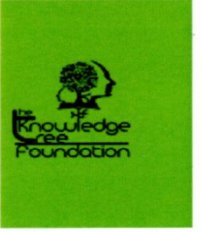




SCHOLAR'S HIGH

Under the aegis of trust "Knowledge Tree Foundation"



Affiliation no.: 3430681

A CBSE Affiliated 10+2 School

Subject: Invitation to Participate in the CBSE East Zone-Yogasana Competition 2025-26

Dear Principals

It is with great pleasure that I inform you that Scholar's High, Ramgarh, Jharkhand, will be hosting the CBSE East Zone Yogasana Competition from August 5th 2025, to August 7th, 2025. We cordially invite your esteemed institution to participate in this prestigious event, For outstation participants, registration will commence at 7:00 a.m. on 4th August, 2025. Accommodation and meals for all participants will be provided until 8:00 PM on August 8th, 2025. Enclosed, you will find detailed information for your reference.

To facilitate your participation, we request you to complete the following Google Forms:

School Registration form (single form for the entire school)<https://forms.gle/CgcQeU6Joq12AGAp6>

Participant Registration form (one form for each participant)<https://forms.gle/QkES1ukBaFP3dRQo7>

We extend a warm welcome to all participating teams and look forward to your active involvement in promoting the practice of Yogasana among students. **Kindly submit the Online Forms and send the filled out Performa (Annexure R2 to R6) to the designated email ids by the 20th of July, 2025.**

Scholarshigh2021@gmail.com as well as 66818@cbsesiksha.in

Thank you for your attention and cooperation.

With regards

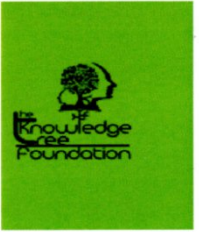
Mrs. GeetanjaliJajoo

Principal



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1. ABOUT US:

Scholar's High School, located in Ramgarh, Jharkhand, is one of the most prestigious co-educational institutions in the region. Established in 2018, the senior wing of the school follows the motto "Dream - Strive - Achieve", and is run by committed educationists who aim to deliver quality education through creative and collaborative methods.

The school began its journey in 2004 as a small Montessori/Preparatory school with minimal infrastructure. Over the years, it has grown into a respected institution recognized for its academic and co-curricular excellence.

Situated on Ranchi Road, Marar, the school boasts a grand and modern campus equipped with state-of-the-art facilities. These include well-equipped Science and Computer laboratories, a spacious and well-stocked library, activity rooms, music and art rooms, a medical room, and Smart Classes that enhance teaching standards.

Scholar's High School emphasizes a balanced and interactive learning environment that nurtures each student's curiosity, creativity, and confidence. With a strong focus on academics, intellectual growth, ethics, and community service, the school encourages holistic development. Sports and extracurricular activities are integral to the curriculum. The school provides ample opportunities for students to explore their talents, develop sportsmanship, and achieve recognition in various fields. Education here is seen as a lifelong journey, with a mission to instill a love for learning and a drive to excel at every stage.

2. GENERAL RULES AND REGULATIONS:

- a. **Organization of the Tournament:** Tournament will be organized based on latest CBSE Guidelines and Organizational Rules.
- b. **Schedule:** The events will be held from **August, 5th - 7th 2025.** Participating teams must report on **August 4th 2025, at the latest by 05:00 p.m. (1700Hrs.)** before the managers meet.
- c. **Details and location of the host schools:** The event will be hosted by 'Scholar's High, Ramgarh-829117'. The school is situated at the highway NH 33.
 - ✓ Ramgarh Railway Station is 4.5 Kms from the School.
 - ✓ Barkakana Railway Junction (5-10 min stoppage) is 8.5 Kms from the School.
 - ✓ Ranchi Road Railway Station 2 Kms from the School.
 - ✓ Ramgarh Bus Stand is 4.2 Kms from the School.
 - ✓ Naya More is 7.5 Kms from the School.

