



Design & Print by : kam@kamstudio.net

STANDARD OPERATING PROCEDURE ON *Yoga & Sports Competition*

**Directorate General
National Disaster Response Force
Ministry of Home Affairs**

6th Floor, NDCC-II Building
Jai Singh Road, New Delhi-110001
Phone: 23438136 Fax-23438091,
Website: www.ndrf.gov.in

**National Disaster Response Force
Government of India**

Foreword

S. N. Pradhan, IPS
Director General, NDRF



National Disaster Response Force is a premier Force of the Government of India, constituted for the purpose of "specialist response to a threatening disaster or disaster like situation" under the Disaster management Act, 2005. NDRF is always committed to its motto "आपदा सेवा सदैव सर्वत्र". NDRF is to build a safer and disaster resilient India by developing a holistic, proactive and technology driven strategy for disaster response. The nation has great expectations from the NDRF in terms of successful execution of the Humanitarian Assistance and Disaster Relief (HADR) operations when the lives of our countrymen are endangered.

The world community has adopted India's tradition Yoga by establishing 21st June as "International Day of Yoga" through United Nations General Assembly (UNGA). Now Yoga Day is celebrated in more than 190 Countries across the globe. NDRF recognizes the importance of mental alertness and physical fitness as it faces life & death situations. Hence Yoga & Sports together make a vital contribution to enhance and sharpen the operational capability of the NDRF. Yoga & Sports is critically important to the morale, welfare and operational effectiveness of NDRF personnel. Active participation in Yoga & sports will facilitate the responders in learning to work in teams and also strengthen individual rescuers' mind, body and soul. Apart from keeping fit, it helps manage stress and anxiety and keeps the practitioner relaxed. It brings out best in the people and stimulates hunger to compete healthily. Hence Sports competitions amongst Battalions (BNs) of the NDRF should take forward this spirit of healthy competition.

It should be the aim of all Commanders of different levels, to take personal and active interest in organizing Yoga & Sports in the Units/Sub-Units and to encourage the true spirit of sportsmanship. The purpose of this SOP is to establish the procedure for smooth conduct of the Yoga & Sports competition for generating the sense of competitive spirit amongst all the Bns & Zones of the Force. There should be great competition, but with camaraderie, respect and sportsmanship.

I am confident that this SOP would prove very useful for all Battalions, Zones and Trg Branch HQ NDRF to ensure smooth and efficient conduct of Inter-Bn & Inter Zonal Competitions.

Contents

S.N.	PARTICULARS	PAGE NO.
1	INTRODUCTION	4
2	AIM	4
3	OBJECTIVE	5
4	SCOPE	5
5	EVENTS	5
	A. YOGA COMPETITION	5-7
	a. Yogasana Competition	
	b. Artistic Yoga Competition	
	c. Artistic Pair Yoga Competition	
	d. Rhythmic Yoga Competition	
	e. Free Flow Yoga Dance Competition	
	B. SPORTS COMPETITION	8
	a. Basketball	
	b. Football	
	c. Volleyball	
	d. Swimming	
6	Responsibilities	8-10
	a. Unit Commandants	
	b. DIsG (Zonal)	
	c. Directorate/Trg HQ NDRF	
	d. Directorate/Adm HQ NDRF	
7	METHODOLOGY & ASSESSMENT PARAMETERS	10
8	DISCIPLINES FOR YOGA & SPORTS COMPETITION	10
	a. Yoga Competition	
	b. Sports Competition	
9	BUDGET FOR SPORTS KIT/EQUIPMENTS	11
10	PRIZES/TEAMS CHAMPIONSHIP	11

