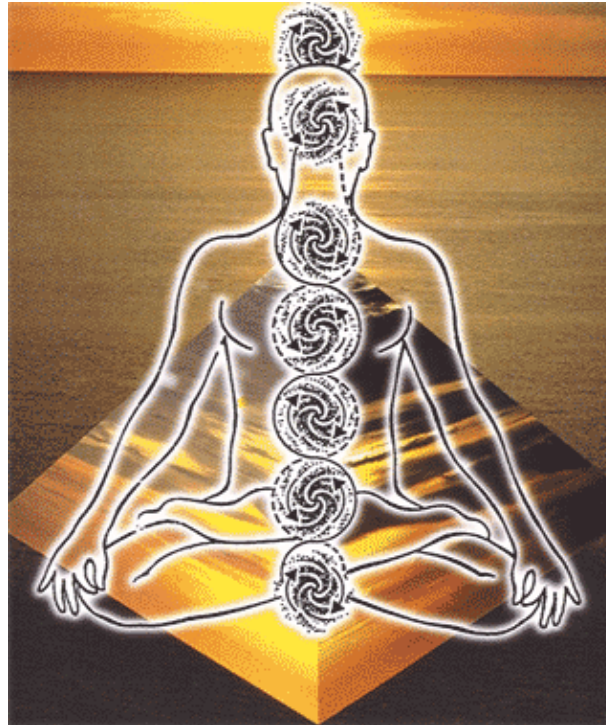


Syllabus, Rules & Regulations for Inter-University Yoga Championship(Men & Women)