Pick up from these points will be arranged by the school, if informed in advance.

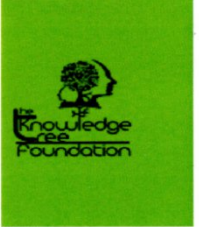
From Ranchi:-

- ✓ Birsa Munda Airport, Ranchi 52 kms
- ✓ Ranchi Railway Station 55 kms
- ✓ Hatiya Railway Station 60 kms



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Pick up will need to be arranged with travel agents.(on extra payments)

- ii. **Weather Conditions:** The weather in Ranchi in the month of August is pleasant and comfortable.
- iii. The minimum expected temperature is 25 -26⁰ C and maximum expected temperature is 32 - 34⁰ C. Kindly keep clothing accordingly.
- d. **Ceremonial Regulations:** Participation in the Opening Ceremony and Closing Ceremony will be compulsory for the participating teams.
- e. **Dress Code for Ceremonies:**
 - i. **Opening Ceremony:** Participating teams must be in School Uniform.
 - ii. **Closing Ceremony:** The teams playing the final match will be in school uniform whereas non-playing teams must be either in school uniform or Yoga dress (school sports dress).
- f. **School Flags:** Each participating school must bring 02schoolflags (size 4.5 ft X 3 ft each),(one to be hoisted and the other for the March Past)which they will hand over to Incharge Registration on arrival. Team Managers are requested to collect their school flags from the venue/sports office after the closing ceremony of the tournament on **August 7th , 2025**.
- g. **Arrival Schedule and Attending of Team Official's Meeting:** Itenary at welcome kit.
 - i. **Team's Reporting at Host School on August 4th, 2025 by 1700Hrs.**
 - ii. **Travelling Arrangements: The host school will be providing transportation from the location mentioned only .**
 - iii. **Official's Meeting:** Team Managers and Coaches are required to attend an Official's Meeting on the same day at **(07:00 p.m.)**
- h. **Identity Cards:** All coaches & managers and all players are required to wear their IDs or carry their IDS at all time. The School Identity Cards of all the players and self which need to be produced before or during the tournament on demand, anywhere on the school campus.
- i. **Medical First-Aid:** In the event of any unfortunate accident or injury to any player on the field or otherwise, first-aid will be available. The escorts are, however, requested to have with them the phone numbers and residential addresses of the players for immediate communication, if need be. Each school must submit Medical Fitness Certificate (Proforma enclosed) on arrival. The host school will not be responsible for any loss, illness, or accident, which may occur during the travelling, stayand/orplaying.
- j. **Account Settlement:** The Team Incharges of the participating teams must settle The accounts before departure from the host school.



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Only vegetarian meals will be served as per the school menu.

- k. **Following the Schedule:** The participating teams must adhere to all timings pertaining to the matches as also the daily schedule. Any transgression of this will be the responsibility of the team Manager/Escort.
- l. The decision of the Organizing Committee on all matters of dispute will be final and binding to all concerned.

For any clarification/assistance please feel free to contact

Mr. Vishnu Sharma Mob: 9113727197 (Discipline Incharge)

Mr. Uttam Kumar Mishra Mob: 6200881876 (Program Coordinator)

Mrs. Neha Raj Banerjee Mob: 8340475139 (Event Coordinator)

Mr. Ashok Yadav Mob: 8936805380 (Sports teacher)