Contents

11	ACCOMMODATION	11
12	ZONAL & BN FLAGS	12
13	IMPORTANT NOTICE	12
14	GUIDELINES FOR CONDUCTING INTER ZONAL YOGA & SPORTS COMPETITION	12
15	GENERAL INSTRUCTIONS	12-14
	a. Overall Responsibility	
	b. Trophies	
	c. Certificates	
	d. Equipment for Yoga Competition	
	e. Dress of Competitors	
	f. Medical Fitness	
	g. Date of Birth (Cut-off Date for Eligibility)	
	h. Responsibilities of Competitors, Team Coach and Team Managers.	
16	OTHER GUIDELINES OF INTERZONAL YOGA & SPORTS EVENT FOR CONDUCTING UNIT	15
17	CONCLUSION	15
18	APPENDIX-A	16
19	CERTIFICATE	17-18

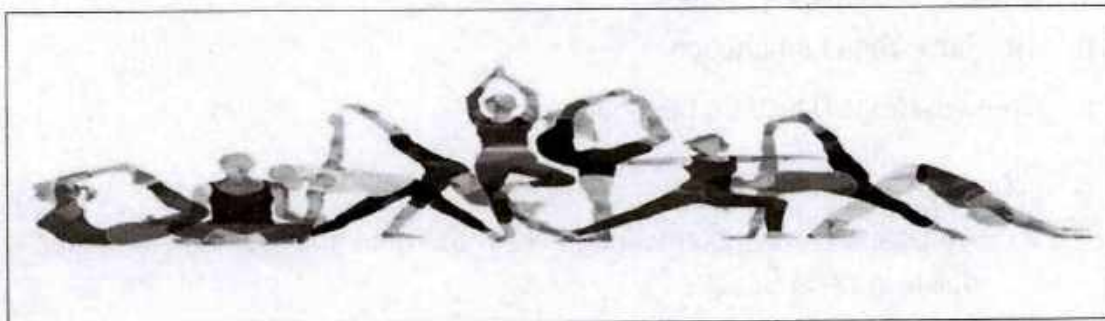
STANDARD OPERATING PROCEDURE (SOP) FOR CONDUCTING YOGA & SPORTS COMPETITION IN NDRF

1. INTRODUCTION:

The Disaster Management Act, 2005 gave the mandate for the raising of the NDRF as a multi-disciplinary, multi-skilled, high-tech, stand-alone force capable of effectively responding to all types of disasters and disaster like situations. NDRF is a federal agency of Disaster Response in India.

NDRF Personnel require both physical & mental strength to achieve the target for which they have been deployed. To strengthen the mental & physical ability of NDRF personnel, Yoga & Sports competitions have been designed with an aim to empower NDRF personnel to face any physical & mental challenges. NDRF recognises the importance of mental & physical fitness as it faces life and death situations often requiring mental alertness and physical exertion where a life depends on the mental alertness and physical fitness of a responding NDRF official.

Yoga & Sports help in strengthening an individual's mind, body and soul. Apart from keeping physically fit, it helps manage stress and anxiety and keeps one relaxed. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. In promoting a culture of health and wellness, importance of Yoga & sports can hardly be overstated. This SOP aims to frame guidelines for Inter Zonal Yoga & Sport Competition to promote a culture of health, fitness and sportsmanship.



2. AIM:

- a) The aim of SOP is to conduct the Inter Zonal & Inter-Bn Yoga & Sports Competitions for NDRF personnel.
- b) To enhance physical and mental robustness of NDRF personnel and foster team-spirit amongst them.

3. OBJECTIVE:

- a) The Objective of this SOP is to establish the procedure for smooth conduct of the Inter Zonal & Inter Bn Yoga & Sports Competitions.
- b) To generate the sense of competitiveness spirit & fervour amongst all the personnel of the Force.
- c) To select promising players to represent our country.

4. SCOPE:

- a) To define a "Standard operating procedure" for smooth conduct of Yoga & Sports Competitions and assessments of new talents in the NDRF.
- b) The SOP applies to all elements of the Bns, Zones & HQ NDRF who shall be participating and involved in conducting the sports competitions.
- c) To provide framework for competition that will ensure the standards and fairness of competitiveness to be maintained at all levels.
- d) Compliance with this SOP is mandatory.
- e) The SOP is a guideline and shall be reviewed periodically on the basis of lessons learnt.

