



ASHA MODERN INTERNATIONAL

3.5 Km, Janta Road, Saharanpur, Uttar Pradesh (247001)

Phone: +91 94127 43400, Website: www.ashamodern.in

Proud host of the

CBSE

NATIONAL YOGASANA TOURNAMENT

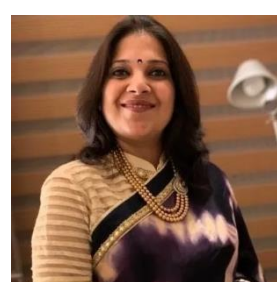
8th - 12th September, 2025



CHAIRPERSON
Mz. ASHA JAIN



DIRECTOR
ER. BHAVYA JAIN



JOINT DIRECTRESS
MRS. ROOPALI JAIN



PRINCIPAL
DR. RUCHI SHARMA

IMPORTANT DETAILS OF THE NATIONAL TOURNAMENT

8th– 12thSEPTEMBER, 2025



ASHA MODERN INTERNATIONAL

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Uttar Pradesh-247001

ANNEXURE –A INVITATION LETTER

Dear Principal,

It is a matter of great pride and pleasure to inform you that Asha Modern International School, Saharanpur has been entrusted with the responsibility of hosting the CBSE National Yogasana Tournament (Girls) for the session 2025-26.

We take this opportunity to extend a cordial invitation to all qualified teams and players to participate in this prestigious event, which is scheduled to be held from 8th to 12th September 2025.

The Asha Modern International School family eagerly looks forward to welcoming each participant and accompanying official to our campus. We are committed to ensuring a well-organized, memorable, and enriching experience for all.

Please find enclosed the following documents for your kind reference.

S.No.	DOCUMENTS	ANNEXURE
(1)	Invitation Letter	A
(2)	Important Information	B
(3)	Yogasana Rules as per CBSE	C
(4)	Consent of Participation	D
(5)	Students Registration Form	E
(6)	Officials' Photographs	F
(7)	Team Photographs with Principal	G
(8)	Travel Plan	H

For participation, kindly visit the CBSE Sports website at www.cbseports.in and submit your entries online.

Transport facilities will be available only from Saharanpur Railway Station and Bus Stand. You are requested to kindly plan your travel accordingly.

To ensure smooth arrangements for lodging and boarding, we request you to share your complete travel itinerary by 15th August 2025.

Kindly fill the google form given below to share participant details:

https://docs.google.com/forms/d/e/1FAIpQLSdwW4ovEtOzaHjiJOeNaSJ1GK1Hbfl1JUmezwyCiWb5N60_dQ/viewform?usp=header

The Asha Modern International School family eagerly looks forward to welcoming all participants and accompanying officials to this grand event.

Warm regards,

Principal

Asha Modern International School

Saharanpur, Uttar Pradesh

ANNEXURE - B

S.No.	Event	CBSE NATIONAL YOGASANA TOURNAMENT 2025-26
1	Date	8 th - 12 th September, 2025
2	Host School	Asha Modern International School, Saharanpur
3	Correspondence Address	Asha Modern International School 3.5 km, Janta Road, Saharanpur, Uttar Pradesh - 247001
4	Inaugural Ceremony	8 th September, 2025 (Monday), 9:00 a.m.
5	Valedictory Ceremony	12 th September, 2025 (Friday), 4:00 p.m.
6	Office Contact No.	+91 9412743400
7	Email	81240@cbseshiksha.in
8	Website	www.ashamodern.in
9	Location	3.5 km, Janta RoadSaharanpur, Uttar Pradesh – 247001 Google Map: https://maps.app.goo.gl/676M2RjCsrC1nQWw8?g_st=aw
10	Principal's Contact	+91 6395913639
11	Organizing Secretary	Mr.AmitChaudhary (+91 7017069301)
12	Front Desk In-charge	Mr.ShubhamTyagi (+919837675339)
13	Accommodation Manager	Mr.Satish Kumar (+91 9412743400)
14	Sports In-charge	Mr.Mohit Sharma (+91 8218397220)
15	Mess Incharge	Mr. M.P Singh (9149195428)
16	Team Managers' Meeting with Officials	8 th September 2025, After Inauguration
17	Transport Facility	Transport facility will be provided fromSaharanpur Railway Station & Bus Stand. Contact Mr.Satish Kumar (+91 9412743400)
18	Lodging/Boarding Facility	Lodging and boarding facilities will be available from the evening of 7 th September2025, starting with the dinner.