EmailID: scholarshigh2021@gmail.com

3. BOARDING LODGING & GENERAL DISCIPLINE:

- a. Scholar's High Ramgarh will provide accommodation to all outside teams in the school's classrooms.
- b. The team managers & Coaches of outside teams shall be required to stay with their teams only. Female teams will need to be accompanied by female (Manager/coach).
- c. Teams shall be provided with bedding (mattresses). However, teams must carry their own blankets and bedsheets etc.
- d. The teams wanting to leave before the Closing Ceremony for any reason must inform the host school in writing 24 hours in advance of its departure time. Only then they will be eligible for the refund of the payment deposited against meals only. However, the refund shall be applicable only for the post 24 hours balance meals coupons.
- e. All teams are expected to carry their own lock, key and mosquitos' repellents.
- f. **The Team Incharge will be responsible for the conduct of his/her player/team on and off the field.**
- g. The team will be responsible for their belongings and are advised not to carry any expensive item with them. Heavy cash, jewelry, valuable electronic gadgets, cellphones and other valuable articles are not allowed in the school premises for the students/players.
- h. The players, coaches and managers are expected to strictly adhere to the Rules and Regulations and Spirit of the Game and maintain a healthy sporting atmosphere during



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the event. Any unfair and unwarranted behaviour and indiscipline on the part of any player/official/team will lead to the team disqualification from the event and the team may be asked to leave immediately. Also, the matter will be reported to the concerned Head of School, Dy. Director Sports CBSE.

i. All teams will retire to their respective rooms not later than 10:00 pm.

j. **No Unauthorized Outing: No player/team is allowed to go out of the school campus without permission on failing which a strict disciplinary action will be taken against the team. However, in exigencies, Team Incharge may seek permission for the same from the principal of the host school.**

k. Any damage done to the property of the host school during the stay by any participant/team will have to be compensated by the respective team's Coach/Manager. All the teams are expected to maintain discipline during their stay/participation in the tournament.

l. Consumption of tobacco, liquor, smoking and/or any substance (in any form) is strictly prohibited on the campus and will lead to immediate disqualification and exit from the competition venue.

m. Coaches/Team managers shall be staying in the school's hostel/classrooms with their students only. No separate accommodation shall be provided for the coaches/team managers.

n. **Participation Charges: Entry Fee and Boarding and Lodging Charges will be as per CBSE norms (as given below) and must be deposited to the host school on arrival at registration counter of the host school.**

i. **Boarding and Lodging Charges @ Rs. 500/- per member per day of the team (including escort, coach, and team manager staff). (No Cash Policy) Deposit at the time of registration only.**

ii. **Caution Money: Rs. 5000/- per team/school (Shall be refunded at the time of departure if there is no damage to the school's property by your team)**

iii. **All payments will be received through QR Code. (Cashless payments will be encouraged.)**

o. Any violation of the eligibility and indiscipline on the part of any team or its members will lead to disqualification from the tournament and the player/team may be asked to leave the premises immediately.

Please inform in advance of 4th August Dinner (@ Rs.250 per member) and 8th August breakfast (@ Rs. 150 per member)



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4. IMPORTANT DATES AT A GLANCE

Arrival of Teams	August 4 th , 2025	05:00 p.m.
Managers Meet	August 4 th , 2025	07:00 p.m.
Opening Ceremony	August 5 th , 2025	09:00 a.m.
Closing Ceremony	August 7 th , 2025	03:00 p.m.

5. MEALS TIMINGS:

Morning Tea (Only for Escort Teachers)	06:00 a.m. to 06:15 a.m.
Breakfast	07:00 a.m. to 08:30 a.m.
Lunch	12:45 p.m. to 02:15 p.m.
Evening Snacks	04:45 p.m. to 05:30 p.m.
Dinner	07:00 p.m. to 08:30 p.m.

YOGASANA (Boys & Girls)

The event will be conducted for Boys and Girls Category in Under-14, Under-17 and Under-19 age category at Zonal and National level.

- a) Group Competition (Maximum 5 players and minimum 4 players can participate, however, if team has less than 5 players then they will not qualify for group championship)
- b) Individual Rhythmic Yoga Competition
- c) Individual Artistic Yoga Competition.
An individual team member can participate in the group competition and any one out of the two individual championships mentioned above.