5. EVENTS:

The events that will be under taken during the Yoga & Sports Competitions are mentioned below:-

A. YOGA COMPETITION:

The following events will be under taken during the Yoga Competition:-

- a. Yogasana Competition
- b. Artistic Yoga Competition
- c. Artistic Pair Yoga Competition
- d. Rhythmic Yoga Competition
- e. Free flow Yoga Dance Competition

a. Yogasana Competition

- i. Yogasana competition will be held in the men and women categories in the following Age Group:-
 - a) 21 – 35 Years men & Women.
 - b) Above 35 Years Men & Women.
- ii. 10 postures will be performed by the players in each age group as per the Syllabus prescribed. The Rules/Regulation and Syllabus has been mentioned in the **Appendix-A**.
- iii. Holding time for each asana will be 30 seconds.

b. Artistic Yoga Competition

- i. The Artistic Yoga Competition will be held for males and females separately for age group 21 - 35 and above 35 years.
- ii. Artistic Yoga consists of presentation of various asana (postures) including forward and backward bending, balancing, lying postures, sitting postures, etc. 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 120 to 150 seconds.
- vi. The competitors will maintain each posture for at least 3-5 seconds during the performance.
- vii. The transition from one posture to another posture should be slow and Artistic.

c. Artistic Pair Yoga Competition

- i. The Artistic Pair Yoga Competition will be held in either both male and both female separately in age group 21 to 35 & above 35 years.
- ii. Artistic Pair Yoga consists of presentation of various asana (postures) including forward and backward bending, balancing, lying postures, sitting postures etc. 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 give top preference.
- vii. Numbers of postures performed should be 8-10 of competitor's choice.
- viii. Time duration for the presentation will be 120-150 Seconds.
- ix. The competitors will maintain each posture for at least 3-5 seconds during the performance.
- x. The transition from one posture to another posture should be slow, Artistic and synchronized.

d. Rhythmic Yoga Competition

- i. The Rhythmic Yoga Competition will be held in either both male and both female separately.

- ii. Rhythmic Yoga is also known as pair Yoga. Rhythmic Yoga is the presentation of various asana (postures) including forward bending, backward bending, balancing, lying postures etc. performed with music.
- iii. The same posture should be performed by the pair together.
- iv. The Number of postures performed should be 8-10 of competitor's choice.
- v. There should not be any body touch between the two participants.
- vi. There should be perfect synchronization of body movements with the music.
- vii. Number of postures performed should be 8-10 of competitor's choice.
- viii. Time duration for the presentation will be 120- 150 seconds.
- ix. The competitors will maintain each posture for at least 3-5 seconds during the performance.
- x. The transition from one posture to other posture should be slow, Rhythmic and synchronized.

e. Free Flow Yoga Dance Competition

- i. Only one team from each Zone can participate in the Free Flow Dance Competition in One Open Age Group i.e. 18 to 35 years (Boys, Girls or both mixed).
- ii. It is the presentation of various asana (postures) including forward bending, backward bending, balancing, lying postures etc. performed in dancing movements with music, preferably with some theme.
- iii. The team can perform same postures/different postures/ Pyramids/Free Flow movements.
- iv. There should be perfect synchronization of body movements with the music.
- v. Number of postures performed should be 8-12 Combinations of Asana of competitor's choice.
- vi. Time duration for the presentation will be 180-210 Second (3 to 3½ minutes).
- vii. The Competitors will maintain each posture for at least 3-5 seconds during the performance.
- viii. The transition from one postures to another postures should be slow, Rhythmic, synchronized and in dancing movement.
- ix. Their performance in the Free Flow Yoga Dance Competition should be with some theme.

