

**12th INTERNATIONAL DAY OF YOGA
AWARDS AND PRIZE DISTRIBUTION FUNCTION**

22.06.2026

Chief Guest

Thiru.Sv.P.N.S.T.J.S.Sivaneshkumar
TANGO YOGA, Virudhunagar

Thiru.Sv.P.N.S.T.J.Santhoshkumar- Sivabalaeswari
TANGO YOGA Endowment Silver Medal
For
Best YOGA Student of VHNSN College

Program Schedule

21.06.2026, 7.00 am - Common Yoga Protocol (CYP)
21.06.2026, 9.30 am - Yoga Day Pledge
22.06.2026, 10.00 am - Yoga Day Competitions
22.06.2026, 11.00 am - Yoga Exhibition
22.06.2026, 1.30 pm - Yoga Short Film
22.06.2026, 3.00 pm - Prize Distribution Function

V.H.N.S.N.College Managing Board

THIRU. M.S.P. Ramesh Rajah, B.Sc., MBA.
PATRON

Thiru U.S.M.Sampathkumar, M.Sc.
PRESIDENT

Thiru A.S.P.K.R.R.Ramasamy, C.P.Tech.
VICE PRESIDENT

Tmt S.Daisy Rani
VICE PRESIDENT

Thiru D.M.S.R.J.Mahesh Babu, B.A.
SECRETARY

Thiru M.D.Kumaran, D.P.Tech.
TREASURER

Dr.A.Sarathi, M.Sc., M.Phil., Ph.D.
PRINCIPAL
CHAIRMAN

Dr.T.Murugesan, MPES., M.Phil., Ph.D., PGDSM. M.Sc (YOGA)
DIRECTOR OF PHYSICAL EDUCATION
ORGANIZING SECRETARY

JOINT ORGANIZING SECRETARIES

Dr.K.Selvakumar, M.P.Ed., Ph.D.
HEAD & ASSISTANT PROFESSOR IN PHYSICAL EDUCATION

Mr.M.Ramkumar B.Sc C.S., M.P.Ed., M.Phil., P.G.D.Y.
ASSISTANT PHYSICAL DIRECTOR

COMPETITION CO-ORDINATORS

Ms.M.Ragavi, M.P.Ed.
ASSISTANT PROFESSOR IN PHYSICAL EDUCATION

Mr.S.C.Sankarapandian, M.Com., M.L.I.S., PGDY., M.Sc Yoga.
SUPERINTENDENT

All are Cordially Invited

Staff and Students - Department of Physical Education



**VIRUDHUNAGAR HINDU NADARS'
SENTHIKUMARA NADAR COLLEGE**

(An Autonomous Institution, Affiliated to Madurai Kamaraj University.
Accredited with 'A+' Grade (5th Cycle) by NAAC



DEPARTMENT OF PHYSICAL EDUCATION

Organises and Celebrates



12th INTERNATIONAL DAY OF YOGA

21st JUNE 2026



**Virudhunagar District Level Inter School and
Inter Collegiate Yoga Competitions - 22.06.2026**

Venue : K.P.S.V. Duraisamy Nadar Auditorium

Last Date For Entries : 17.06.2026, Wednesday

Virudhunagar District Inter School and Inter Collegiate Yoga Competitions

1. **Yogasana competition** – Boys and Girls (4 categories) (10 Students per Institution)
2. **Essay Writing Competition** – Boys and Girls (3 categories)
3. **Elocution Competition** – Boys and Girls (3 categories)

Guidelines

Competitions:- Yogasana competition (Boys and Girls)

Categories

SCHOOL LEVEL

- i) 4th std to 6th std – 9 to 11 Years
- ii) 7th std to 9th std – 12 to 14 Years
- iii) 10th std to 12th std – 15 to 17 Years

COLLEGE LEVEL

- iv) Above 17 years

Group-A	Group-B	Group-C	Group-D
 Ardha Badha Padma Paschimottasana	 Chakrasana	 Ardha Dhanurasana	 Vrikshasana
 Vibhakti Paschimottasana	 Ustrasana	 Ba Pada Setu Bandha Sarmagasana	 Garudasana
 Padmhasana	 Matsyasana	 Ardha Matsyendrasana	 Vrisdhaisana

Participants should perform four compulsory asanas, i.e. one selected asana from each group and one optional asana which is not in the given syllabus, a total of five asanas.

SCHOOL LEVEL



Group-A	Group-B	Group-C	Group-D
 Paschimottasana	 Dhanurasana	 Ardha Matsyendrasana	 Balasana
 Kurnasana	 Halasana	 Karnapidasana	 Parsvakonasana
 Vibhakti Paschimottasana	 Setu Bandha Chakrasana	 Padma Sarvangasana	 Eka Pada Sirsasana

Participants should perform four compulsory asanas, i.e. one selected asana from each group and one optional asana which is not in the given syllabus, a total of five asanas.

COLLEGE LEVEL



Dress Code (For Yogasana Competition Only)

- Boys** : The male participants have to wear skin tight sports shorts.
Girls : The female participants have to wear skin tight T-Shirt and sports Pants.
Marks : Participants should perform 4 compulsory Asanas, i.e. One selected Asana from each Group and one optional Asana which is not in the given syllabus, a total of 5 Asanas. Each Asana carry 10 marks. Total Asanas 5 x 10 = 50 marks. Holding time for each Asana is 15 seconds.

Essay Writing Competition (Boys and Girls) (Tamil and English)

SCHOOL LEVEL

- i) 6th std to 9th std – 11 to 14 Years – International Yoga Day
- ii) 10th std to 12th std – 15 to 17 Years – Benefits of Pranayama

COLLEGE LEVEL

- iii) Above 17 years – Need of Yoga for Cognitive Flexibility & Acceptance

Elocution Competition (Boys and Girls) (Tamil and English)

SCHOOL LEVEL

- i) 6th std to 9th std – 11 to 14 Years – Importance of Yoga
- ii) 10th std to 12th std – 15 to 17 Years – Eight Stages of Yoga

COLLEGE LEVEL

- iii) Above 17 years – Need of Yoga for World Peace

2. No Registration Fee
3. Maximum 10 competitors only are allowed per institution to participate in Asana competition
4. First, Second and Third places will get merit certificate and Medal.
5. Only Bonafied Students from Virudhunagar District Schools and Colleges are allowed.
6. Participant students should submit Bonafide certificates and Show id cards.
7. Entries should reach "The Principal, VHNSN College (Autonomous), Virudhunagar 626001" on or before 17.06.2026, 5.00 Pm. For Further Details contact 9894712575
8. Competition will be held on 22.06.2026 from 10.00 am onwards at Venue : K.P.S.V. Duraisamy Nadar Auditorium, VHNSN College Premises.
9. Prize Distribution function will be held on 22.06.2026 Afternoon at 3.00 pm.