(i) The Group competition will include the following asanas:

Group A

1. Paschimottanasana
2. Sarvangasana
3. Matsyasana
4. Dhanurasana (Competitor can perform Purna Dhanurasana)
5. Purna Matsendrasana
6. Uttanapadasana

Group B

1. Purna Chakrasana
2. Kukutasana
3. Garbhasana
4. Bhumasana
5. Purna shalabhasana
6. Bakasana

Group C

1. Sankhyasana
 2. Vyaghrasana
 3. Urdhava Kukutasana
 4. Shirshasana
 5. Utthit Padahasthasana
 6. Utthit Titivasana
1. The asanas of Group A to be performed and retained for age group:
Below 14 Yrs.: 1.30 minutes.
Below 17 & 19 Yrs.: 2.30 minutes.
 2. The asanas of Group B to be performed and retained for age group:
Below 14 Yrs.: 20 seconds.
Below 17 & 19 Yrs.: 30 seconds.
 3. The asanas of Group C to be performed and retained for age group:
Below 14 Yrs.: 15 seconds.
Below 17 & 19 Yrs.: 20 seconds.
 4. At the time of competition asanas from Group A and Group B will be decided by draw system on the spot. While Group C any one asana can be selected by the competitor.
 5. Three compulsory asanas are to be performed in the given list of Group A, B and C. In addition to this, two other asanas of the competitor's choice are to be performed excluding compulsory asanas.

A total of 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and competitors will be given marks out of a total of 50 marks.

6. A competitor will be allowed a maximum of three attempts for optional asanas in Group C and their own choice. No choice will be given for Group A and Group B.

Details distribution of Marks:

- | | | |
|----|----------------------------------------------------------|--------|
| a) | Way to performance to reach the final stage of the asana | 1 Mark |
| b) | Perfect posture of the asana | 4 Mark |
| c) | Exhibition of the asana without tension and trembling | 2 Mark |
| d) | Stay in asana for a fix time | 2 Mark |
| e) | Returning to the original position | 1 Mark |

7. Surya namaskar is compulsory asana for final round of competition.

A total of 10marks as per following division:

- | | | |
|----|---------------|--------|
| a) | Body posture | 3 Mark |
| b) | Forward bend | 3 Mark |
| c) | Backward bend | 3 Mark |
| d) | Dress | 1 Mark |

(ii) Individual Artistic Yoga Competition:

- A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.
B. One competitor for each region will be allowed in each group and category.

The player will have to perform any five asanas of their choice from the following.

1. Vrischikasana
2. Standing Linkarasana
3. Natarajasana
4. Sthambh Sirasan (Dhruvasana)
5. Dhwajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidasana
8. Standing Eka Pada Skandasana

C. Holding time of each asana is 15 seconds for all groups and categories.

D. Points will be awarded out of 10 Marks.

E. Participants have to chant Omkar - must clear pronounce A-U-M (exhale) for two times and the allotment of marks shall be as under:

20 Sec	1 Points	50 Sec	6 Points
30 Sec	2 Points	60 Sec	7 Points
35 Sec	3 Points	70 Sec	8 Points
40 Sec	4 Points	80 Sec	9 Points
45 Sec	5 Points	90 Sec	10 Points

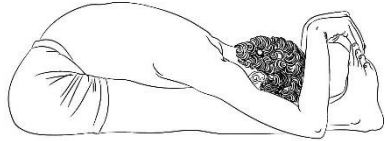
(iii) Rhythmic Yoga Competition

In this competition the competitor has to perform not less than 8 and not more than 15 asanas within maximum of 150 seconds.

1. The competitor has to perform various asanas i.e., forward bending, backward bending, balancing, front and sitting postures in all the four directions with music.
2. One competitor for each region will be allowed in each group and category.
3. The asanas and body movement should be synchronized with music.
4. If a competitor takes more than 150 seconds or less than 120 seconds, one point will be deducted.

