RESPECT THE RULES • HONOUR THE SPIRIT

PRIZES AND CERTIFICATE



- **PARTICIPATION E- CERTIFICATE** TO ALL PARTICIPANTS.
- **TOP 10** IN EACH GROUPS WILL RECEIVE E-MERIT CERTIFICATE.
- **TOP 5** IN EACH GROUP WILL RECEIVE SVFAC SPECIAL MEMENTO.
- **6TH TO 10TH** POSITION HOLDER WILL RECEIVE SVFAC SPECIAL VIVEKANANDA EMBOSSED MEDAL.
- **FINAL :-** TOP 5 IN EACH GROUPS WILL MOVE TO FINAL AND COMPETE WITH TOP 5 FROM OTHER COMPETITIONS.
- **CONVOCATION :-** TOP 5 WILL GET THE INVITATION TO SVFAC CONVOCATION – 2027 AND GET THE PRIZES FOR FINAL COMPETITION. TOP PERFORMER WILL RECEIVE VIVEK YOGA RATNA TROPHY AND CASH PRIZE.

RECOGNISING TALENT • HONOURING EXCELLENCE • INSPIRING LIVES

YOGA FOR A BRIGHTER TOMORROW

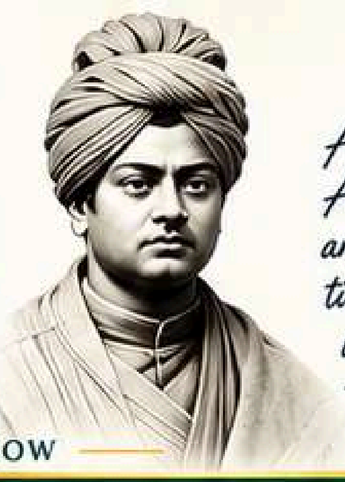
DISCIPLINE
HARMONY
WELLNESS
GLOBAL PEACE

svfac
Swami Vivekananda foundation of Art & Culture
ART | CULTURE | HERITAGE | HUMANITY

ALL INDIA YOGA COMPETITION

ONLINE COMPETITION

BREATH • BALANCE • A BRIGHTER TOMORROW



Arise, Awake and Stop not till the Goal is Reached.
- Swami Vivekananda

FIT INDIA

MSME
MINISTRY OF MICRO, SMALL & MEDIUM ENTERPRISES
GOVERNMENT OF INDIA

RULES AND REGULATION

1 COMPETITION PROCESS



- Complete your registration by filling up the form and paying the fees within the stipulated time to book your slot. We will take limited number of candidates for each group.
- You will get a confirmation mail at your mail id.
- You need to upload the video within **7 days** of your registration confirmation at the given link.
- If you fail to do so, your registration will be cancelled.
- **For Group B to F :** The optional asanas must be different from the list of compulsory list of asanas for their group.
- The decision of the Judges is final and irrevocable.

2 TECHNICAL RULES

VIDEO :-



- Each Asana must be held for at list **15 seconds.**
- Video is to taken from **front, back and both side** for each asanas. Every hands and leg movement to be recorded at the candidate's level.
- Under no circumstances may the asana video be created using **AI.** The candidate will be straightway disqualified if we receive any AI generated video.
- The candidate need to send his/her latest video recorded for competition only. No previous video will be accepted.
- **The total duration of the video containing all five asanas should not exceed 2 minutes 30 seconds. The maximum permitted duration is 2 minutes 30 seconds.**
- All 5 Asanas must be submitted together in a single video. The submission will not be accepted if they are submitted separately or by joining videos.
- Camera should be moved very slowly.
- At the beginning the candidate need to introduce him/her with name, age group, place an name of asanas. Recording to be started from the introduction. Time will be counted after the introduction.
- **Video you have to upload on Youtube with unlisted, you have to submit only link of youtube or vimeo, video submission link will appear after successful registration through email, within 3 days after registration you have to upload Video link.**

3 BACKGROUND :-



- No virtual background, no other person/ disturbance in frame.

4 AUDIO :-



- Keep room silent. No background music.

DISCIPLINE | HARMONY | WELLNESS | GLOBAL PEACE

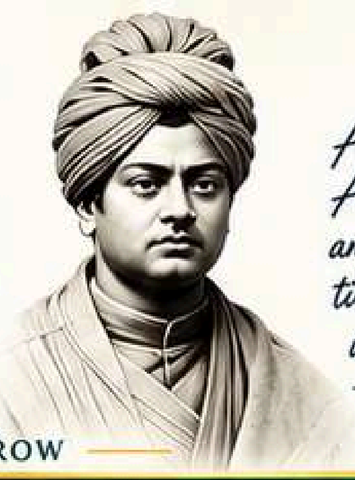
YOGA FOR A BRIGHTER TOMORROW

svfac
Swami Vivekananda
foundation of Art & Culture
ART | CULTURE | HERITAGE | HUMANITY

