



OM STERLING GLOBAL UNIVERSITY

(Established under Haryana State Private University Act-2006 and Approved by UGC under Section 2(f) of UGC Act-1956)

NH-52, Hisar - Chandigarh Road, Hisar-125001, Haryana (India)

Rules of Yoga Competition

- Each Aasan will consist of ten marks.
- The Yoga participants will be evaluated on the basis of flexibility, stability, concentration, and facial expressions etc. of the performer.
- The performer with highest score will be declared winner's accordingly.
- Judges decision will be final.
- Players should be in proper kit.
- Wearing of comfortable clothes will be favourable.