

**GOVERNMENT OF PUDUCHERRY**  
**OFFICE OF THE DEPUTY DIRECTOR**  
**(SPORTS & YOUTH AFFAIRS)**

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Puducherry, dt. 6/09/2023

**CIRCULAR**

Sub: Directorate of School Education – Sports and Youth Affairs –  
 All India Civil Services Kho-Kho, Kabaddi, & Yoga Tournament  
 – Formation of Puducherry Secretariat Civil Servants Team –  
 Selection Trials- Intimation – Reg.

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All India Civil Services **Kho-Kho Tournament to be held at Kho-Kho Center Kohat Enclave, New Delhi from 4<sup>th</sup> to 7<sup>th</sup> October 2023, Kabaddi Tournament at Thyagaraj Stadium, Thyagaraj Nagar, New Delhi from 4<sup>th</sup> to 7<sup>th</sup> October 2023 and Yoga Tournament at 4<sup>th</sup> to 6<sup>th</sup> October 2023** respectively – Puducherry Secretariat team participation respectively as mentioned below under the auspicious of Central Civil Services, Cultural and Sports Board, New Delhi.

All India Civil Services Tournament	Dates	Venue
Kho-Kho (Men & Women)	4 <sup>th</sup> to 7 <sup>th</sup> October 2023	Kho-Kho Centre, Kohat Enclave New Delhi
Kabaddi (Men & Women)	4 <sup>th</sup> to 7 <sup>th</sup> October 2023	Thyagaraj Stadium Thyagaraj Nagar, New Delhi
Yoga (Men & Women)	4 <sup>th</sup> to 6 <sup>th</sup> October 2023	

2. The composition of the team is as follows:-

All India Civil Services Tournament	Players		Manager	Coach	Total
	Men	Women			
Kho-Kho (Men & Women)	12	12	1+1	1+1	28
Kabaddi (Men & Women)	14	14	1+1	1+1	32
Yoga (Men & Women)	12	12	1+1	1+1	28

3. The Selection trials for the formation of Puducherry Civil Servants Secretary Team shall be held as follows:

Discipline	Venue	Date Time:9.30 A.M
Kho-Kho	G.G.H.S.S., Kathirkamam	19.09.2023
Kabaddi	IGSC, Uppalam	19.09.2023
Yoga	IGSC, Uppalam	20.09.2023

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4. **Eligibility of players**

- (i) Regular Government employees serving in the Union Territory of Puducherry Departments, but not from any semi Govt. autonomous bodies / State public undertaking or similar offices.
- (ii) Civilian persons working in the offices in the police Organization, Headquarters of I.G. of Police in state subject to the conditions that they are not eligible to participate in the Police meets
- (iii) Persons employed as Sports Officers / Instructors (sports) in offices / Educational institutions / Physical Training institutions.

5. **Non Eligible categories**

- (i) Uniformed personnel in Defence services / Para Military/ Police Department / RPF/ CISF/ITBP/NSG/SPG etc.,
- (ii) Employees of Autonomous Bodies / undertaking / Public Sector Banks even though administratively controlled by the central Ministries.
- (iii) Casual / Daily Wage workers
- (iv) Employees attached to Offices on temporary duties
- (v) A newly recruited Govt. employees who have put in less than 6 months in regular establishment / service
- (vi) Professional or hired artists.

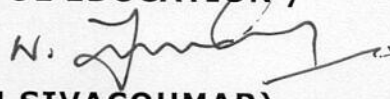
5. To stream line the participant of Puducherry Civil Servants Team in AICS Tournament, the following Criteria have been approved by the Director of School Education (Nodal Officer for AICS):

- (i) The eligible Government Employee can participate in only one Game/Sport per year in which they are specialized.
- (ii) The team may not be sent if the participation of the players are less than required number during the selection trials.
- (iii) **The Players without proper dress code, kit shall not be allowed to participate in the selection trails.**
- (iv) The Team shall not be sent for the participation in AICS Tournament, if the selection committee decides the team is Sub-Standard to represent Puducherry State Team.
- (v) If any Player indulges misbehaviour with the Selection Committee member, he will be disqualified from that selection trails and debarred him for the next one year.
- (vi) The Entry form should be submitted with covering letter from the Head of the Office/Institution on or before the date mentioned in the Circular.
- (vii) Late Submission of entry forms will not be accepted at any circumstances.
- (viii) The selected player shall not withdraw his participation from AICS Tournament under any Circumstances. If any such absence will be brought notice to the Nodal Officer (Director of School Education) and necessary action will be taken. In some special cases, a letter should be submitted through their Head of Office at the earliest to the Office of the Deputy Director (Sports & Youth Services) so as to upgrade the waiting list player into the Team

6. The Government officials who are eligible and willing may attend the Selection Trials and the Entry forms in the enclosed Proforma duly filled in and signed by the respective Heads of Offices / Departments may be sent on or before the Selection trials to the Office of the Deputy Director (Sports & Youth Services), B-Block, III Floor, Directorate of School Education, Anna Nagar, Puducherry - 605 005.