GROUP (TRADITIONAL) YOGASANA KEY POINTS

Group A PASCHIMOTTONASANA

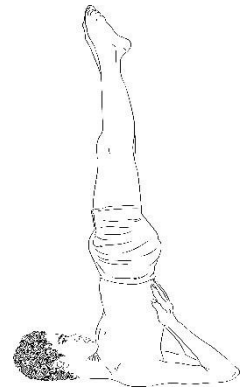


Index finger, other fingers folded inside.

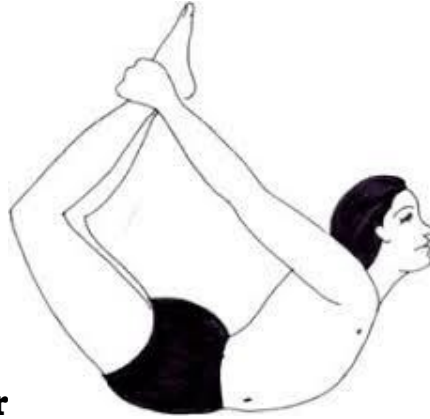
- Back maximum stretched with abdomen, chest, shoulders & forehead touching legs.
- No gap between the floor and leg.
- Toes pointing up together, aligned to other fingers, to be gripped with thumb and
- Grip on toe and Thumb should be on big toe.
- Elbows on the ground, touching legs.

SARBANGASANA

- Spine, legs and hips up to shoulders in straight line.
- Chin to be locked.
- Toes pointing upward.
- Palms placed on back.
- Shoulder distance between both elbows.



PURNA DHANURASANA



Either



Or

- Avoid holding inner side of the feet.
- Competitor must hold outer side or upper side of the feet.
- Try to less bend both elbow and knee.
- Less portion of the abdomen touches with the floor.
- Both arms should be touch with the ears. But keep feet shoulder distance.



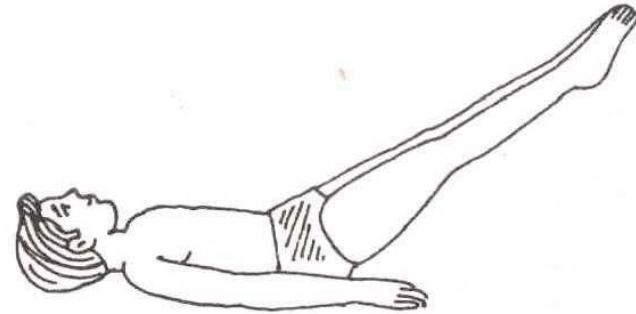
MATSYASANA

- Forehead and both knees should be on the floor.
- Both elbows touch the floor.
- Hands holding both toes but don't take any support

- by the holding of the toes.
- Heels touching the abdomen.
- Good posture depends upon less distance. between head and hip.

UTTHAN PADASANA

- Knee should be straight and both legs maintain 45° angle with the floor.
- Both shoulders should touch the floor.
- Both hands are placed on both sides of the body and don't take any support of the hand.
- Good posture depends upon without trembling leg.



PURNA MATSYENDRASANA

the floor.

- Another hand catches the shinbone on the leg.
- Chin over the shoulder.

- Athletes should be in complete twist.
- One foot on another hip joint.
- Any foot over another thigh, sole touching the floor.
- Knee under the armpit.
- Hand should catch the toes.
- Foot behind folded knee.
- Gluteus muscles and folded knee in contact with

Group B GARVASANA

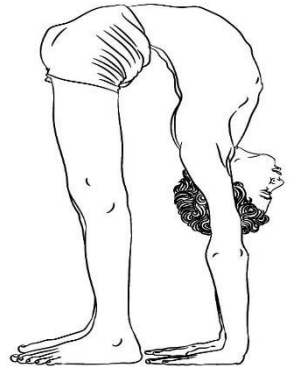


- Toe planter flexion.

- Athlete should balance on glutei muscles.
- Keep Padmasana perpendicular to the ground.
- Keep wrist in contact with each other.
- Keep backbone straight.

