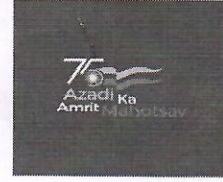




**Directorate of Students' Welfare**  
Guru Gobind Singh Indraprastha University  
Sector-16 C, Dwarka, New Delhi-110078,



F. No. GGSIPU/DSW/Sports/3( )/22/ 6728

Dated:

**NOTICE**

**Subject: Schedule and Instruction for participating in 17<sup>th</sup> Inter Collegiate Yoga (Men & Women) 2022**

17<sup>th</sup> Inter Collegiate Yoga (Men & Women) 2022-23 is scheduled on **14<sup>th</sup> to 15<sup>th</sup> December 2022** in the **E- 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 12:00 Noon 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 the participants of the tournaments for the year 2022-23 should follow the Notice No. GGSIPU/DSW/Sports/2021-22/6628 dated 22.11.2022 regarding inviting entries, rules and regulation for participation in Inter Collegiate Tournaments of the University for the academic session 2022-23. Copy of the said notice is available on the University's website under the link at Students' Welfare- Sports.

**Event -1**

**Yogasanas Competition**

**Rule & Regulation for Yogasanas competition**

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

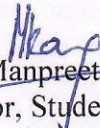
- I SURYA NAMASHKAR (For Men and Women in 12 Counts)
- II ASANAS (for Men and Women)
  1. Paschimottanasana
  2. Sarvangasana
  3. Purna Dhanurasana
  4. Karna Pidasana
  5. Garudasana

**Part B – (Optional Yogic Exercises – Selected any four respectively)**

For Men	For Women
Mayurasana	Vatayanasana
Padambakasana (Urdhva Kukuttasana)	Purna Bhujangasana


Hanumanasana	Purna Matasendrasana
Titiabhasana	Ekapad Shirasasana
Purna Chakrasana	Ardha Badh Padmotanasana
Setubandh Sarbangasana	Vibhakta Paschimottanasana
Vrischikasana	Natrajasana
Purna Shalabhasana	Ekipad Rajkapaotasana
omkarasana	Utthita padahastasana

- 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. five compulsory Asanas | 50 marks  |
| C. four Optional Asanas   | 40 marks  |
| Total :-                  | 100 marks |

  
(Prof. Manpreet Kaur Kang)  
Director, Students' Welfare

**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. Assistant Registrar (Security)
5. Medical Officer with a request for necessary arrangement of First Aid and University's Ambulance.
6. In-charge server room – Please upload the notice on the University website.
7. Guard file.

  
(Neeraj Pant)  
Section Officer