



GONDWANA UNIVERSITY, GADCHIROLI

(Established by Government of Maharashtra Notification No. MISC -(2007/(322/07) UNI -4 Dated 27th Sept. 2011 & presently a State University governed by Maharashtra Public University Act, 2016 (Maharashtra Act No.VI of 2017)

OFFICE OF THE PHYSICAL EDUCATION & SPORTS

Dr. Anita M. Lokhande (Director)
Mo.9420511560
directorsportsgondwanauni@gmail.com

MIDC Road, Complex, GADCHIROLI – 442 605 (M.S)
☎ 07132-223104/ 223109 Fax : 07132-223104
Email. Gug.registrar@gmail.com

No. Phy. Edu./ 1186 / 2019

Date:- 2/11 / 11 / 2019

To,

The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

Subject :- Inter Collegiate Yoga (M& W) Competition for the Year 2019-20.

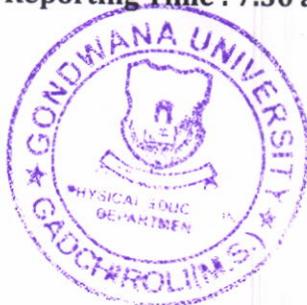
R/Sir,

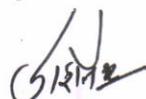
The Yoga Competition have arranged on dated 17th to 18th Dec. 2019 inform your prof. in charge to report with all documents at the venue given below.

Thanking you.

Sr.No	Name of Participating Colleges	Section
1	Mahila Mv. Gadchiroli	Women
2	Anand Niketan College Warora	Men & Women
3	M.G. College Gadchandur	Women
4	Lokmanya Mv. Warora	Men & Women
5	Chintamani Sci. College Pombhurna	Men & Women
6	Chintamani Mv. Pombhurna	Men & Women
7	Adv. Y.D. College Rajura	Women
8	Gurunanak Sci. College Ballarpur	Men & Women
9	Vivekanand Mv. Bhadrawati	Women
10	Chintamani Com. College Pombhurna	Men & Women
11	Yadavrao Poshattiwar College Talodhi (Ba)	Men & Women
12	R.T.M. College Chimur	Men & Women
13	Gramgeeta Mv. Chimur	Men & Women
14	Sardar Patel College Chandrapur	Men & Women
15	Kewalramaji Harde Mv. Chamorshi	Men & Women
16	N.H. College, Bramhapuri	Men & Women
17	Janta Mv. Chandrapur	Men
18	S.P. College Gadchandur	Men
19	S.P. College of Law Chandrapur	Men & Women
20	R.M.G. College Saoli	Men
21	M.J.F. College Ballarpur	Women
22	Chintamani Arts and Comm. College, Gondpipari	Men
23	S.B. Mahila Mahila Mv. Bramhapuri	Women
24	Rashtrapita Mahatma Gandhi Mv. Nagbhid	Men
25	Prabhakar Mamulwar Mv. Korpana	Men
26	MIP, College Betala	Women
27	PGTD, College G.U. Gadchiroli	Men
28		

Venue :- R.M.G. College Saoli, Dist. Chandrapur.
Prof. In Charge :- Prof. B.R. Sukare (Mo. No. 9403196087)
Date of Competition & Trails : 17/12/2019 (Men)
Date of Competition & Trails : 18/12/2019 (Women)
Reporting Time : 7.30 am.




(Dr. Anita Lokhande)
Director
Physical Education & Sports
Gondwana University Gadchiroli.

Annexure-II
RULES & REGULATIONS

1. Inter University Yoga Championship shall be held for both men and women Sections separately in the Asanas and Kriyas (Exercises).
2. A team may consists a maximum of six competitors (including one reverse). 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.
3. The competitors will have to retain each Yogic Exercise as follows which can be counted after attaining the final position.
 - I) One minute for each compulsory asana.
 - II) One round of Surya Namaskar (in twelve count)
 - III) Within Two minutes each for Sutraneti/Rubberneti, Jalneti, Nauli and Shit Karma Kapalbhathi and within 10 minutes for Vastra Dhauti.
4. Yogic Exercise of Part "A" will be performed together and Yogic exercise Part "B" will be performed one by one by each member of the team.
5. Marks of Part A and Part B are as under:

Part A :		
a) Four compulsory Asanas	40 marks	
b) Surya Namaskar	10 marks	
c) Two Shat Kriyas	20 marks	
Part B :	Three Optional Asanas	30 marks
Total		100 marks
6. One Chief Judge plus Five Judges, a scorer and a time keeper will be appointed for each section (there should be two separate panels for men and women).
7. The sequence of participating teams shall be drawn by the Organizing University.
8. **Dress:** The men and women competitors will wear the following dresses in their University color.
 - Men - Short and Vest/Sports shirt.
 - Women - Short and Sports shirts/Gymnastic costume.

