

4th UYSF World Yoga Cup 2025 – Program Agenda

Event Details

Date	27 December 2025
Venue	Pt. Deen Dayal Upadhyay Auditorium, Nehru Nagar, Ghaziabad, Uttar Pradesh, India

Morning Schedule (Common Program)

Time	Activity
8:30 AM	Flag March Opening Ceremony & National Anthem Welcome
9:00 AM	Speech – Kawalpreet Kaur
9:15 AM	Oath Taking – Rajesh Kr. Chaudhary
9:30 AM	Championship Begins (Stage 1 & Stage 2)

Stage 1 – Main Stage Competition

Time	Category Activity
9:30 AM 11:00 AM	Master Group (Men/Women)
12:00 PM 1:00 PM	Senior Group (Women)
1:30 PM – 2:30 PM	Lunch Break
2:45 PM 5:30 PM	Artistic Yoga Group All Age Category
5:00 PM 6:00 PM	All Category Results
6:00 PM 7:00 PM	Champion of Champions – Final Round
7:00 PM 8:00 PM	Champion Award Ceremoney
8:30 PM	Championship Closing Ceremony by Shri Suresh Kumar, World President, UYSF International

Stage 2 – Sub Junior & Junior Stage

Time	Category
9:30 AM	Sub Junior Group (Girls/Boys)
	Junior Group (Girls/Boys)
	Mom's Group
1:30 PM – 2:30 PM	Lunch Break

General Rules

- All participants must report 30 minutes before their category time.
- Athletes must carry ID card & UYSF membership proof.
- UYSF-approved yoga attire only.
- Late entry will not be allowed after the category starts.
- Mobile phones must be on silent mode in the competition area.

Performance Rules

- Participants must perform mandatory UYSF-listed asanas.
- Performance time must not exceed allocated limit.
- Unsafe or extreme movements are prohibited.
- Follow stage marshal instructions.
- Judging criteria include balance, flexibility, stability, alignment, expression, and presentation.

Judging & Scoring Rules

- Judges' decisions are final.
- Influencing judges leads to disqualification.
- Scores announced after technical verification.
- Champion of Champions selected from highest scorers.

Discipline & Conduct

- Misbehavior toward judges or staff leads to disciplinary action.
- Only participants & officials allowed in competition zone.
- Parents must stay outside stage area.

Safety Rules

- Report injuries before performing.
- Medical team available onsite.
- UYSF is not responsible for personal belongings.

For More Information +91 8527775672

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