PURNA CHAKRASANA

- Hands and feet at shoulder's width, fingers pointing towards heel.
- Arms & legs to be perpendicular to the ground & parallel to each other.
- Maximum arch at thighs, hips & back.
- Head placed in between arms.
- Each arm touches the ear.
- Fingers closed.



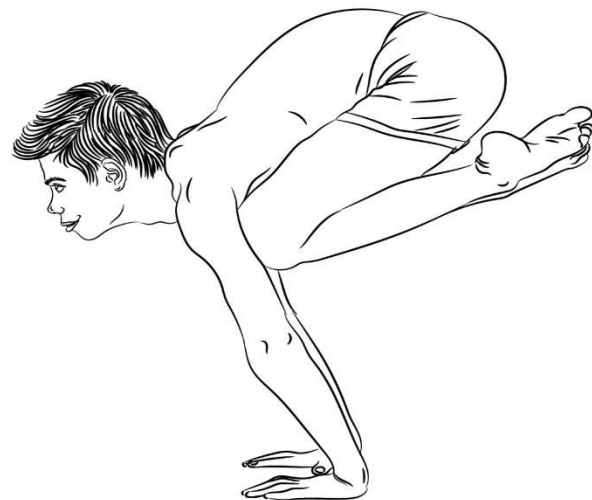
KUKKUTASANA

- Hands must be entered from the front side of feet.
- Padmasana must not be lifted above the elbows.
- Hands are parallel to each other and perpendicular to the ground.
- Flat palm with finger closed.
- Fully exposed thorax or chest.
- Knees, Glutes & elbows must be in a straight line with straight Spine.
- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.



BAKASANA

- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.
- Spine must be straight (No Curve on Back).



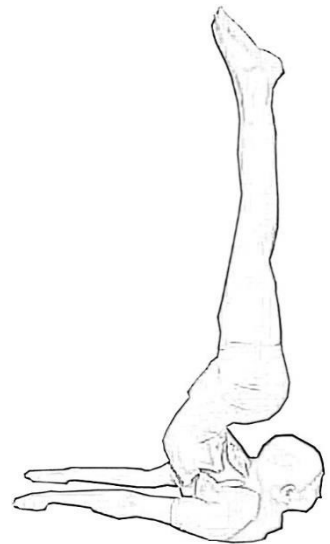
BHUMASANA



- Abdomen, Chest, shoulders and chin touching the ground.
- Back maximum straight
- Knees on the ground with toes pointing upward, Finger in contact with big toe
- Arms in straight line
- Both big toe, wrist, elbows, shoulders should be in on straight line.
- Split in 180°

PURNA SHALAVASANA

- Both hands placed parallel to each other on the floor.
- Shoulder, throat and chin should be touch with the floor.
- Both legs don't cross the head level.
- Chest to leg should be maintained 90° with the floor.
- Glutei muscles should not touch the head.
- With knee extension Hip to toe should be in straight line.



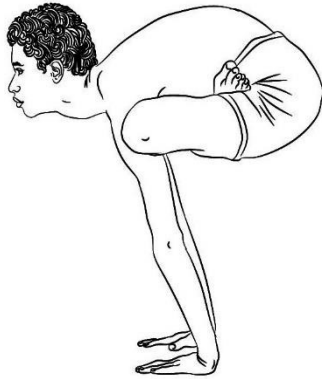
Group C SANKHASANA



- Whole body balanced on toe.
- Hands in Namaskar mudra in front of chest.
- Any leg should fold behind the back.
- The ankle to knee of behind leg should be parallel to the floor.
- Leg ankle is contact with shoulder blade.

UTTHITA PADAHASTASANA

- Both Legs straight with toes pointing upward.
- Back maximum stretched with abdomen, chest, shoulders, and forehead touching the legs.
- Palms holding the heels with balance on buttocks.
- Biceps touching thighs.



