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

Directorate of Sports

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.

<table>
<thead>
<tr>
<th>Game</th>
<th>Date</th>
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<tbody>
<tr>
<td>Yoga (Men)</td>
<td>05th December, 2021</td>
</tr>
<tr>
<td>Yoga (Women)</td>
<td>05th December, 2021</td>
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</tbody>
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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.

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.

No. Sports/21/158

Dated 24/11/21

[Signature]

Director, Phys. Educ. & Sports
& Secretary, KUSC
### Optional Asanas for Women

1. Vajrasana
2. Puma Bhujangasana
3. Puma Matsyasana
4. Ekapad Shirsana
5. Artha Bhalch Padmawanasana
6. Vibakha Paschimuttanasana
7. Natarchasan
8. Ekapad Ralikopotasana
9. Uthlita Padhastasana

(Select any Four)

### Optional Asanas for Men

1. Myurmasana
2. Padmahapakasan (Urdhaya Kuikutseana)
3. Haumunamhassan
4. Tiitahsana
5. Puma Chakrasana
6. Sethubandh Sarvanthasana
7. Vishikhasana
8. Puma Shalabhasana
9. Omkarasaana

(Select any Four)

### Compulsory Asanas

1. Paschimuttanasana
2. Sarvangasana
3. Puma Dhanurasana
4. Kama Pidakasan
5. Gadadhhasana

Suaya Namaskar (For Men and Women in 12 Counts)

Asans Details for K.U. Intercollegiate Yoga (M&YW) 2021-22