



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
Sector-16 C, Dwarka, Delhi-110078, Website: <http://ipu.ac.in>

F. No. GGSIPU/DSW/Sports-2019

Dated: 15/11/19

NOTICE

Subject: Selection Trials for GGSIP University Yoga (Men & Women) Team for participating in All India Inter University Yoga (Men & Women) 2019-20

The Selection Trials for GGSIP University Yoga (Men & Women) Team for participating in All India Inter University Yoga (Men & Women) 2019-20 is scheduled to be held on 20.11.2019 from 09:00 AM to 03:30 PM at Community Centre of the University. The following events will be conducted:

Event -1

Yoga Asnas Trial

Rule & Regulation for Yoga Asanas competition

Part A – (Compulsory Yogic Exercises for Men and Women)

I SURYA NAMASHKAR (For Men and Women in 12 Counts)

II ASANAS (for Men and Women)

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana

Part B – (Optional Yogic Exercises – Selected any three respectively)

For Men	For Women
Mayurasana	Vatayanasana
Padambakasana (Urdhva Kukuttasana)	Purna Bhujangasana
Hanumanasana	Purna Matasendrasana
Titiabhasana	Ekapad Shirasasana
Purna Chakrasana	Ardha Badh Padmotanasana
Setubandh Sarvangasana	Vibhakta Paschimottanasana
Vrischikasana	Natrasasana
Purna Shalabhasana	Ekapad Rajkapaotasana

- > The participants will have to retain each yogic exercise as follows which will be counted after attaining the final position.
- A. One round of Surya Namaskar (in twelve count) maximum 2min
 - B. One minute for each compulsory asana
 - C. 30 Sec for each Optional Asanas

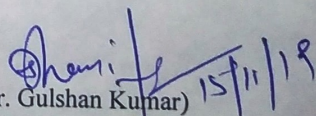
- > Dress:-
For Men – Short and vest/sports shirt.
For Women – Short and Sports Shirts/Gymnastic Costume.

- > Marks for part A and part B are as under:
- | | |
|---------------------------|----------|
| A. Surya Namaskar | 10 marks |
| B. Four compulsory Asanas | 40 marks |
| C. Three Optional Asanas | 30 marks |
| Total :- | 80 marks |

All the interested students are advised to assemble in Community Centre of the University by 09:00 AM sharp on aforesaid dates, alongwith relevant certificates, if any, of achievements in past participation in reputed Yoga tournament. The eligibility rules for participation of students in aforesaid sports event will be as per AIU guidelines prevailing from time to time.

Students are also advised to be in proper uniform for taking part in trials.

It is mandatory for all the students to carry Identity Card issued by College/ Institute.


(Dr. Gulshan Kumar)
Associate Director (SW)

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1. All Directors/ Principals of the affiliated Institutes of the University.
2. Assistant Registrar to Vice Chancellor - for information of the Hon'ble Vice Chancellor.
3. AR to Registrar for information of the Registrar.
4. Deputy Registrar (Security)
5. Medical Officer with a request for necessary arrangement of First Aid
6. In-charge server room – Please upload the notice on the University website.
7. Guard file.