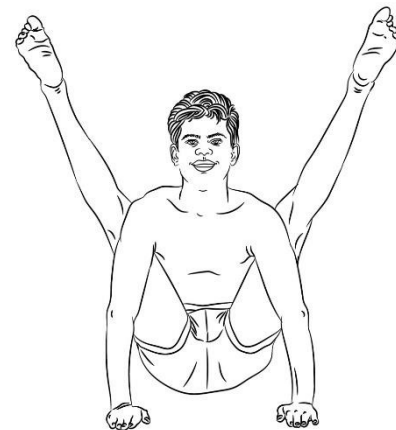
URDHA KUKKUTASANA

- looking forward.
- Both the hands are straight and parallel to each other.

- Crossed (lotus feet) must be placed under the armpit.
- Palms' facing front side, fingers are closed.
- Head should be straight by

UTTHITA TITIVASANA

- Both legs must be straight.
- Legs should be placed just behind the shoulder.
- Spine should be straight.
- The full body with legs must be placed in the same line vertically.
- Hands must be parallel to each other with completely exposed chest (Thorax region).
- Toes in planter flexion and flat palms.



BYAGHRASANA



- Athlete should be in half hand balance.
- Face facing forward.
- Shoulder distance between the hands.
- Hands parallel to each other.
- Legs should be in straight line and both legs tightly closed.
- Glutei muscles should not touch the head.

SIRSASANA

- The front portion of the head should be placed on the ground.
- Fingers to be interlocked on back portion of the head.
- Head, Back, Hip and Legs should be in one straight line.
- Keep toes pointing upward.
- Keep Elbows parallel to each other.



INDIVIDUAL ARTISTIC YOGASANA KEY POINTS

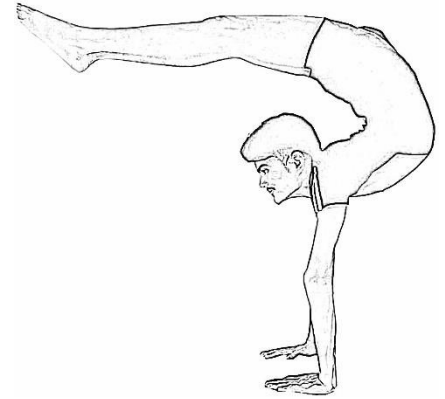
STANDING VRISCHIKASANA

- Athletes must be in full hand balance position with back bend.
- Shoulder distance between the hands.
- Knees and feet should touch each other.
- Hold feet resting on cranium.
- Face facing forward and maximum arch in the back.



STANDING LINKARASANA

- The athlete must be in full hand balance position.
- Arms should be straight at shoulder level distance with fingers closed.
- Keep both legs straight forward over the head with toes pointed in front.
- Hip should not touch the back of the head.
- Face facing forward and maximum arch in the back.



NATARAJASANA

- Athlete must be in one leg balance in back bend position.
- Legs must be in splits of 180° degree keeping knee extended.
- Both hands gripping on extended knee with pointed toes upward.
- Both upper arms must touch the ear and face facing forward.

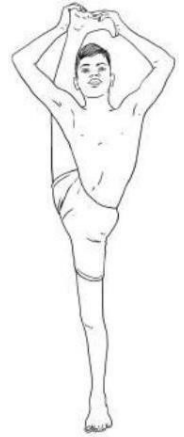
STHAMBH SIRASANA

- Athlete must be in one leg balance and body should be straight.
- Hands, trunk and leg should be perpendicular to the floor.
- By bending at knee keep one leg behind the back parallel to the ground.
- Head in between the hands and face facing forward.



DHAWJASANA/FLAG POSTURE

- Athletes must be in one leg balance without bending at knee.
- The other leg should be stretched straight touching side of the head.
- Both elbows in straight alignment, gripping of heel with the same hand and toes with the other hand.
- Gaze in front keeping neck straight.



STANDING EKA PADA SKANDHASANA

- Athletes must be in one leg balance without bending at knee. • Any one heel should touch the opposite side shoulder and toe of folded leg stretched out.
- Back, neck and head to be maximum straight.
- Hand folded in the front of chest.