7. The participants are requested to produce their official Identity cards at the time of Selection Trials. Participation of eligible Government Employees in the Selection Trials is treated as **"ON DUTY"**.

**/ BY ORDER OF THE DIRECTOR OF SCHOOL EDUCATION /**

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**(N.SIVACOUMAR)**  
DEPUTY DIRECTOR  
(SPORTS & YOUTH AFFAIRS)

To

The Heads of Departments / Offices

Copy Submitted to:

1. The Joint Secretary (ARW), Chief Secretariat, Puducherry
2. The Director of School Education, Puducherry.

**RULES AND REGULATIONS OF THE  
ALL INDIA CIVIL SERVICES YOGASANA SPORTS CHAMPIONSHIP 2023-24**

**THE YOGASANA SPORTS CHAMPIONSHIP WILL BE HELD IN THE FOLLOWING FIVE CATEGORIES:**

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

**1. TRADITIONAL SOLO YOGASANA SPORTS 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)
SALAMBA SARVANGASANA URDHVA MUKHA PASCHIMOTTANASANA- 1 PRASARITA PADOTTANASNA -2	SETU BANDHA CHAKRASANA PADAM MAYURASANA KARNAPIDASANA EK PADA RAJKAPOTASANA

**UNDER-40(MEN & WOMEN) FINAL ROUND**

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
KROUNCHASANA PADAM PINDASANA PARIGHASANA	PARIVRITTA HANUMANASANA NATRAJASANA KUKKUTTASANA ADHO MUKHA HASTOTTANASANA

**ABOVE -40(MEN & WOMEN)FIRST ROUND**

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
VEER BHADRASANA-III UTHITTA PADAMASANA PARIVRITTA DHANURASANA	BAKASANA PASHASANA LAGHU VAJRASANA URDHAVA PADAM SARVANGASANA

**ABOVE -40(MEN & WOMEN)FINAL ROUND**

COMPULSORY ASANAS	OPTIONAL ASANAS (ANY TWO)
HANUMANASANA -II VIPARIT VIRBHADRASANA SUPTA KURMASANA	PADANGUSHTHA DHANURASANA ARDHVA PADAM SARVANGASANA KUKUTTASANA PARSVA KONASANA

- i. Separate competition will be held for male and female competitors
- ii. Individual Participants have to 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 SPORTS COMPETITION

- i. Separate competition will be held for male and female competitors.
- ii. Artistic (Solo) Yogasana competition consists of presentation of various asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting, performed with music.
- iii. It is synchronization of body movement with music (without break).
- iv. Number of postures performed should be 8-10 of competitor's choice.
- v. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- vi. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- vii. The transition from one posture to another posture should be slow & Artistic.

## 3. ARTISTIC PAIR YOGASANA SPORTS COMPETITION

- i. Artistic Pair Yogasana Competition will be held for male and female separately.
- ii. Artistic Pair Yogasana consists of presentation of various Asanas (postures) forward bending, backward bending, hand balancing, leg balancing and twisting including pyramid making, 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.
- v. Making of pyramid will be given preference.
- vi. Synchronization of body movements with music will be given top preference.
- vii. Number of postures performed should be 8-10 of competitor's choice.
- viii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- ix. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- x. The transition from one posture to another posture should be slow, Artistic and Synchronized.

## 4. RHYTHMIC PAIR YOGASANA SPORTS COMPETITION

- i. Rhythmic Yogasana Competition will be held for male and female separately.
- ii. Rhythmic Yogasana is also known as pair Yogasana. Rhythmic Yogasana Sports is the presentation of various asanas (postures) i.e. forward bending, backward bending, hand balancing, leg balancing and twisting 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. There should be perfect synchronization of body movements with the music.
- vi. Number of postures performed should be 8-10 of competitor's choice.
- vii. **Time duration for the presentation will be 150 to 180 seconds (2½ to 3 minutes).**
- viii. **The competitor will maintain each posture for atleast 5 seconds during the performance.**
- ix. The transition from one posture to another should be Slow, Rhythmic and Synchronized.

**PROFORMA**

Entry form for All India Civil Services Tournaments Selection Trials 2023-24

Name of the Discipline :

Name of the Department:

Sl. No.	Name of the Official & Designation	Date of Birth	Name of the Office / Department in which employed	Employee I.D. Number	Date of Entry Into service/ Date of present posting	Whether Regular/ Casual/ Daily worker	Whether the Department is full fledged Government	Residential address of the Govt. Servant with <u>Telephone No:</u>

SEAL

SIGNATURE :

Head of Office / Department :

Note: The participants should produce official Identity card at the time of selection trials.