



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha
University



F.No. GGSIPU/DSW//Sports/2017

Dated: 12.11.2024

NOTICE

The Trials for selection of team (Artistic & Rhythmic) for participation in All India Inter University Yoga championship 2024-25 which is scheduled to be held in the month of December 2024 at Kalinga Institute of Industrial Technology (KIIT), Bhubaneswar-751024, Odisha.

Rule & Regulation for event:

1. Artistic

- Separate competition will be held for men and women section:
- Only one participant from each college
- The player will have to perform any five asana of their choice from the following list
- Holding time for each asana in 20 seconds.

List of Asanas

| S.NO | ASANA NAME |
|------|---|
| 1 | Standing Vrischikasana |
| 2 | Standing Linkarasana |
| 3 | Natrajasana |
| 4 | SthambhSirsasana (duruvasana or Bhagirathasana) |
| 5 | Dharwjasana (Flag Posture) |
| 6 | Standing Eka Pada Skandasana |
| 7 | Kandapeedasana |
| 8 | Utthid Dwipad Skandasana |

2. Rhythmic

- Separate competition will be held for men and women
- Only one participant from each college
- The competitor should perform 10 asanas in a time limit of maximum of 02:30 Minute or 150 sec.
- Music arrangement like pen drive or speaker themselves

The competitor will show the various asanas like (backbend, forward, twisting balancing, twisting etc.

The trials in this respect will be conducted on 19.11.2024 at D- Block Seminar Hall, GGSIP University Dwarka campus at 09:00 AM.

Interested participants from USS/ affiliated institution are advised to assemble at the venue as per aforesaid schedule.

Vandana
12/11/24
(Prof. Vandana Singh)
Associate Director (SW)

Copy to:

- Concerned Coach
- In-charge server room – Please upload the notice on the University website under the sports link also.
- Guard file.

Suinder Singh
12/11/24
(Suinder Singh)
Section Officer (SW)



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha
University



F.No. GGSIPU/DSW/ /Sports/2024

Dated: 11.11.2024

AIU Yoga Camp (Men & Women)

The following students have been selected for AIU Camp scheduled to be held from 18.11.2024 to 23.11.2024 near amphitheater of the University Dwarka Campus (excluding Sunday).

The Camp timing is 03:30 PM to 05:30 PM

Men Team

| S.No. | Name | Institute |
|-------|------------|-----------|
| 1. | PRANAY | MDNIY |
| 2. | LOKESH | MDNIY |
| 3. | LAKSHAY | MDNIY |
| 4. | TUSHAR | MDNIY |
| 5. | NIKUNJ | MDNIY |
| 6. | KARTIK | MDNIY |
| 7. | OM PANDAY | BVCOE |
| 8. | SPARSH | ADGIPS |
| 9. | GIRDHAR | MRI |
| 10. | KRISHNA | USS EDC |
| 11. | SOUMYADEEP | USS |
| 12. | AAKASH | NDIM |
| 13. | SHUBHAM | USS |

Women Team

| S.No. | Name | Institute |
|-------|-----------|-----------|
| 1. | NIYATI | USS |
| 2. | PRIYANKA | MDNIY |
| 3. | JYOTI | MDNIY |
| 4. | PREETY | MDNIY |
| 5. | AAKANSHA | USS |
| 6. | MONIKA | MDNIY |
| 7. | MANSI | MDNIY |
| 8. | PRIYA | MDNIY |
| 9. | ANIKA | USS |
| 10. | AKRITI | USS |
| 11. | KHYATI | USS |
| 12. | HANEY | AIMT |
| 13. | KRISHANGI | USS |

Vandana
12/11/24
(Prof. Vandana Singh)
Associate Director (SW)

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