

THE BAPATLA COLLEGE OF ARTS & SCIENCES, BAPATLA

Karlapalem Road, Bapatla – 522 101.
(Affiliated to Acharya Nagarjuna University)

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Dr.K.L.Swaroop, M.P.Ed., M.Phil., NIS (Atheletics),
TTCCY & PGDSM

Date : 03rd December 2019

Principal & Chairman

ANUIC Yoga (Men & Women) Championship 2019-2020.

To

The Principal/Lecturer in Physical Education

Sir/Madam,

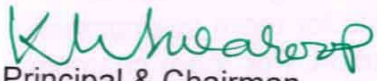
Sub:- ANUIC Yoga (M&W) Championship 2019-2020 cum University Selection Trails
– Reg.

Ref:- Acharya Nagarjuna University Revised Sports Calendar 2019-2020.


Acharya Nagarjuna University Inter-Collegiate Yoga (Men & Women) Championship cum University Team Selection trails for the year 2019-2020 will be held at The Bapatla College of Arts & Sciences, Bapatla on 09th December 2019.

Colleges participating in Yoga (M&W) are requested to attend the Organising Secretary on 09th December 2019 at 9.00 A.M. in college auditorium. Triplicate eligibility forms and Identity Cards, 10th & Intermediate Mark lists (photo copy) duly signed by the principal should be submitted to the organizing Secretary.

Thanking you,


Principal & Chairman
ANUIC Yoga (Men & Women)
Championship 2019-2020.

Yours faithfully,


(Dr.K.L.Swaroop)
Organizing Secretary
ANUIC Yoga (M&W)
Championship 2019-2020.
Mobile No. 9441494070

See the instruction on over leaf.

Syllabus:

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

I ASANAS (For Men & Women)

- 1) Paschimottanasana
- 2) Sarvangasana
- 3) Dhanurasana
- 4) Karna Pidasana

II SURYA NAMASHKAR (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 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 7m. 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. Vrischikasana
8. Purna Shalabhasana

For Women

1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matasendrasana
4. Ekapad Shirasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschinmiottanasana
7. Natrajasana
8. Edpad Rajkapotasana

Rules & Regulations:

1. Inter-Collegiate 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 on 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 conducted 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 with in 10 minutes for vastra dhuti.
4. Yogic exercise of Part A will be performed together and other yogic exercise will be performed one by one by each member of the tea.