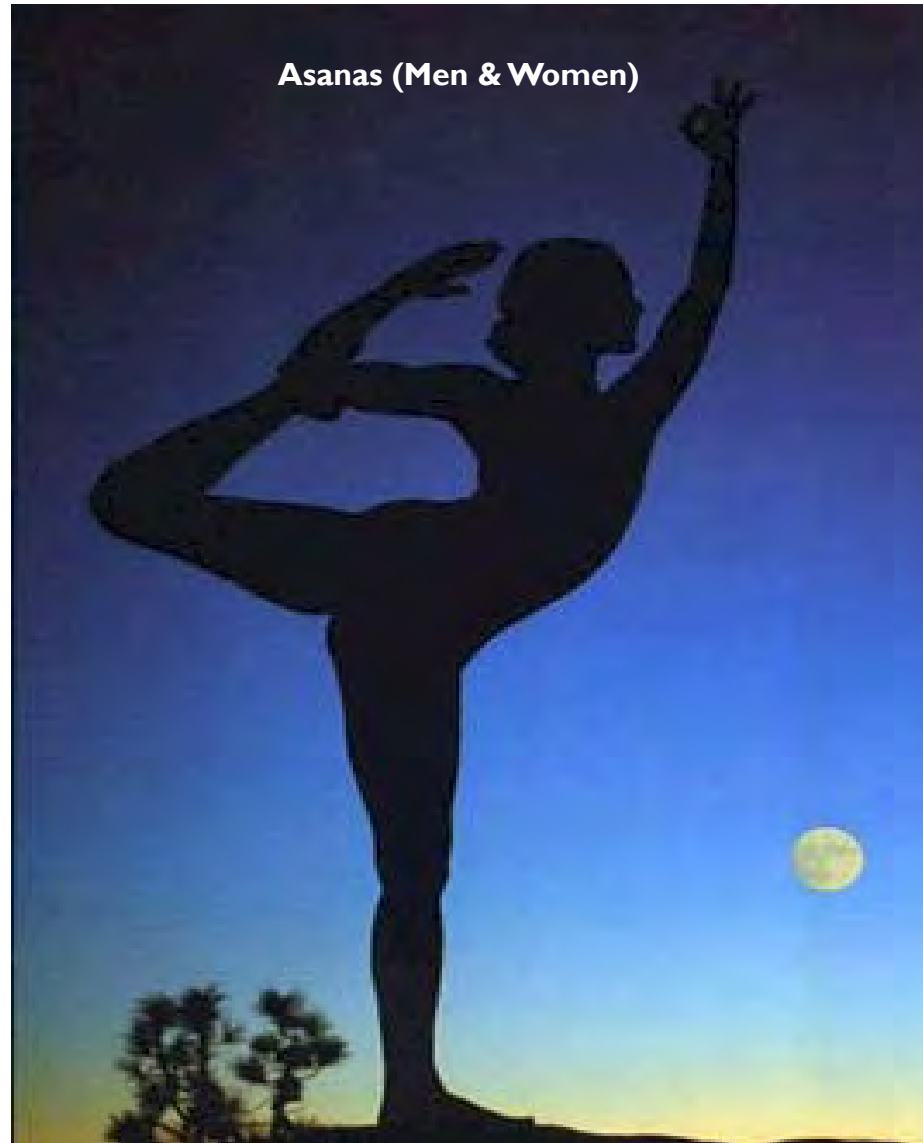
By-

Prof.Vasant Pawar, Prof. Raghaw Astekar

Prof. Bhausahab Thorat, Prof. Rupesh Thopate

Part- A

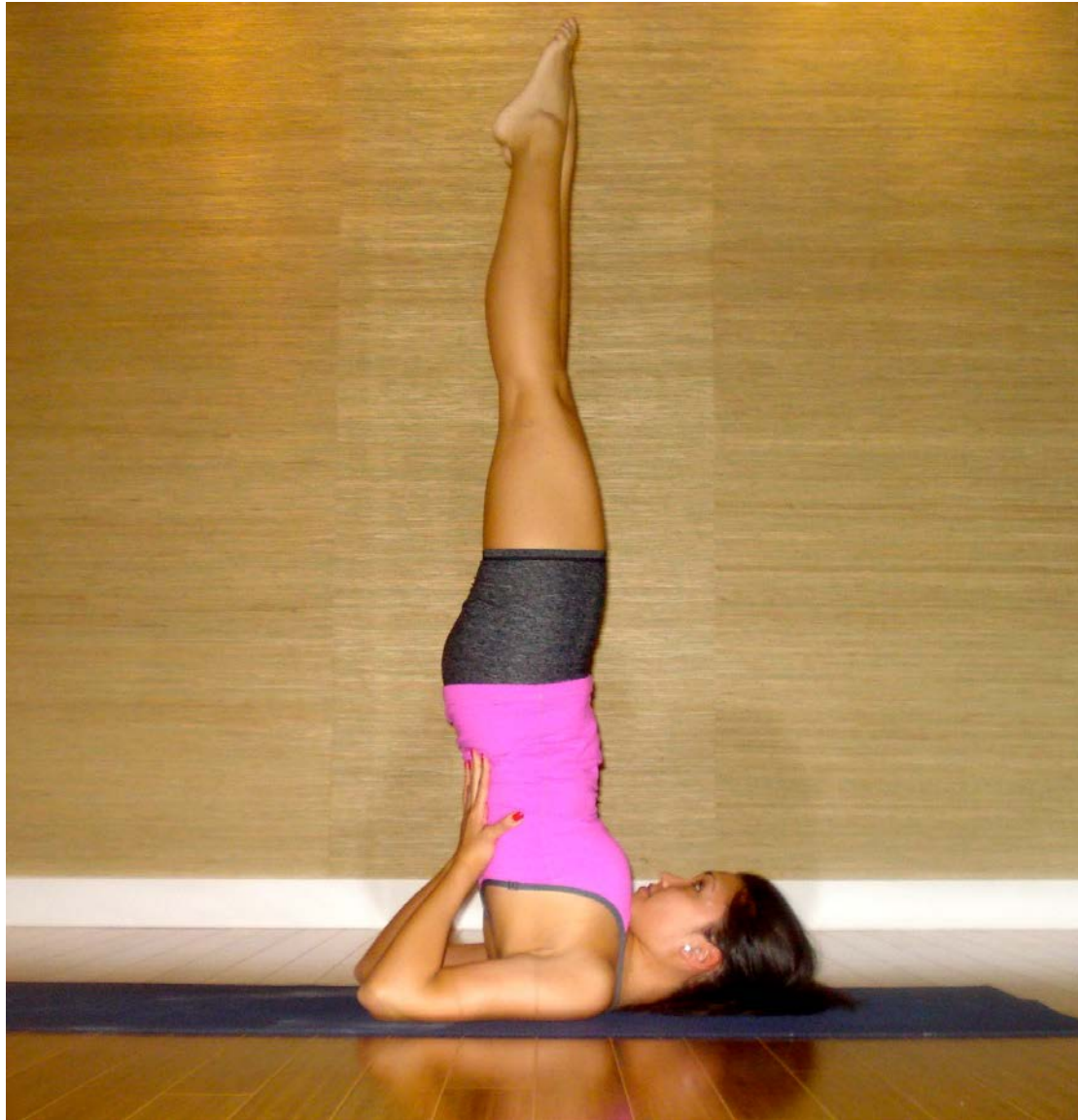
(Comp.Yogic Exercises for Men & Women)



