

3RD NATIONAL YOGA CHAMPIONSHIP 2026 (OPEN)



T shirt will be given
For registration On or
before 21.10.2026



CHAMPION OF CHAMPIONS CATEGORY

WINNER

CASH PRIZE
Rs.10,000
TROPHY

+

RUNNER

CASH PRIZE
Rs.5,000
TROPHY



Ranking Category
Trophy & Certificate



Advance Category
8 CYCLE

Venue : Sri Sankara Vidyalayaa Sr. Sec. School, Karur



01.11.2026, SUNDAY

K Vinodhini M.SC (Phy),
PGDY., M.SC (Yoga), B.Ed.,
Ph : 63694 79733

CONTACT

S PRABU M.A YOGA,
DIP YOGA & NAT., VARMA
Ph : 7010896262



Organised by
School Yoga Association of Tamilnadu
Reg. No : 76 / 2019
Sri Sankara Yoga Centre, Karur.



ONLINE / OFFLINE

Male & Female Separate Event

RANKING

Male & Female Separate Event

CATEGORIES

A	Pre-KG, LKG, UKG and 1st	3 Yrs - 6 Yrs
B	2nd to 4th	7 Yrs - 9 Yrs
C	5th to 7th	10 Yrs - 12 Yrs
D	8th to 12th	13 Yrs - 17 Yrs
E	UG, PG & 18 Yrs to 80 Yrs	

Certificate with Trophy

(Based on Score)

Participants Must do

3 ASANAS

(Own Choice)

Offline Fee Rs. 600

Online Fee Rs. 750

Participants can collect Certificate & Trophy depends upon their Score (Rank)



ADVANCE CATEGORY

Male & Female Separate Event

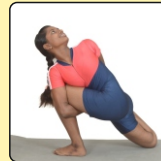
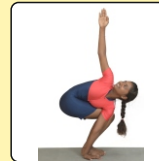
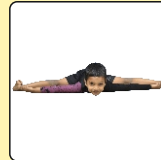
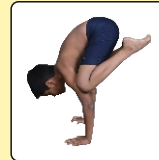
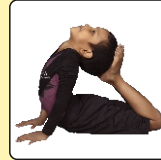


CATEGORIES

A	Pre KG to 2nd 3 Yrs - 7 Yrs
B	3rd to 6th 8 Yrs - 11 Yrs
C	7th - 10th 12 Yrs - 15 Yrs
D	11th, 12th, UG, PG Upto Age 80

PRIZES

1st PRIZE **CYCLE**
2nd PRIZE **TROPHY**
3rd PRIZE **TROPHY**



Participants Must do **5 ASANAS**

(2 from Chart & 3 Own Choice)

All Participants can get participation Certification and Shield

Offline Fee Rs. 800

Online Fee Rs. 950



ONLINE INSTRUCTIONS

Male & Female Separate Event

Instructions

- ✦ Shoot your video with High Definition for Max 2 mins
- ✦ Write your Name / Reg No. show before u start
- ✦ Edited videos will be disqualified
- ✦ Save your video as Name, Reg. No. & send to [7010896262](https://api.whatsapp.com/send?phone=7010896262)
- ✦ Participants will receive Certificates & Trophy depending upon their score (Rank) Directly or by courier

Schedule

7.30 am	Ranking
10.00 am	ADVANCE
2.00 pm	Champion of Champions
4.00 pm	Valedictory Function

**ENTRY
LAST DATE
21.10.2026**

T SHIRT - SIZE CHART

Age Size	1-2	3-4	5-6	7-8	9-10	11-12	13-14	15-16
	22	24	26	28	30	32	34	36
SIZE	XS	S	M	L	XL	XXL		
Inches	35"	36"	38"	40"	42"	44"		

**FOOD WILL BE
PROVIDED FROM
8.00 AM**

**SPOT ENTRY
AVAILABLE**
(T SHIRT WILL NOT BE
PROVIDED)

CHAMPION OF CHAMPIONS

Male & Female Combined Event

No Age Restrictions

(Age : 3 Years - 80 Years)

Participants Must do **5 ASANAS**

(from 5 Kinds of Asanas as mentioned below) and 3 Filtering Rounds

**1. Forward 2. Backward 3. Twisting
4. Leg Balancing 5. Hand Balancing**

Holding : 15 Sec

PRIZES

**WINNER
CASH PRIZE
Rs.10,000
TROPHY**

**RUNNER
CASH PRIZE
Rs.5,000
TROPHY**



Participation Fee Rs. 1200

All Participants can get participation Certification and Shield



3RD NATIONAL YOGA CHAMPIONSHIP 2026

(OPEN)