Annexure I

SYLLABUS

Part-A - (Compulsory Yogic Exercises for Men and Women)

I. ASANAS (for Men and Women)

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana

II. SURYA NAMASKAR (For Men and Women in Twelve counts)

III. SHAT KARMAS (For Girls only)

1. Jal Neti or Sutra Neti / Rubber Neti.
2. Shit Karam Kapalbhati (Jal Kapalbhati)
(Water intake through mouth and out through nostrils).

IV. SHAT KARMAS (For Boys only)

1. Shit Karam Kapalbhati (Jal Kapalbhati)
(Water intake through mouth and out through nostrils).
2. Vastra Dhauti (muslin cloth 6 to 7m. in length and 8c.m. in width).
Or
Nauli (Vama, Dakshin and Madhyam).

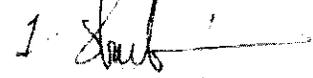
Part B (Optional Yogic Exercise - Select any three respectively)

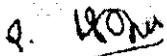
For Men

1. Mayurasana
2. Padmabakasana (Urdhava Kukutasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrischikasana
8. Purna Shalabhasana

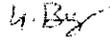
For Women

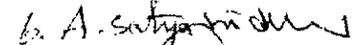
1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matasendrasana
4. Ekapad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibaktha Paschimottasana
7. Natarajasana
8. Ekapad Rajkapotanasana

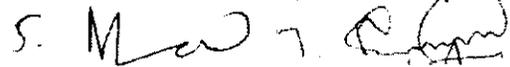
1. 

2. 

3. 

4. 

5. 

6. 

9. The judge will be awarding the marks out of Ten to each competitor for Yogic exercise separately. The maximum and minimum marks will be deleted. The average of other awards will constitute the final score. In case more than one Judge give the same maximum or minimum score. The score awarded by only one judge will be deleted. (Maximum or Minimum).
10. The judge will be free to move around in order to observe the different aspect of the posture from different angles during the retention period. He can ask any Competitor to perform any Yogic exercise again.
11. The efficiency of Yogic Exercise will be judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained there in.
12. All participating Universities will be submitting the list of their competitors (not more than six in each section) along with the list of Yogic exercise of their choice in meeting of managers on 5th January 2020.
13. In case of a tie, it will be decided as follows:
 - a) Aggregate of marks in compulsory Yogic exercises.
 - b) Aggregate of marks in optional Yogic exercises.
 - c) Aggregate of marks in the performance of the remaining exercises.

Note:

1. The word "Exercise" appearing in the rules means "Kriyas, Yogic asana and Suryanamaskar."
2. The detail of asanas are given in the book "Light of Yoga" by B. K. S. Iyanger.



GONDWANA UNIVERSITY, GADCHIROLI

(Established by Government of Maharashtra Notification No. MISC -(2007/(322/07) UNI -4 Dated 27th Sept. 2011 & presently a State University governed by Maharashtra Public University Act, 2016 (Maharashtra Act No. VI of 2017)

OFFICE OF THE PHYSICAL EDUCATION & SPORTS

Dr. Anita M. Lokhande (Director)
Mo. 9420511560
directorsportsgondwanauni@gmail.com

MIDC Road, Complex, Gadchiroli - 442 605 (M.S)
☎ 07132-223104/ 223109 Fax : 07132-223104
Gug.registrar@gmail.com

No. Phy. Edu./ 486 / 2019

Date:- 26 / 11 / 2019

To,
The Principal,
All Participated College / HOD, PGTD,
Gondwana University, Gadchiroli.

YOGA (MEN & WOMEN) DETAILED ENTRY PERFORMA

Name of the participating College :-
Name of Prof. (In Capital letters) :-

SL. NO	NAME OF THE PLAYER	SHAT KRIYAS		SURYA NAMASKAR	COMPULSARY ASANAS				OPTIONAL ASANAS		
		1	2		3	4	5	6	7	8	9
MEN TEAM											
1											
2											
3											
4											
5											
6											
7											
WOMEN TEAM											
1											
2											
3											
4											
5											
6											

Dated :-

Director , Phy. Edu & Sports

(With Official Seal)