



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: 07-10-19

**NOTICE**

**Subject:** Schedule and Instruction for participating in Inter Collegiate Yoga (Men & Women) 2019-20

Inter Collegiate Yoga (Men & Women) 2019-20 is scheduled on **10<sup>th</sup> October 2019 (Thursday)** in the **D- 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 01:00PM 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.
- (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 2019-20 notified vide notice of even number dated 20.08.2019. 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)**

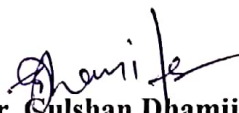
- I SURYA NAMASHKAR (For Men and Women in 12 Counts)
- II ASANAS (for Men and Women)
  1. Paschimottanasana
  2. Sarvangasana
  3. Purna Dhanurasana
  4. Karna Pidasana

**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	Vishakta Paschimottanasana
Vrischikasana	Natrajasana
Purna Shalabhasana	Ekapad Rajkapaotasana

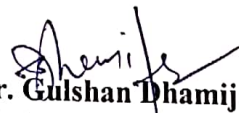
*Shamir*

- 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 |

  
**(Dr. Gulshan Dhamija)**  
Associate Director (SW)

**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. AR to Registrar for information of the Registrar.
4. Deputy Registrar (Security)
5. PRO
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.

  
**(Dr. Gulshan Dhamija)**  
Associate Director (SW)