I. Paschimottanasana



2. Sarvangasana



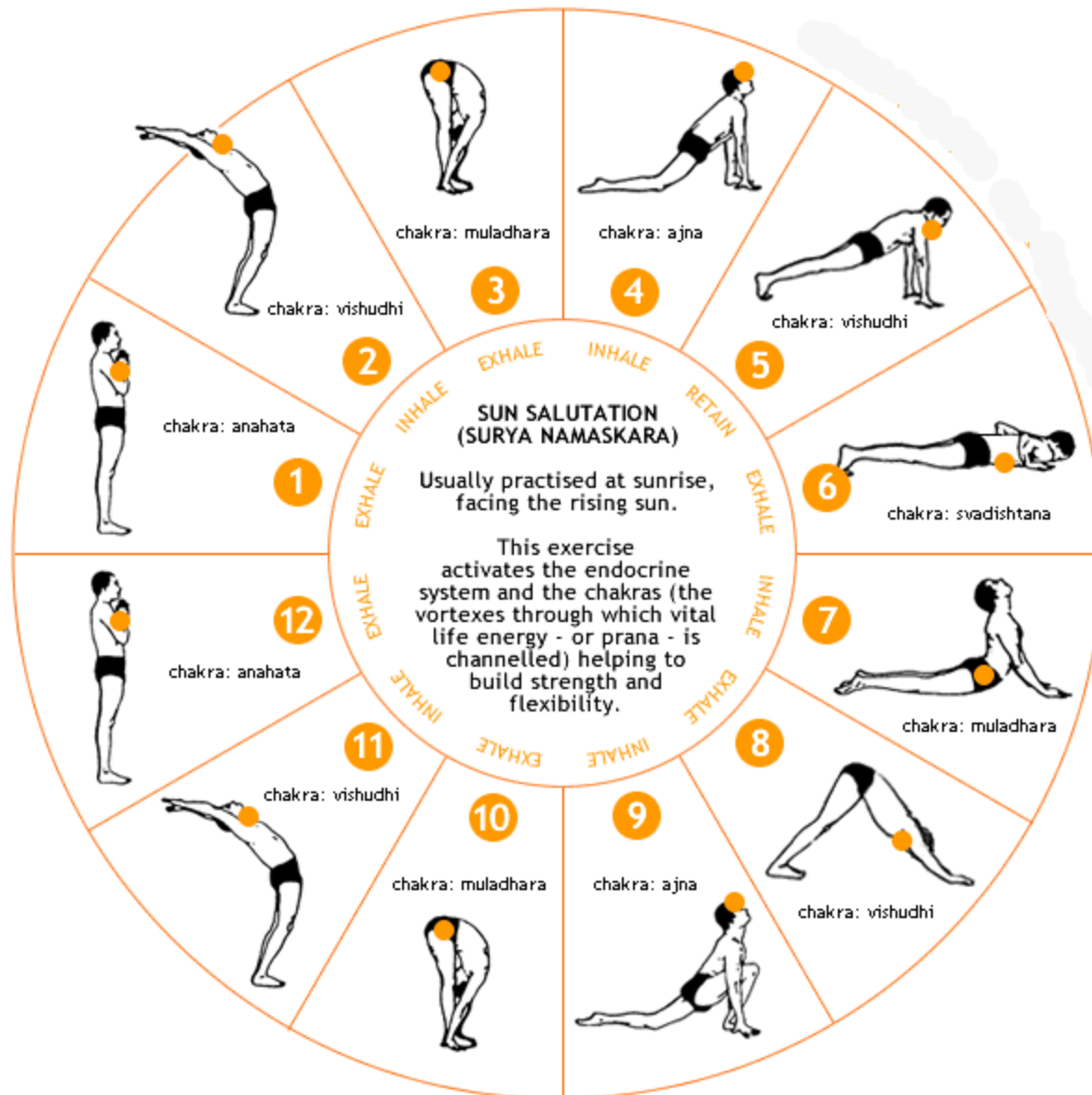
3. Dhanurasana



4. Karnapidhasana



Surya Namaskara (Men & Woman)





PART A-3 (Satkarma) For Girls only

1. Jal Neti or Sutraneti

**2. Shitkarama Kapalbhati (Jal Kapalbhati)
Water Intake Through Mouth & Out Through Nostrils**



PART A-4 (Satkarma)

