

KURKSHETRA UNIVERSITY KURUKSHETRA
(Established by the State Legislature Act XII of 1956)
(‘A+’ Grade, NAAC Accredited)

Directorate of Sports

No. Sports/23/ 2329
Dated 12/11/23

To

The Principals/Directors
of all the affiliated/maintained Colleges,
& Dean, Students’ Welfare,
Kurukshetra University.


Subject: **Kurukshetra University Inter Collegiate Yoga (Men & Women) Championships 2023-24.**
Sir/Madam,

This is for kind information that Kurukshetra University Inter Collegiate Yoga (Men & Women) Championships 2023-24 will be held at **New Multi Purpose Hall of the Sports Complex of Kurukshetra University, Kurukshetra** as per following schedule. The Competition will start at 9:00 a.m.

<u>Game</u>	<u>Date</u>
Yoga (Men)	25 th November, 2023
Yoga (Women)	25 th November, 2023

- i) Teams must be accompanied by Managers along with player’s eligibility particulars, Identity Cards (meant for sports purposes), authority letter, copies of D.M.C. of Matric & 10+2 duly signed/attested by the Principal. The Team shall not be allowed to participate without above said documents.
- ii) Teams must be in their proper dress.
- iii) In case of any protest during the tournament against any player (s)/Team(s) of a College, the Organizing Secretary of the Tournament will arrange a photograph of the Player (s)/Team (s), in addition to other procedure followed in case of a protest.

Encl: Aasan Details


Director, Phy. Edu. & Sports
& Secretary, KUSC

Copy of the above is forwarded to the following for their kind information/necessary action:

1. President, K.U. Sports Council
2. Members, K.U. Yoga Club Committee
3. Director, Public Relations, K.U.K.
4. Internal distribution in the Department.

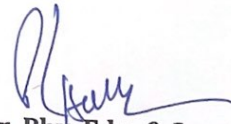
**Aasan Details for Kurukshetra University Inter
Collegiate Yogasana (Men & Women) Championships
2023-24**

Part A: Compulsory Asanas (Men) and (Women)

- i. Surya Namaskar (12 Counts)
- ii. Asanas:
 1. Paschimottanasana
 2. Sarvangasana
 3. Purna Dhanurasana
 4. Karna Pidasana
 5. Garudasana

Part B: (Optional Asanas - Select any four respectively)

SL NO	MEN	WOMEN
1	Mayurasana	Vatayanasana
2	Padma Bakasana (Urdhva Kukkutasana)	Purna Bhujangasana
3	Hanumanasana	Purna Matsyendrasana
4	Tittibhasana	Ekapad Shirasana
5	Purna Chakrasana	Ardha Badha Padmottanasana
6	Setubandha Sarvangasana	Vibhakta Paschimottanasana
7	Vrischikasana	Natarajasana
8	Purna Shalabhasana	Ekapad Rajkapotasana
9	Omkarasana	Utthita Padahastanasana
10	Prasarit-pash Padottanasana	Udhvamukha Tittibhasana
11	Parivritta-Ushrasana	Parivritta - Vishwamitrasana
12	Tandavasana	Sankhyasana


Director, Phy. Edu. & Sports