



Directorate of Students' Welfare

Guru Gobind Singh Indraprastha University
Sector-16 C, Dwarka, New Delhi-110078,

Website: <http://ipu.ac.in>, Email id: sports@ipu.ac.in



GURU GOBIND SINGH
INDRAPRASTHA UNIVERSITY

GGSIU/DSW/3(6)/21-22/SM-2023-884

Dated: 09.10.2023

NOTICE

Subject: Schedule and Instruction for participation in 18th Annual Sports Meet-2023 w.r.t. Yoga Tournament (Men & Women).

18th Annual Sports Meet-2023 Yoga Tournament (Men & Women) is scheduled from 19th October 2023 for **BOYS** & 20th October 2023 for **GIRLS** in the Auditorium, GGSIP University campus as per fixture attached.

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. Late entry will not be entertained.
- (iii) Students are not allowed to play without registration.
- (iv) Yoga championship shall be held for both Men and Women section separately in the Asanas.
- (v) A team may consist maximum of 06 competitors. 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) Referee/Umpire decision will be FINAL and will be binding to all.
- (vii) All participants should follow the Rules & Regulations for Participation in 18th Annual Sports Meet of the University for the Academic Year 2023-24 notified vide notice of even number dated 25.09.2023. Copy of the said notice is available on the University's website under the link at Students' Welfare- Sports.

Event -1

Yogasanans Competition

Rule & Regulation for Yogasanans 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 Sarbargasana	Vibhakta Paschimottanasana
Vrischikasana	Natrajasana
Purna Shalabhasana	Ekpad Rajkapaotasana
Omkarasana	Utthita padahastana

- 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 |

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(Dr. Vandana Singh)
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. In-charge (Security)
5. Medical Officer with a request for necessary arrangement of First Aid, Ambulance.
6. University Coach
7. In-charge server room – Please upload the notice on the University website on sports link and General Notices/Circular.
8. Guard file.

Neeraj Pant
10/10/23
(Neeraj Pant)
Section Officer (SW)