For Boys only

I. Vastradhauti or Nauli

Part- B
(Optional yogic exercise for Man)
Select any three respectively

I. Mayurasana



2. Padambakasana



3. Hanumanasana



4. Titibhasana



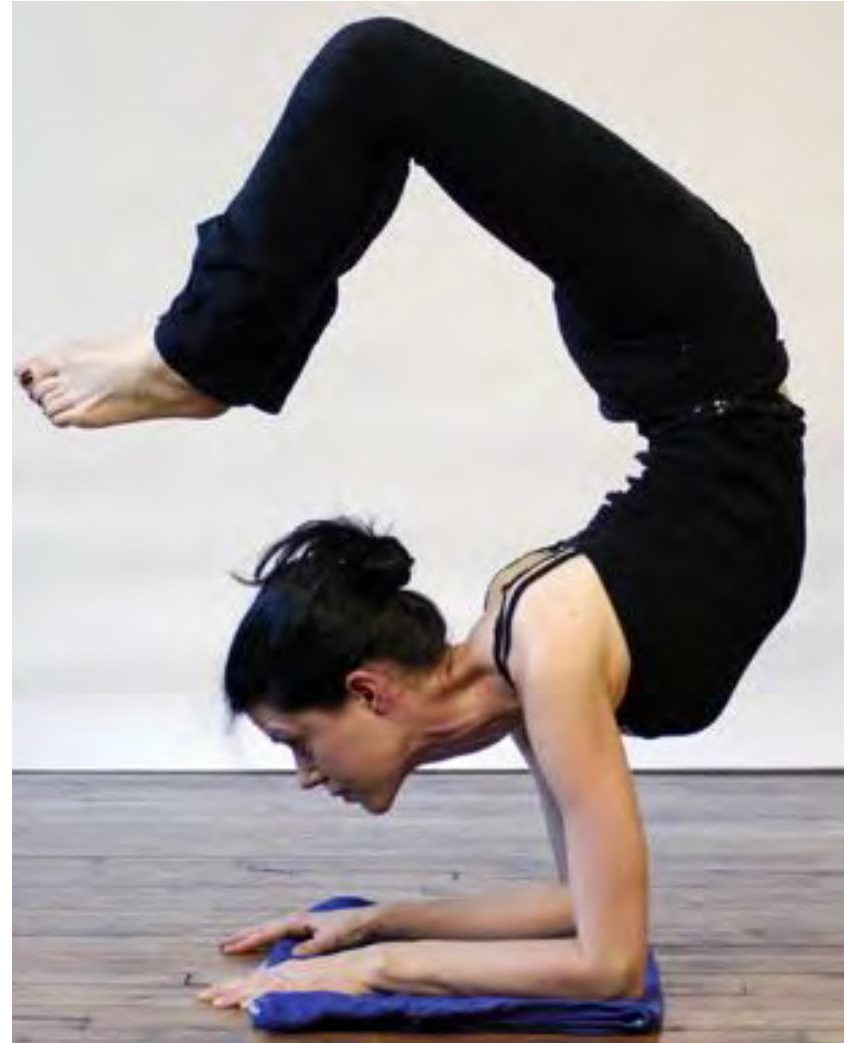
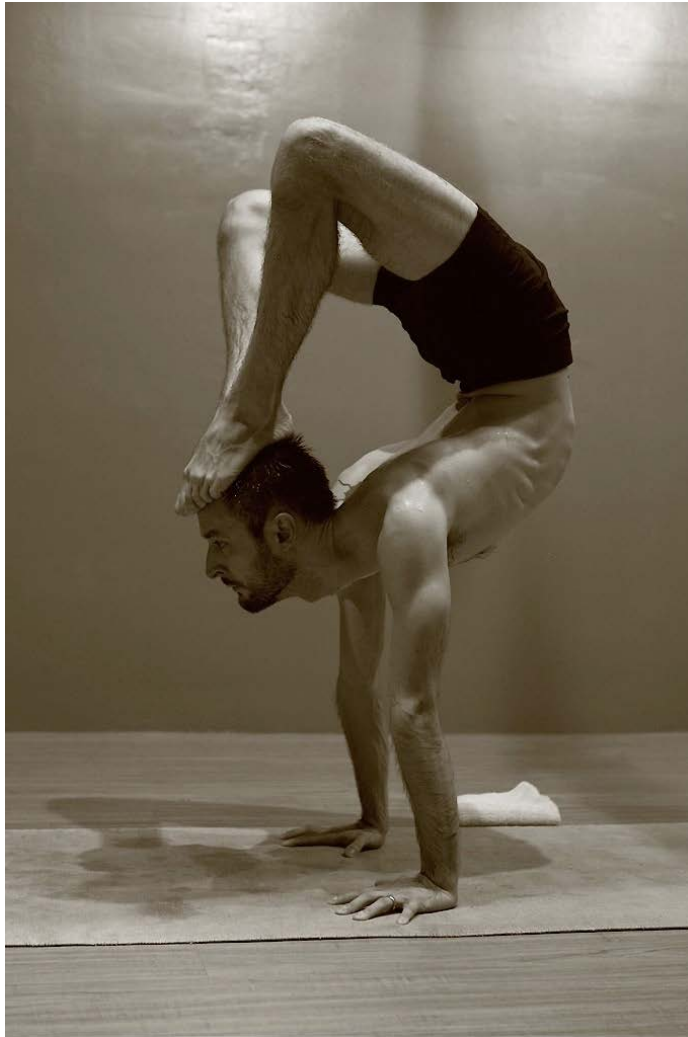
5. Purnachakrasana