YOGASANA RULES AS PER CBSE SPORTS (Girls)

ANNEXURE - C

Tournament Guidelines & Rules

1. The tournament shall be conducted in accordance with the latest and revised rules of the Yoga Federation of India, with modifications wherever applicable.
2. A maximum of five (05) players per category (U14 / U17 / U19) may represent a school.
3. All matches at the National level shall be conducted as per CBSE guidelines.
4. In the event of a tie in league matches, the following procedure will determine the winner and runner-up:
 - a. If two teams are tied, the team that defeated the other in the league match will be declared the winner.
 - b. If more than two teams are tied, the decision will be on the basis of points scored and points against. The team with the highest quotient will be the winner.
 - c. If the tie still persists, the difference between points scored and points against will be used. The team with the highest positive difference will be declared the winner (again, counting only the matches among the tied teams).
5. All participating teams must bring their playing kits (uniforms), yoga mats, and any other required materials.
6. The team listed first in the fixture will sit on the left side of the Officials' Table and will score towards the right side of the court.
7. The host school shall take a group photograph of all teams qualifying for SGFI or other advanced competitions. This photograph must be attested by the host school Principal and forwarded to the CBSE Sports Cell.
8. Protests, if any, must be submitted in writing within 20 minutes of result declaration, accompanied by a fee of ₹ 1000.
9. If a team intends to lodge a protest, the captain must sign the score sheet immediately after the match.
10. A team that forfeits or walks out of the court without completing the match will:
 - Lose the right to submit any protest
 - Be debarred from the rest of the tournament

ANNEXURE - D

**PROFORMA OF LETTER FOR SENDING CONSENT OF PARTICIPATION TO THE
ORGANIZING SCHOOL**

(To be submitted on the School Letterhead)

To
The Principal
Asha Modern International School
3.5 km, Janta Road
Saharanpur, Uttar Pradesh – 247001

**Subject: Consent for Participation – CBSE National Yogasana Tournament (Girls)
2025-26**

Dear Madam/Sir,

This is to inform you that our school will be participating in the CBSE National Yogasana Tournament (Girls) 2025-26, being organized by your esteemed institution from 8th to 12th September, 2025.

Our team has emerged as Winner / Runner-up in the competition organized in our zone and has qualified to participate in the National level Yogasana Tournament.

We shall be forwarding the detailed entry Performa and all required documents, ensuring they reach you at least one week prior to the commencement of the tournament.

We look forward to your cooperation and to a successful tournament.

Thanking you.

Yours Sincerely

(Signature)
Principal

ANNEXURE – E
Student Registration Form

Name of the School with Address: _____

State: _____ Zone: _____ Position: _____

Age Cat.(Girls): U-14/ U-17/ U-19 (Tick as applicable) Event: Group: Rhythmic/ Artistic : (Tick as applicable)

S. No.	Name of the Student	Class	Admission No.	Unique Id	Date of Birth	CBSE Registration No. (For classes IX – XII)	Photograph attested by the Principal
1.							
2.							
3.							
4.							
5.							
6.							

Name of Coach/ Team Manager: _____

Contact Number: _____

Principal's Signature & Seal
(With Date)



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ANNEXURE – F

DETAILS OF OFFICIALS ACCOMPANYING THE TEAM

(Maximum two)

(To be submitted on your School Letterhead)

Name of the School with Address: _____

State: _____ Zone: _____

1.	Name of the Coach	Mobile No.	Photograph (attested by Principal)
2.	Name of the Manager	Mobile No.	Photograph (attested by Principal)

Principal's Signature & Seal
(With Date)



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ANNEXURE – G

TEAM PHOTOGRAPH WITH PRINCIPAL, TEAM MANAGER AND COACH
(7"x 5" inches) Duly Attested By the Principal
(On School Letterhead)



Principal's Signature & Seal
(With Date)



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ANNEXURE – H **TRAVEL PLAN**

Mandatory: This form must be filled in and sent to the organizing school by 15th August, 2025