KANDAPEEDASANA

- Heels are at the naval keeping back maximum straight.
- The toes are pointing upwards and soles are touching belly.
- Knees are resting on the floor.
- Keep one hand extending straight at shoulder level parallel to the floor.
- The other hand folded at elbow is on the back of head and palm on shoulder of extended hand.



UTTHIT DWIPAD SKANDHASANA

- The athlete must be in complete hand balance position.
- Shoulders are to be taken out from the crossing of legs behind the head.
- Arms parallel to each other up to shoulder width keeping fingers together.
- Back maximum straight and gaze forward.



SCHOLAR'S HIGH

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BOARDING & FOODING CHARGE

1. Fooding Charges: Additional Rules & Regulations

- Daily Charges:** A fooding charge of ₹350/- per member (official/participant) per day will be levied. This amount is non-negotiable and will be charged for the entire day, regardless of whether any meals are skipped by the team or its members
- Meal Type:** All meals provided during the event will be strictly vegetarian. No special dietary preferences or non-vegetarian meals will be entertained under any circumstances
- Early Departure and Refund Policy:** Should any team wish to depart before the scheduled end of the event, they must notify the host school in writing at least 24 hours in advance. While teams may be eligible for a refund of the boarding charges, the host school reserves the right to collect the fooding charges for the full 24-hour period following the notice of departure.
- Meal Timings:** Meals will be served at designated times as per the event schedule. Teams are expected to adhere to these timings. No special arrangements will be made for missed meals, and no refunds will be issued for meals not consumed

e) MEALS TIMINGS

Breakfast	07:00 am to 08.30 am.
Lunch	12:45 p.m. to 02:15 pm.
Evening Snacks	04:45 p.m. to 05.30 p.m.
Dinner	07:00 p.m. to 08:30 p.m.

Participation Charges: No Entry Fee would be charged. Boarding and Fooding Charges will be as per CBSE norms (as given below) and must be deposited to the host school on arrival at registration counter of the host school.

Boarding and Fooding Charges @ Rs. 500/- (150 Boarding & 350 Fooding) per member per day of the team (including escort, coach, and team manager staff).

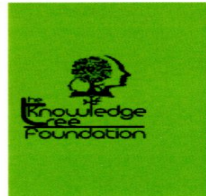
Caution Money: Rs 5000/- per team/school (Shall be refunded at the time of departure if there is no damage to the school's property by your team)

Any violation of the eligibility and indiscipline on the part of any team or its members will lead to disqualification from the tournament and the player/team may be asked to leave the premises immediately.



SCHOLAR'S HIGH

Under the aegis of trust "Knowledge Tree Foundation"



(Affiliated to Central Board of Secondary Education, New Delhi)

Affiliation no.3430681 Marar Ranchi Road, Ramgarh, Jharkhand

CBSE East Zone Yogasana Competition 2025. (05th August to 07th August, 2025)

MANDATORY FOR ALL THE PARTICIPATING SCHOOLS

- 1) Team manager/ coach will have to provide the original documents for verification, if asked for by the controller.
- 2) Teams will carry C.B.S.E. Participant Registration List from CBSE Sports System (CSS).
- 3) Team photo with School Principal along with the entry Performa duly countersigned by the School Principal and it should be produced at the time of entry in the organizing school campus. (Annexure- R4)
- 4) Identity cards have to be brought by the students and coaches duly stamped and signed by the school Principal concerned.
- 5) Team should produce the Performa filled-in online, countersigned by the principal concerned along with the seal of the school.
- 6) Girl participants should be essentially escorted by the female escort(s) (Manager/coach)
- 7) The participating teams are requested to bring their school flags.
- 8) The softcopies of detailed duly filled entry Performa (R2 to R6, with multiple copies of R6, one for each participant) to be sent as Scanned PDF by 20th July, 2025 on the below mail ID scholarshigh2021@gmail.com as well as 66818@cbsesiksha.in