6. Setubandh Sarvangasana



7.Vrichikasana

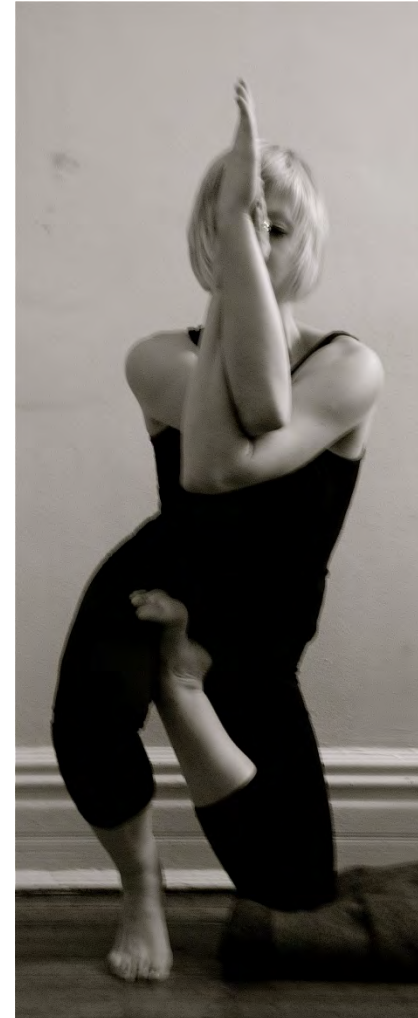


8. Purna Shalabhasana



Part- B
(Optional yogic exercise for Woman)
Select any three respectively

I.Vatayanasana



2. Purna Bhujangasana



3. Purna Matasendrasana



4. Ekpada Shirsadhan





5. Ardha Badha Padmotanasana

6. Vibhakta Paschimottanasana



7. Natarajasana



8. Ekpab Rajkapaotasana



General Rules

- Competition shall be held for both boys and girls section separately in the asanas and kriyas.
- A team may consist maximum of six competitors (including one reserve).
- A team consisting less than five not eligible for team champion championship but performance will be considered for individual position.
- Championship- best of five.

Timings

- One minute for each compulsory asanas.
- 30 sec. for optional asanas.
- One round of suryanamaskara (in twelve count).
- Within two minutes each for Sutraneti, jalaneti, jal kapalbhati and nauli.
- 10 minutes for Vastri Dhauti. (Muslin cloth 6 to 7Mt. In length and 8 c. m. in width)

Distribution of marks

Sr. No.	Event	marks
Part A- a)	Four compulsory Asanas	40
b)	Suryanamaskara	10
c)	Two Shat Kriyas	20
Part B-	Three optional Asanas	30
	Total	100

Teams performance award

- Total degree of flexibility
- Mutual Cohesion, Co-ordination & Uniformity.
- Stability and calmness.
- Execution approach (Method and Technique)
- Connection, Rhythm and aesthetic sense.
- Final posture.

Evaluation of the asanas

➤ **Technical Execution (Presentation). – 4 points**

it involves methodical approach in its presentation which further depends on

- i) Arriving to the posture.
- ii) Alighting from the posture
- iii) Expression
- iv) Breathing

➤ **Complete Posture- 4 points:**

- i) Stability in the posture
- ii) Calmness & tranquility
- iii) Exactness and correctness
- iv) Smoothness and degree of flexibility
- v) Body alignment, its angle and beauty.

➤ **Retention- 2 points:**

All posture are required to be held for the allotted time period.



Thank you