*** Note:**

- 1. No prop will be allowed during the performance of Artistic, Artistic Pair, and Rhythmic Yoga Competition & Free Flow Yoga Dance competition.
- 2. Devotional Music/Spiritual Mantras/Classical Music will be given preference.

B. SPORTS COMPETITION:

There will be four games/sport in Inter Zonal & Inter Bn sports competitions:-

- a. Basketball
- b. Football
- c. Volleyball
- d. Swimming

** The competition in each discipline will be conducted as per All India Police Duty Meet (AIPDM) games/sport rules, regulations and measurements.

6. RESPONSIBILITIES:

a) Unit commandant :

- i. Unit Commandant to select teams of various disciplines after conducting Inter-Coy Competition well before the commencement of Inter battalion Competition. Inter-Coy Yoga & Sports Competitions shall be conducted under direct supervision of Unit Commandant.
- ii. The organising unit has to issue the detailed joining & administrative instructions and guidelines for smooth conduct of the competition.

b) DisG (Zonal) :

- i. The DIG (Zone) shall be responsible to conduct the Inter Bn Yoga & Sports Competitions in their zone.
- ii. Venue for Inter Bn Yoga & Sports Competition of their zone will be decided by respective Zone DIG.
- iii. To detail JUDGING & SELECTION COMMITTEE for Inter Bn Yoga & Sports Competitions of their zone. Its composition will be as per following:-

JUDGING & SELECTION COMMITTEE

PO:- Commandant/2IC

Member-1 DC/AC

Member-2 Inspector

(Board of Officers Detailed from other than organizing Bn)

- iv. Overall supervision of Conduct of Inter Bn Yoga & Sports Competitions in fair, impartial and cordial manners in their zone.

c) Directorate (Trg) HQ NDRF

- i. To plan and circulate schedule for "Annual Inter Zonal & Inter Bn Yoga & Sports Competitions Calendar" in the month of September every year.
- ii. To detail an organizing committee, other committees and venues for Organising Inter Zonal Yoga & Sports Competition semi-finals & finals in fair, impartial, and cordial manner as per the following compositions:-

aa) ORGANISING COMMITTEE:-

Chief patron:-	Director General NDRF
Patron Chairman Member:-	Inspector General Dy Inspector General (Trg)
Organizing Secretary:-	Commandant of Organizing Unit

bb) JURY OF APPEAL

Chairman:-	DIG of Organizing Sector
Member:-	Commandant of Organizing Unit

cc) JUDGING & SELECTION COMMITTEE

PO:-	Commandant
Member: - 1	Second in command
Member: - 2	DC/AC
Member: - 3	Inspector

- iii. It shall be the responsibility of the Presiding officer as well as the members of the duly constituted committee who shall be responsible for smooth conduct of the Yoga & Sports Competitions, to ensure that all aspects of this SOP are adhered in the letter and spirit.
- iv. The Judging & Selection committee members should not be nominated from the Units contesting the finals.
- v. To scrutinize the proceedings prior to the approval of DG NDRF for declaring the winner of the Inter Zonal Yoga & Sports Competitions well before the NDRF raising Day every year .

d) Directorate (Administration) HQ NDRF

- i. To arrange running championship trophy along with the replica for the overall winner and runner up.

- ii. To arrange for individual certificates and medals for the winner and runner up in each event.
- iii. Provide funds to host as per requirement for organising the event.

7. METHODOLOGY & ASSESSMENT PARAMETERS

Each Zone will conduct "Inter Battalion Yoga & Sports Competitions Competition" and it will be completed by November of each year. One team from each Zone will go for Inter Zonal Sports Competition. Only semi-finals & final will be played at Inter Zonal Yoga & Sports Competition.

