

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

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Activity 21: Record video of child doing surya namaskar

4-17 years

Physical skills



4 to 6
years

2 times

7 to 11
years

5 times

12-17
years

10 times

Record a video. Submit the videos as per guidelines.

www.kid-ex.com

Image source: Medium

Activity: Record video of child doing surya namaskar | Physical skills | 4 years

Skill development milestone

The child should be able to walk heel-to-toe and run as well. They should be able to kick the ball with her/his foot with decent power. The child can easily stand on one foot for four to five seconds. They should be able to climb jungle gyms at the playground (though needs close supervision). They can draw simple shapes, use scissors, and string beads. They can dress / undress themselves independently or with limited assistance. The child can independently brush teeth as well.

Activity description

The child needs to do SuryaNamaskar in correct posture 2 times. Record a video of the same & share it back with us as per the guidelines.

You may refer to the [video here](#) to learn about correct posture of SuryaNamaskar.

Let the child try this with correct breathing pattern.

When you think the child is ready to make a submission, record one video & submit as an entry.

You may share the video with family (1st circle), relatives & close friends (2nd circle) or acquaintances (3rd circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

Submission guidelines

1. Keep the total video size less than 20 MB
 - a. Higher resolution camera creates large size video files

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- b. Android users can install & use Camera MX player to record smaller size video files
 - i. Camera MX player can be downloaded from [here](#)
- c. Iphone users should change resolution setting by going to Settings -> Camera & selecting lowest resolution from "Record Video" option
2. You can upload the video file at <https://www.kid-ex.com/diy-nc>
3. Kindly ensure you have registered for the event for us to assess the submission. If not registered, please visit <https://www.kid-ex.com/diy-reg> to register.

Self-learning manual

Common mistake and things to keep in mind in this activity are:

1. Posture of the child is not correct
2. Child loses balance while doing the steps of asana in sequence
3. Breathing pattern is incorrect
4. Child lacks strength to repeat the asana multiple times consecutively
5. Child is not in the right mindset & is disinterested

Key coaching tip to excel in this exercise is that let the child understand the benefits of SuryaNamaskar.

Key benefits of this exercise are:

1. It improves the blood circulation of all the important organs of the body.
2. Improves the functioning of the heart and lungs.
3. Strengthens the muscles of the arms and waist.
4. Makes the spine and waist more flexible.
5. Helps in reducing the fat around the abdomen and thus reduces weight.
6. Improves digestion.
7. Improves concentration power.

Encourage the child to practice the asana in correct posture & breathing pattern & then, practice.

Surya Namaskar should be done facing the early morning mild sunlight from the east.

Ways in which respiration (breathing) should be done during a Surya Namaskar

1. Purak – Taking in a long breath
2. Rechak – Leaving out a long breath
3. Kumbhak –Holding the breath
4. Aantar Kumbhak – Holding the breath after breathing in
5. Bahir Kumbhak – Holding the breath after breathing out

For more detailed inputs: you may refer [here](#).

Entry evaluation guidelines

The maximum point for this activity is 30. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child can complete SuryaNamaskar 2 times correctly
2. Intermediate (I): 80% score
 - a. The child can complete SuryaNamaskar 1 time correctly
3. Beginner (B): 50% score

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- a. The child can complete SuryaNamaskar 1 time with >50% correct posture & breathing pattern
4. Not applicable (NA): 0% score
 - a. All other submission cases
 - b. No submission.

For any queries, you may Whatsapp us at +91-7303755886 or email us at info@kid-ex.com.

About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumni). KidEx aims to create a platform to enable holistic & comprehensive development of every child by partnering with their parents in a logistically convenient manner for the parents. KidEx offers multiple extra-curricular activity classes for kids in physical & digital form (basis screen time guidelines) to enable child's holistic development.

Should you be interested in undertaking any of the classes or knowing more about our offerings, kindly reach out to us at +91-7303755886 (call / WhatsApp) or email us at info@kid-ex.com

KidEx will offer all learning solutions to parents under one umbrella. KidEx would soon launch a suite of digital products aimed at making child-raising easier & more fun for parents.

Live Classes

Cognitive Development	Physical Development	Language & Communication	Creativity & Imagination
✓ Chess	✓ Yoga	✓ English	✓ Guitar
✓ Science (Class 8 to 10)	✓ Bolly-fitness	✓ Mandarin	✓ Film-Making
✓ Chemistry (Class 11 & 12)		✓ French	✓ Fine Arts (Sketching / Painting)
		✓ German	
		✓ Spanish	

Note: Upcoming classes include Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc.

About KidEx Do-It-Yourself National Challenge

The event is an effort to spread awareness regarding ***need for all rounded development of the child***. This is also, designed keeping in mind the current external scenarios where lockdown/no lockdown, social distancing practices would continue & schools/colleges might be shut for a few months which would require parents to find non-screen time learning opportunities for the child while demanding lesser time for parents allowing them some breathing space for themselves.

The event is open to all Indian citizens in India or abroad across age groups of 3 to 17 years. Basis the submitted entries, for every age, a leader board would be created & declared.

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You may share your entries (video/images) with family (1st circle), relatives & close friends (2nd circle) or acquaintances (3rd circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag **#KidExDIYChallenge** or **#KidExDIYNationalChallenge**.

Prizes & certificates

We will conduct two versions of the event for all interested parents. Parents can decide whether they want their child to participate in the paid version or the free version of the event. Entry charge for paid version of the event is INR 500 for every child.

Paid version participants would be eligible for:

1. Prizes for winners across all age category
 - a. Number of winners linked to number of paid version participants
 - b. 50% of registration fees to be distributed as prize to winners
2. Winner & participation certificates
3. Assessment score for every submitted entry & leader board position summary

Free version participants would be eligible for:

1. Assessment score for every submitted entry

Even participants interested in paid version would be required to pay the amount after 7th May allowing them opportunity to participate first & then, decide.

Important notes:

1. Re-submission: KidEx will provide weekly status on Tuesday / Wednesday for all entries made till Sunday midnight of previous week. KidEx DIY aims to inculcate culture of self-learning & 1% improvement every day in each & every child. If you wish to re-submit the entry for any activity to give the kid an opportunity to better her/his performance and aim for M, we would be supportive and do not mind the additional effort on our part to re-do the assessments. Feel free to re-submit the entry.

2. Conversion to paid version: Should you wish to convert to paid participation (Rs 500/- only), or make payment for your paid participation, simply visit <https://rzp.io//KidExDIY> and make the payment by providing your registered email address, mobile number & child name. KidEx team will ensure that your payment is duly recorded & reflected in your participation.

3. Respecting your choice: If you have been registered with KidEx for more than 7 calendar days as unpaid participant and have not submitted even 1 entry, we will respect your choice and will not share challenges with you going forward. Should you wish to re-start receiving challenges, simply make submission for any one challenge or convert to paid participation.

4. Unsubscribe option: Should you wish not to receive DIY events email from KidEx, simply send an email with subject "Unsubscribe" from your registered email address to info@kid-ex.com.