Name of the School: _____

Affiliation No.: _____ Phone No.: _____

Full Address: _____

E-Mail: _____ Website: _____

Name of the Manager/Coach: _____ Mob. No.: _____

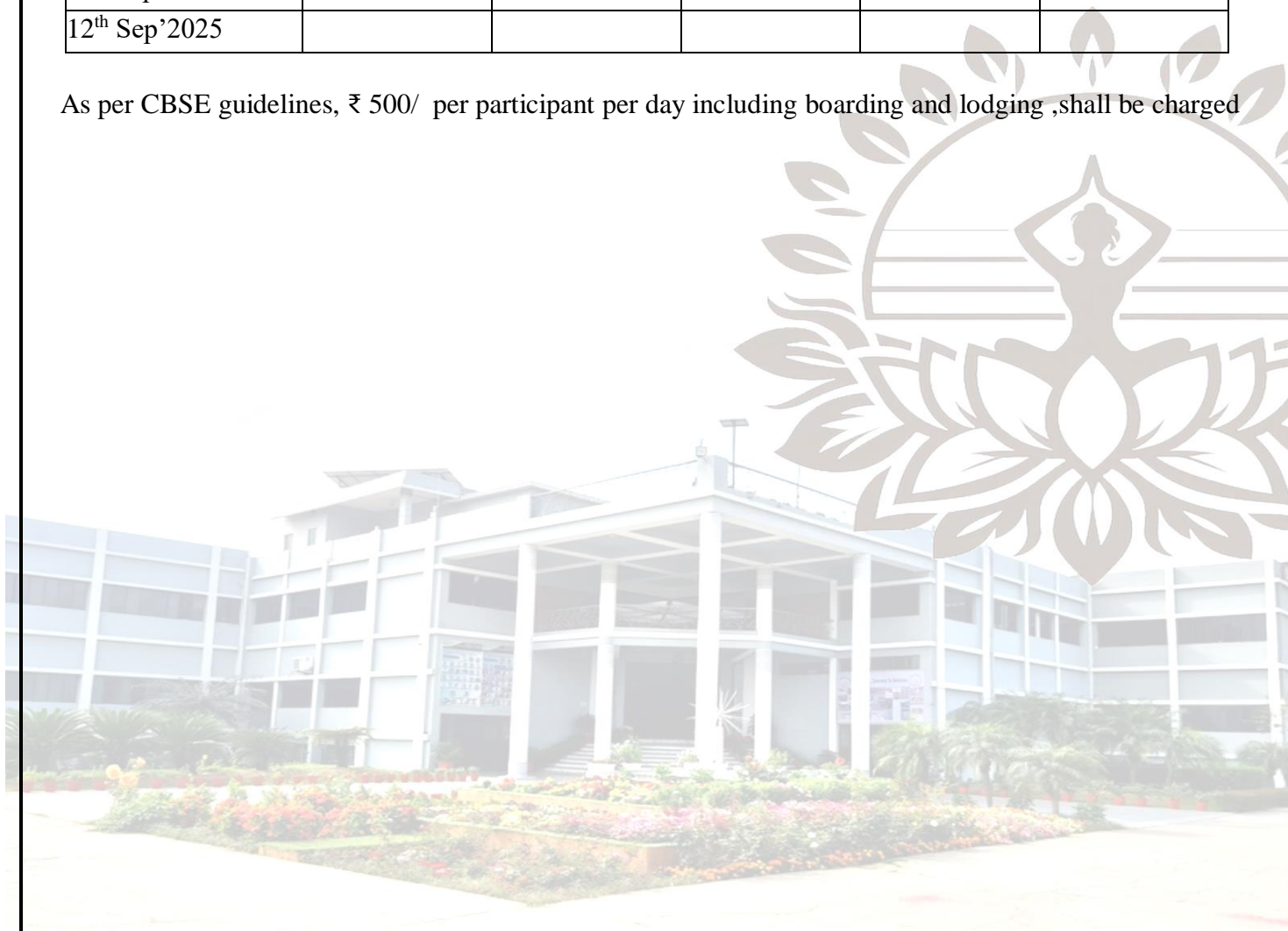
Mode of Transport: Train / Bus

(Tick the applicable mode)

Arrival at Saharanpur Junction / Bus Stand	Train/ Bus Name & No.: _____ Date of Arrival: _____ Time of Arrival: _____
Departure from Saharanpur Junction / Bus Stand	Train/ Bus Name & No.: _____ Date of Departure: _____ Time of Departure : _____
Number of Participants	
Number of Teacher/Coach	Male Coach: _____ Female Coach: _____
Others (if any)	