8. DISCIPLINES FOR YOGA & SPORTS COMPETITIONS

There is requirement of laying down optimum strength of various teams commensurate to the requirement of that particular event as well as considering the strength/manpower to be controlled, requiring intensive practice etc. Only five (05) Yoga events & four (04) sports events will be organized in NDRF. Accordingly, discipline wise strength of teams shall be as under:-

a. For Yoga Competition

S. No.	Discipline	Coach	Player	Remarks
i)	Yogasana Competition	01	Max. 03 Competitors of either in gender in each group form unit.	The team will consist of max. 08 players from each unit/ Bn.
ii)	Artistic Yoga Competition	01	One entry per each Bn will be allowed to participate in the Events.	
iii)	Artistic Pair Yoga Competition	01	One entry per each Bn Team in each category will be allowed to participate in the Events.	
iv)	Rhythmic Yoga Competition	01	One entry per each Bn Team in each category will be allowed to participate in the Events.	
v)	Free flow Yoga Dance Competition	01	Only one Entry (consisting of five players) from each Unit either all boys/ girls or mixed.	

b. Sports Competition

S. No.	Discipline	Coach	Player
i)	Basketball	01	10
ii)	Football	01	16
iii)	Volleyball	01	10
iv)	Swimming	01	As per AIPDM event

9. BUDGET FOR SPORTS KIT/EQUIPMENTS

Every year adequate budget is being allotted to all Bn under appropriate heads for procurement of sports items. Same may be utilized for providing kit and equipment for Bn sports teams. All Bn to provide proper kit to the respective teams well before of Bn Games.

10. PRIZES/ TEAMS CHAMPIONSHIP

Running Trophy will be awarded to the winner and runner-up teams of the tournament and medals will be awarded to the teams who secure First and Second positions in the Inter Bn & Inter zonal competitions.

11. ACCOMMODATION

All participants and Officials accompanying the teams will be accommodated at organizing Bn.



12. ZONAL & BN FLAGS

All participating teams are requested to bring their Bn Flags in "Inter Battalion Sports Competition" and respective Zonal flags in "Inter Zonal Sports Competition" for the games as under:-

- a) Hoisting Flag Size 6'x4' - 02 nos
- b) Flag for March past 3'x2' - 02 nos

13. IMPORTANT NOTICE

- (a) Organizing Committee will not entertain any disputed entry. The decision of jury of appeal would be final in this regard.
- (b) Protest, if any, be lodged with the jury of appeal within one hour of completion of the particular match with a protest fee of Rs. 500 /- (rupees five hundred only (non-refundable). If, however, the protest is upheld by the jury of appeal, the amount of protest fee would be refunded.

14. GUIDELINES FOR CONDUCTING INTER- ZONAL YOGA & SPORTS COMPETITION

Following guidelines shall be adhered by all concerned:-

- a) The Battalions which are earmarked to host particular event(s) shall circulate "Administrative Instructions" of the Yoga & Sports Competition 30 days before the commencement of the competition.
- b) Judging & Selection Committee for conducting Yoga & Sports Competition in fair, impartial and cordial manners and to select the best players for NDRF teams.
- c) While detailing Judging & Selection Committee, preference shall be given to those officials who are either from Yoga & Sports back ground or are competent to conduct sports competition in judicious manner.
- d) In "Inter Zonal Yoga & Sports Competition" only winner team players of "Inter Bn Yoga & Sports Competition" will participate from each Zone.

15. GENERAL INSTRUCTIONS:

- a) **Overall responsibility** of maintaining command and discipline shall be vested with the local Unit Commandant.
- b) **TROPHIES**

All Unit Commandants shall give running trophies to the winner and runner up teams in the Inter Coy Sports Competition. Similarly, the winner and runner up teams in the "Inter Zonal Sports Competition" shall also be awarded with the running trophies under the arrangement of organizing battalion.

c) CERTIFICATES

Certificates (as per enclosed sample certificates) will be issued to the participants/ teams who secure 1st & 2nd positions in various events. It will be distributed during the closing Ceremony either by the Zonal DIG or by the local Unit Commandant.

d) EQUIPMENT FOR YOGA COMPETITION:

