

SYLLABUS, RULES & REGULATION FOR INTER-COLLEGE TOURNAMENT YOGA (MEN & WOMEN) CHAMPIONSHIPS

held at CRSU Sports Campus on dated 4-5 Jan. 2017 (2016 - 17)

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 NAMASHKAR (For Men and Women in Twelve counts)

III SHAT KARMAS (For Girls Only)

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

IV SHAT KARMAS (For Boys Only)

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

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

For Men


1. Mayurasana
2. Padambakasana (Urdhva Kukuttasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrishchikasana
8. Purna Shalabasana

For Women

1. Vatayanasana
2. Purna Bhaujangasana
3. Purna Matasendrasana
4. Ekpad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschimottanasana
7. Natrajasana
8. Ekpad Rajkapaotasana

1. Inter College Yoga Championship shall be held for both boys and girls sections separately in the asanas and Kriyas (Exercises)
2. A team may consist maximum of six 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.
3. The competitors will have to retain each yogic exercise as follows which will 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 Sutraneeti/Rubberneti, Jalneti, Nauli and Shit Karma Kapalbhathi and within 10 minutes for vastra Dhauti.

4. Yogic Exercise of part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.

  
Secretary  
28/12/16  
Sports Council  
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