DATE	MEALS (NUMBER OF PERSON FOR MEALS)				
	Morning Tea	Breakfast	Lunch	Evening Tea	Dinner
7 th Sep'2025	N/A	N/A	N/A	N/A	
8 th Sep'2025					
9 th Sep'2025					
10 th Sep'2025					
11 th Sep'2025					
12 th Sep'2025					

As per CBSE guidelines, ₹ 500/ per participant per day including boarding and lodging ,shall be charged



Principal's Signature & Seal
(With Date)

IMPORTANT INFORMATION AT A GLANCE

SECURITY DEPOSIT NOTICE

A refundable security deposit of ₹ 5000/- per school is mandatory for participation. You may pay this amount either in cash or through a Demand Draft (DD) drawn in favour of **Asha Modern Educational Society** (to be payable at Saharanpur).

This amount will be refunded at the time of departure, after making deductions, if any, for:

- Damages to school property
- Misuse or loss of school facilities by the team

We request all schools to ensure that their team members maintain proper discipline and take care of the host school's property.

MEAL TIMINGS

Morning Tea	Breakfast	Lunch	Evening Tea	Dinner
6:00a.m. to 6:30a.m.	7:30 a.m. to 8:30 a.m.	1:00p.m. to 2:00p.m.	4:30p.m. to 5:30p.m.	7:30p.m. to 8:30p.m.

TRANSPORTATION

- School buses will be stationed at Saharanpur Railway Station and Bus Stand.
- Teams must send their Travel Plan in advance to facilitate pick-up and drop arrangements.

ACCREDITED REPRESENTATIVES (TEACHER/COACH/MANAGER)

- Every team must be accompanied by a Teacher/Coach/Manager nominated by the school Principal.
- Girls' teams must be accompanied by a female official.
- No team = No official = No participation.
- Parents/extra persons are not allowed on school premises or playfields.
- Max 2 officials per team, carrying valid School ID Cards.

PARTICIPATING SCHOOLS

- Report Date: 8th September, 2025.
- Team Managers' Meeting: 8th Sept, 2025 (After Inauguration)
- Participation only through CBSE Sports Portal registration.
- No handwritten/email/phone/spot entries.
- Teams must maintain the same composition from Zonal to Nationals unless approved by CBSE.
- All expenses are to be borne by the school.
- Mandatory documents and flags must be brought.
- Organizing school will not cater to schools making own stay arrangements

CODE OF CONDUCT

- Any form of misconduct, violence, damage, or indiscipline will lead to expulsion.
- School belongs to the Jain community — strictly vegetarian. No non-veg food allowed.
- Violations will be treated as serious indiscipline.

WITHDRAWING SCHOOL

- Must submit a written request to withdraw.
- Without prior intimation = ₹ 1000 penalty.

ELIGIBILITY

- Age cut-off: As on 31st December 2025.
- All teams must bring original documents and be officially entered through their Zone.
- Teams not meeting eligibility = Not allowed to participate.

DISQUALIFICATIONS

Disqualification may happen due to:

1. Ineligible player(s).
2. Non-bonafide students.
3. Misconduct or abusive behaviour.
4. Property damage.
5. Skipping March Past.
6. Indiscipline at the venue/accommodation.
7. Withdrawal without notice.

PROTEST

- Must be submitted within 1 hour of result, with ₹ 1000 fee.
- Reviewed by the Jury of Appeal, including:
- Host Principal
- Organizing Secretary
- CBSE Observer
- Chief Referee
- PE Department Representative
- Yoga Expert
- If accepted → fee refunded;
- If rejected → fee forfeited.

Jury's decision is final.

MANDATORY REQUIREMENTS UPON ARRIVAL

1. Team photo with Principal (as per Annexure G).
2. Original age/ID documents.
3. CBSE registration (IX–XII).
4. Online eligibility proforma.
5. For XI–XII students:
 - Self-attested Class X mark sheet with photo.
 - Photocopy of Birth Certificate (originals for verification).
6. Two school flags for March Past.
7. ₹ 5000 refundable deposit (via DD).
8. Consent form (Annexure D) – by 15th August.
9. Travel Plan (Annexure H) – in advance.
10. Aadhar Card or valid government ID.
11. School ID for all participants & officials.

BEST OF LUCK TO ALL PARTICIPANTS!