



सावित्रीबाई फुले पुणे विद्यापीठ, पुणे
पुणे शहर विभागीय क्रीडा समिती
द्वारा. ऑल इंडिया श्री शिवाजी मेमोरियल सोसायटीचे
कॉलेज ऑफ इंजिनीअरिंग, पुणे - ४११ ००१



दूरध्वनी क्र. ०२०-२६०५७६६० / २६०५८८८७ एक्स.: ११४३ Website: www.pczsc.in

डॉ. मनिषा कोंढरे
सचिव

प्राचार्य डॉ. दिलीप भोईटे
कार्याध्यक्ष

प्राचार्य डॉ. दत्तात्रय बोरमणे
अध्यक्ष

INTER COLLEGIATE YOGASANA COMPETITION 2019-20

ORGANIZING COLLEGE: VISHWAKARMA INSTITUTE OF INFOAMTION TECHNOLOGY-PUNE 48

ORGANIZING SECRETARY: PROF. NAMDEV PHATANGARE

Intercollegiate Yoga matches Sequence for Competition.

Date: - 20th August 2019

Sr.No.	Sequence	Maximum Activity	Time Limit	Marks	Activity Timing
1	Kriya	Max - 2	Max – 120 Second each	20 Marks	7.30 am to 8.30 am
Inauguration Function – 8.30 am to 9.30 am					
2	Suryanamaskar (12 Count)	1-12 Counts in Max -35 to 45 Seconds)	Max – 35 to 45 Seconds	10 Marks	9.30 Onwards
3	Compulsory Asana	4	1 minute holding time for each	40 Marks	-
4	Advance / Optional Asana	3	30 seconds each	30 Marks	-

The detail Schedule is as follow:

1. Competition Date : 20/08/2019
2. Reporting Time : 7.00 am
3. Venue of Competition : Seminar Hall, E Building, VIIT, Kondhwa Budruk,
4. Last Date of Eligibility Submission : 19/ 08/2019
5. Venue for Submission of Eligibility : VIIT, Gymkhana Office, Kondhwa Budruk, Pune (Till 2.00 pm)

Note: Please follow the Yoga Syllabus Declared by SPPU for more Details on www.pczsc.in

Prof Namdev Phatangare

Prof Abhijeet Parse

Dr Manisha Kondhare