- i. Stage/Arena : A stage/Arena of 15 Metres x 10 Metres (LxB) covered with carpet.
- ii. Wooden platform : Four wooden platform of 2.6 metres x 3 metres (LxB) with 0.35 metres (1 Feet) height, top covered with thick mat and sheet (for Four Yogasana Competitions).
- iii. A Stage/Arena of approx. 7 metres x 7 metres (LxB) covered with thick carpet for Artistic, Artistic Pair and Rhythmic Yoga competition.
- iv. There should be adequate illumination.
- v. Music system and sound system with CD players or musician for live performance would be required.

e) DRESS OF COMPETITORS:

For Yoga: The male competitors will wear Yoga/Gymnastics costume in the Yogasana competition and attractive costume in the Artistic Yoga, Rhythmic Yoga competition and Free Flow Yoga Dance competition.

The female competitors will also wear Yoga/Gymnastics Costume and attractive costume in the Artistic and Rhythmic Yoga Competition.

For Sports:- The male/ Female competitors will wear loose T-shirt and shorts along with Sports Shoes & Jersey in the sports competition. (As per instruction of AIPDM)

f) MEDICAL FITNESS:

The medical fitness certificate for all the participants is compulsory.

g) DATE OF BIRTH (CUT OFF DATE FOR ELIGIBILITY)

The cut-off date for deciding the eligibility in each age group will be the start date of commencement of the competition.



PROFESSIONAL YOGASANA – (ABOVE 30 YEARS MEN & WOMEN)

- | | |
|-------------------------|-----------------|
| 1. VRIKSHASANA | 7. HALASANA |
| 2. PASCHIMOTTANASANA | 8. MATSYASANA |
| 3. USHTRASANA | 9. CHAKRASANA |
| 4. BADDHA PADAMASANA | 10. DHANURASANA |
| 5. AKARNA DHANURASANA | |
| 6. ARDHA MATSYENDRASANA | |



Appendix-A

1. VRIKSHASANA

1. Back maximum stretched.
2. Arms touching the ear.
3. Both hands folded above the shoulders.
4. Gaze in front.



2. PASCHIMOTTANASANA

1. Knees on the front
2. Toes pointing up to be gripped with thumb and Index finger. Other three fingers folded inside.
3. Back maximum stretched with abdomen, chest, forehead touching legs
4. Elbows on the ground.



3. USHTRASANA

1. Things perpendicular to the ground
2. Palms on the heels
3. Knees, heels and toes together
4. Ankles touching the ground



4. BADDHA PADAMASANA

1. Both knees on ground.
2. Both toes gripped by thumb and index finger from back side.
3. Back, neck and head straight.
4. Shoulders in same line gaze forward.



5. AKARNA DHANURASANA

1. One leg stretched with toe pointing upwards, gripping with thumb and index finger.
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.
3. Back, neck and head maximum straight
4. Elbow stretched up with gaze in front.



6. ARDHA MATSYENDRASANA

1. Both buttocks on the ground
2. Shoulders and head in same line
3. Thigh to be gripped by hand after twisting the trunk position
4. Knee on the ground



7. HALASANA

1. Back to be maximum straight.
2. The legs maximum straight.
3. Arms parallel to each other up to shoulder width, palms on ground.
4. Toes together stretched, pointing outside.



8. MATSYASANA

1. Both knees on the ground.
2. Both elbows touching ground.
3. Gripping of toes with thumb and index finger.
4. Cranium of the hand touching ground



9. CHAKRASANA

1. Gap in hands and legs with both others at shoulder width
2. Arms and legs to be perpendicular to the ground.
3. Neck in between two arms with ears touching the arms.



10. DHANURASANA

1. Toes, heels and knees together
2. Naval on the ground
3. Gripping from ankles
4. Thighs buttocks and lower back making maximum action.

