

CHAUDHARY RANBIR SINGH UNIVERSITY SPORTS COUNCIL, JIND

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

Held at CRSU Sports Campus on dated 29-30 Oct, 2018 (Teams reporting time is 29.10.2018 (8.00 am))

Part A-(Compulsory Yogic Exercises For Men & Women)

I ASANAS

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

II SURYA NAMASHAKAR (For Men & 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 through nostril)

IV SHAT KARMAS (for boys only)

1. Shit Karam Kapalbhathi (Jai Kpalbhathi)(Water intake through mouth and through nostril)
2. Vastra Dhauti (muslim Cloth 6 to 7 in. in Length and 8 c. m. in Width)
Nauli (Vam, Dakshhin and Madhyam)

PART B. (Optional Yogic Exercise – Select Any Three Respectively)

For Men

1. Mayurasana
2. Padambakasna(Urdhawa Kukuttasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrishchikasana
8. Purna Shalabanasana

For Women

1. Vatyanasana
2. Purna Bhaujanganasana
3. Purna Matesendrasana
4. Ekapad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschimottasana
7. Natrajasana
8. Ekpad Rajkapaotasana

1. Inter College Yoga Championship shall be held for Boys and girls Section separately in the asanas and Kariyas (Exercise)
2. A Team may consist maximum of six competitor (include one reserved). A team consist 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 minute each for Sutra Neti / Rubbneti, Jalneti, Nuili and Shit Karma kpalbhathi 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
Sports Council
29/9/18