

**KURKSHETRA UNIVERSITY KURUKSHETRA**

**(Established by the State Legislature Act XII of 1956)**

**('A+' Grade, NAAC Accredited)**

**Directorate of Sports**

No. Sports/21/ 1158

Dated 26/11/21

To

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

Subject: **Kurukshetra University Inter Collegiate Yoga (Men & Women) Championships 2021-22.**

Sir/Madam,

This is for kind information that Kurukshetra University Inter Collegiate Yoga (Men & Women) Championships 2021-22 will be held at **New Gymnasium Hall of the Sports Complex of Kurukshetra University, Kurukshetra** as per following schedule. The Competition will start at 9:00 a.m.

**Game**

**Date**

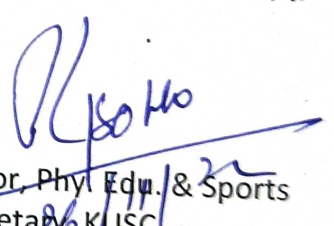
Yoga (Men)

05<sup>th</sup> December, 2021

Yoga (Women)

05<sup>th</sup> December, 2021

- 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.

  
Director, Phyl. Edn. & 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.

## Aasans Details for K.U. Intercollegiate Yoga (M&W) 2021-22

Compulsory	Surya Namaskar (For Men and Women in 12 Counts)
Compulsory Asanas	<ol style="list-style-type: none"> <li>1. Paschim Uttanasana</li> <li>2. Sarvangasana</li> <li>3. Purna Dhanurasana</li> <li>4. Karna Pidasana</li> <li>5. Garudhasana</li> </ol>
Optional Asanas for Men (Select any Four)	<ol style="list-style-type: none"> <li>1. Mayuraasana</li> <li>2. Padmabakasana (Urdhava Kukutasana)</li> <li>3. Hanumanasana</li> <li>4. Titiabhasana</li> <li>5. Purna Chakrasana</li> <li>6. Setubandh Sarvanghasana</li> <li>7. Vrischikasana</li> <li>8. Purna Shalabhasana</li> <li>9. Omkarasana</li> </ol>
Optional Asanas for Women (Select any Four)	<ol style="list-style-type: none"> <li>1. Vatayanasana</li> <li>2. Purna Bhujangasana</li> <li>3. Purna Matasendrasana</li> <li>4. Ekpad Shirasana</li> <li>5. Ardha Badh Padmotanasana</li> <li>6. Vibaktha Paschimuttanasana</li> <li>7. Natarajasana</li> <li>8. Ekpad Rajkapotasana</li> <li>9. Utthita Padhastasana</li> </ol>