NATIONAL DISASTER RESPONSE FORCE



CERTIFICATE

It is certified that Regt No. _____

Rank ----- Name----- of -----BN NDRF is a member
of Winner/Runner-up team in Inter Zonal Volleyball/Football/Basketball/
Swimming/Yoga competition - YYYY organized by ---- Bn NDRF at -----.

DIG (Trg)
NDRF

Presiding officer
Judging & Selection
Committee

Inspector-General
NDRF

DIRECTOR GENERAL
NDRF

NATIONAL DISASTER RESPONSE FORCE



CERTIFICATE

It is certified that Regt No. _____

Rank ----- Name----- of -----BN NDRF who secured
1st/2nd position in Inter Zonal Swimming/Yoga competition-YYYY

organized by ---- Bn NDRF at -----.

DIG (Trg)
NDRF

Presiding officer
Judging & Selection
Committee

Inspector-General
NDRF

DIRECTOR GENERAL
NDRF

h) RESPONSIBILITIES OF COMPETITORS, TEAM COACH AND TEAM MANAGERS:

- i. Each person participating in the event has to know the rule and strictly respect them.
- ii. Every person taking part in the event should accept the referee/judge decision with a sportive attitude, without any discussion and without showing disagreement.
- iii. Every person taking part in the event should behave kindly and respectful, not only towards the jury but to other people also viz. referees, judges, coaches of other team, team managers, trainers, opponents, public etc.
- iv. Coaches and team managers have known the rules and strictly respect them; they should accept the referee decision with a sportive attitude, without showing disagreement.
- v. Before the competition, they have to (fill up the entry form with nominal roll, age group wise nominal roll and artistic events) Check-up name, categories in which the competitors will play.
- vi. Coaches/Team managers should be present during all documentation asked by the event organizers (identification list, medical certificate, risk certificate, DOB proof etc.)
- j) While conducting various Yoga & sports competition, the concerned Judging & Selection Committee shall refer to International Rules & Regulations of concerned events in case of any dispute.
- k) Host Bn shall ensure that all Yoga & Sports competition should be conducted in a dignified and distinguished manner.
- l) Host Bn to ensure that civil dignitaries/local Yoga & Sports personalities shall be invited during the sports competition.
- m) Wide media coverage and publicity on official website and social media (Twitter, Facebook, Instagram etc.) of these events should be arranged by local Battalion during the Yoga & Sports competition.
- o) On the occasion of "Raising Day of the NDRF", the overall winner trophy and certificate shall be awarded to the Bn which secures over all first position in all the disciplines.
- p) Professional umpires (referee) may be hired to conduct the matches to avoid any complicacies.
- q) All the events of Inter Sector Yoga & Sports Competition will be conducted simultaneously at different locations.

16. OTHER GUIDE LINES OF INTER ZONAL YOGA & SPORTS EVENT FOR CONDUCTING UNIT

- 503
- a) Booking of venue for opening ceremony. Booking of the stadium/ground for 02 days in advance from the date of opening
 - b) Proper accommodation for players.
 - c) Appointment of committee – organizing security, admin and logistics ceremonial, refreshment, media, printing and finance, safety and security, medical emergencies.
 - d) DO letters to chief guest, guest of honour, local dignitaries.
 - e) Preparation of minute to minute programme and approval of chief guest.
 - f) Arrangement of transportation for players, media, technical committees.
 - g) Preparation of brief of the event for the chief guest.
 - h) Preparation of the speech of Guest of honour.
 - i) Dress code of each event be circulated.
 - j) Reception centre for players at railway station, bus station.
 - k) Derailment of team- sports officers of each Bn to conduct the opening ceremony, March past, pledge and other drill. The captain administering oath should practice – preferably a day before the event.

17. CONCLUSION:

Above instructions/Guidelines are hereby issued for smooth conduct of Yoga & Sports Competition every year. However, if any changes/amendment arises in the rules and regulation of Yoga Federation of India, Sports Authority of India and AIPDM, same will be implemented in the instant SOP accordingly.

.....