★ CHAMPION OF CHAMPIONS CATEGORY | RANKING & ADVANCE CATEGORY ★

SELECT T-SHIRT SIZE



Kids & Boys/Girls



Women's / Men's



Age (Years)	T-Shirt Size
1-2	22
3-4	24
5-6	26
7-8	28
9-10	30
11-12	32
13-14	34
15-16	36

Size	Chest (inches)
XS	35"
S	36"
M	38"
L	40"
XL	42"
XXL	44"



NOTE :

- 1 A free T-shirt will be provided to all participants who register on or before **21-10-2026**.
- 2 Participants may compete in all event categories; however, only **one T-shirt** will be provided per participant.
- 3 Participants must **confirm and provide their T-shirt size** at the time of registration. The T-shirt size cannot be changed later.



ORGANISED BY
SCHOOL YOGA ASSOCIATION OF TAMILNADU
Reg. No : 76 / 2019
SRI SANKARA YOGA CENTRE, KARUR.



K Vinodhini

M.SC (Phy), PGDY.,
M.SC (Yoga), B.Ed.,

📞 **63694 79733**

CONTACT

S PRABU

M.A YOGA., DIP YOGA &
NAT., VARMA

📞 **70108 96262**



📍 Venue : Sri Sankara Vidyalayaa Sr. Sec. School, Karur

Rules and Regulations

- ★ The competition is open to all individuals as well as members of Yoga Institutions, Schools, Colleges & Educational Institutions from any State.
- ★ Participation certificate and Trophy will be provided to all the participants.
- ★ The participants must bring their School ID, College ID Card for Verification.
- ★ Dress code : Boys Shorts only | Girls - Yoga tights, T-Shirt & Track pant.
- ★ Food will be provided to all Participants & Teachers.
- ★ Be on Time.
- ★ An Institution with a group of 25 or more participants will be honored. A trophy will be awarded to the institution with the highest number of winners and participants.
- ★ **Judges decision will be final.**
- ★ Participants must confirm their entry before **21.10.2026.**
- ★ **Registration fee can't be refunded / altered.**
- ★ Belongings and possessions are at your own risk.
- ★ **People with Serious health Issues should not participate in competition**



The competition committee reserves the rights to change the rules of the competition.

Bank Details

AC Name : **SCHOOL YOGA ASSOCIATION OF TAMILNADU**
AC Number : 0362387000000029
IFSC Code : DBSS0IN0362 Bank Name : DBS
Branch : Jawahar Bazaar Contact No : 99423 72448

Contact Person

T. Sanmugavel M.Sc., Yoga & Naturopathy
President, School Yoga Association of Tamilnadu,
Mobile No : 9942372448.
srisankarayoga@gmail.com



Registration Form Mailing Address

Sri Sankara Yoga Centre, Karur.
No. 528 / 774, Jawahar Bazaar, Udhayam Hotel Nearby, Karur – 639001.
E-mail : srisankarayoga@gmail.com Ph: 99423 72448.

3rd NATIONAL YOGA CHAMPIONSHIP - 2026

Organised by

School Yoga Association of Tamilnadu

Reg. No : 76 / 2019

Sri Sankara Yoga Centre, Karur.

No. 528 / 774, Jawahar Bazaar, Udhayam Hotel Nearby, Karur - 639001.

E-mail : srisankarayoga@gmail.com Ph: 99423 72448.

Venue : **Sri Sankara Vidhyalaya Sr. Sec. School, Karur.**

Date : 01.11.2026, (November) Sunday



REGISTRATION FORM

School / College Name

	Students Name List	Age Group	T Shirt Size	Ranking	Advance	Champion of Champions
1.				☐	☐	☐
2.				☐	☐	☐
3.				☐	☐	☐
4.				☐	☐	☐
5.				☐	☐	☐
6.				☐	☐	☐
7.				☐	☐	☐
8.				☐	☐	☐
9.				☐	☐	☐
10.				☐	☐	☐
11.				☐	☐	☐
12.				☐	☐	☐
13.				☐	☐	☐
14.				☐	☐	☐
15.				☐	☐	☐
16.				☐	☐	☐
17.				☐	☐	☐
18.				☐	☐	☐
19.				☐	☐	☐
20.				☐	☐	☐
21.				☐	☐	☐
22.				☐	☐	☐
23.				☐	☐	☐
24.				☐	☐	☐
25.				☐	☐	☐