



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-2018/

Dated: 08/01/2019

NOTICE

**Subject:** Schedule and Instruction for participating in Inter Collegiate Yoga (Men & Women) 2018-19

Inter Collegiate Yoga (Men & Women) 2018-19 is scheduled on 14<sup>th</sup> January 2019 (Monday) in the C- Block Seminar Hall, GGSIP University campus.

Note:

- (i) Each participant in the inter-college tournament shall carry College Identity Card alongwith Eligibility Performa.
- (ii) All the teams/participants should report at the venue at 09:00AM for the commencement of the tournament/match.
- (iii) Students are not allowed to play without registration.
- (iv) Inter collegiate yoga championship shall be held for both Men and Women section separately in the Asanas and Artistic.
- (v) A team may consist maximum of 06 competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for team championship but their performance will be considered for individual position. For team championship marks of only best five will be counted.
- (vi) All participants should follow the Rules & Regulations for participation in Inter Collegiate tournaments of the University for the year 2018-19 notified vide notice of even number dated 21.08.2018. Copy of the said notice is available on the University's website under the link at Students' Welfare- Sports.

Event -1

**Yoga Asnas Competition**

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	Natrajasana
Purna Shalabhasana	Ekapad Rajkapaotasana

➤ The competitors 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

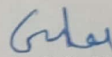
Total :- 80 marks

## Event -2

### Artistic Yoga Competition

#### **Rule and regulation for Artistic Yoga Competition**

- The Artistic Yoga Competition will be held in separate category Men & Women
- Artistic Yoga consist of presentation of various Asanas (postures) including forward and backward bending, balancing, lying postures, sitting postures etc. performed with music.
- It is synchronization of body movement with music (without break).
- Number of postures performed should be 8-10 of competitor's choice.
- Time duration for the presentation will be 120-150 seconds.
- The competitor will maintain each posture for atleast 3-5 seconds during the performance.
- The transition form one posture to another posture should be slow & Artistic.

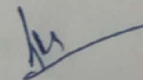
  
(Prof. C.S. Rai)

Director, Students' Welfare

#### **Encl: Eligibility Performa**

#### **Copy to:**

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. SO to Pro Vice Chancellor - for information of the Pro Vice Chancellor.
4. AR to Registrar for information of the Registrar.
5. Assistant Registrar (Security)
6. Medical Officer with a request for necessary arrangement of First Aid
7. In-charge server room – Please upload the notice on the University website.
8. Guard file.

  
(Hirdesh Gorh)  
Assistant Registrar



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**ELIGIBILITY PROFORMA FOR INTER- COLLEGIATE SPORT MEET-2018**

Name of the Event: \_\_\_\_\_  
Name of the participating institute: \_\_\_\_\_  
Email ID: [sports@ipu.ac.in](mailto:sports@ipu.ac.in)  
Section Men/Women: \_\_\_\_\_  
Name of the Manager/Coach: \_\_\_\_\_  
Contact No. Manager/Coach \_\_\_\_\_

**YEAR: 2018-19**

S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Remarks
1.	1	2	3	4	5	6
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						

If numbers of participants are more than 10, please use a copy of this form.

Certified that the above particulars are true as per records of the College / Institute. A copy of Identity Card of aforesaid students are attached herewith.

Date: \_\_\_\_\_ Seal of College / Institute \_\_\_\_\_ Signature of the Director / Principal \_\_\_\_\_