ALL INDIA YOGA COMPETITION

ONLINE COMPETITION

BREATH • BALANCE • A BRIGHTER TOMORROW



Arise, Awake and Stop not till the Goal is Reached.
- Swami Vivekananda

FIT INDIA

MSME
MINISTRY OF MICRO, SMALL & MEDIUM ENTERPRISES
GOVERNMENT OF INDIA

RULES AND REGULATION



Bhujangasan



Ardha kurmasan



Vekasan



Pawan muktasana



Padmasan



Uttan padasan



Dhanurasan



Vrikshasan

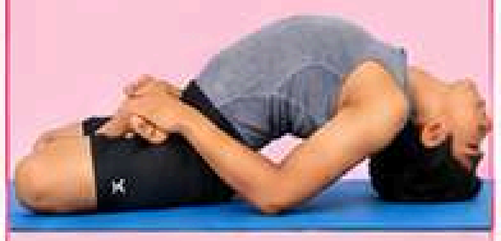


Vajrasan

DISCIPLINE | HARMONY | WELLNESS | GLOBAL PEACE

YOGA FOR A BRIGHTER TOMORROW

1



Matsyasana

2



Trikonasana

3



Vibhakt Pashchimotanasana

4



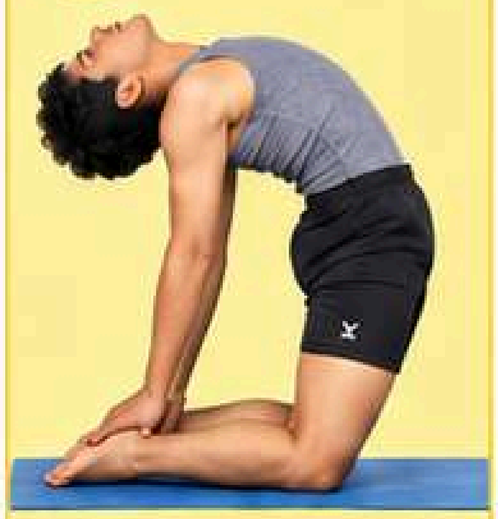
Chakrasana

5



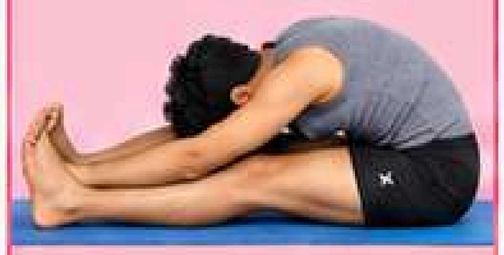
Halasana

6



Ustrasana

7



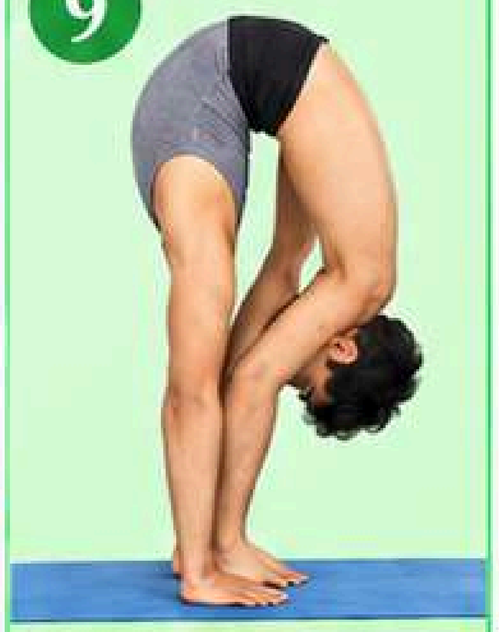
Paschimottanasana

8



Bhujangasana

9



Padhastasana

10



Dhanurasana

11



Ek Pad Ardh Chakrasana

12



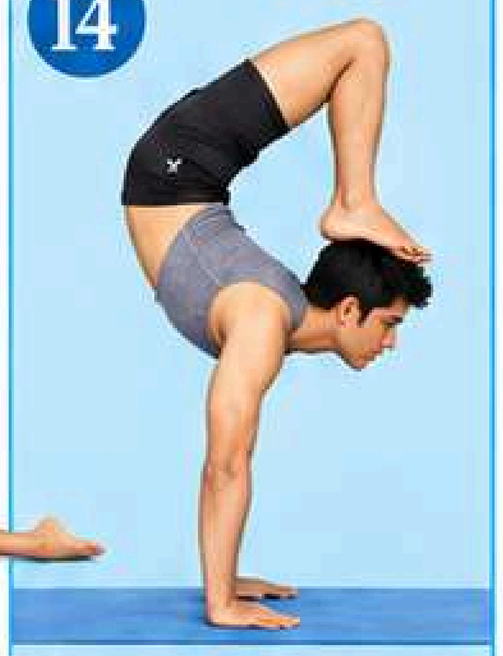
Vriksasana

13



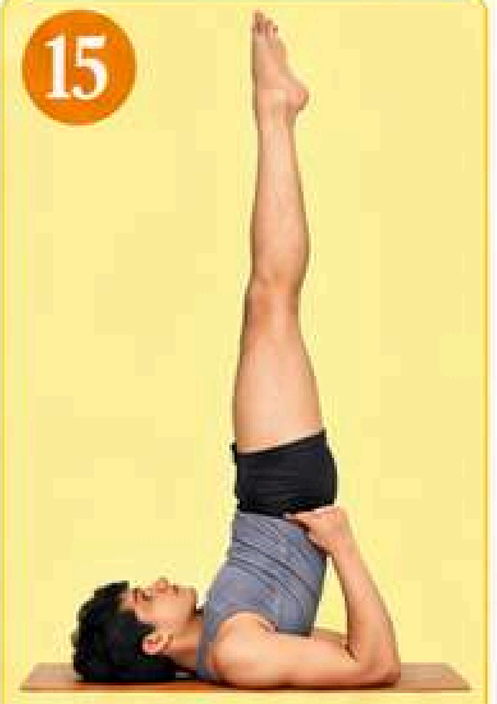
Hanumanasana

14



Kartal Vrishchikasana

15



Sarvangassan