



स्वामी विवेकानन्द योग अनुसंधान संस्थान
Swami Vivekananda Yoga Anusandhāna Samsthāna
(Declared as Deemed to be University under Section 3 of the UGC Act, 1956)
Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019

SVY/ REG /1499 / 10-2025

Date: 09 - 10 - 2025

To,
The Vice Chancellor / Registrar / Secretary Sports
Council / Director Sports / Sports Officer,
All Participating Universities affiliated to Association
of Indian Universities (AIU), New Delhi.

Sub: - Syllabus of Association of Indian Universities (AIU), along with the Rules and Regulations for the conduct of the All India Inter University Yogasana Women's Championship, to be held at S-VYASA (Deemed to be University) Bengaluru, from 24th to 28th November 2025.

Respected Madam /Sir,

Namaste and Greetings from S-VYASA, Deemed to be University.

We are sending the Syllabus and Rules & Regulations finalized by the Association of Indian Universities (AIU) for the conduct of the All India Inter University Yogasana Women's Championship, to be held at S-VYASA (Deemed to be University) Bengaluru, from 24th to 28th November 2025.

**Syllabus, Rules & Regulations for AIU Yogasana Women's Championship
(2025-26)**

Event Category: - Yogasana competition will be organized in the following categories: -

- (1) Traditional Yogasana - Team
- (2) Traditional Yogasana - Individual
- (3) Demonstration Events: -
 - a. Artistic Yogasana - One Competitor
 - b. Rhythmic Yogasana - One Competitor

Event -1: Traditional Yogasana – Team Participants: Maximum 6 (5 Participants + 1 Reserve)

Event -2: Traditional Yogasana – Individual (Only One Participant)



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Part A : Compulsory Asanas

i. Surya Namaskar (12 postures)

ii. Asanas:

- Paschimottanasana
- Sarvangasana
- Purna Dhanurasana
- Karna Pidasana
- Garudasana

Part B: Optional Yogasana (Select any Four from the following list)

:

Sl. No.	Women	Sl. No.	Women
1	Vatayanasana	7	Natarajasana
2	Purna Bhujangasana	8	Ekapad Rajkapotasana
3	Purna Matsyendrasana	9	Utthita Padahastanasana
4	Ekapad Shirasana	10	Udhvamukha Tittibhasana
5	Ardha Badha Padmottanasana	11	Parivritta – Vishwamitrasana
6	Vibhakta Paschimottanasana	12	Sankhyasana

1. A team may consist of maximum 6 competitors. A team consisting of less than 5 competitors, shall not be eligible for team championship. Marks of only the best 5 will be counted for Team Championship.
2. Only One competitor from each university can perform in Traditional Yogasana Individual competition.
3. The competitor must retain each Yogasana (Team & Individual Traditional Yogasana) as per following rules. Evaluation will be made after attaining the Final Position.
 - a. All competitors must complete the 12 Step Surya Namaskar within 60 Seconds.
 - b. One minute holding for each Compulsory Asana.
 - c. 45 Seconds holding for each Optional Asana.
4. Surya Namaskar will be performed together, and other Asanas will be performed individually by each team member.



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5. Scoring Details for **Part A & Part B** are as given below:

Surya Namaskar	10 Marks
Five Compulsory Asanas (Part A)	50 Marks
Four Optional Asanas (Part B)	40 Marks
Total	100 Marks

6. One Chief Judge and 5 Judges, a Scorer, and a Timekeeper will be appointed for each event category.
7. The organizing university shall draw the sequence of participating teams.
8. **Dress Code:** The competitors will wear the following dresses in their University colours.
Shorts, Sports T-Shirt / Gymnastic Costumes and Yogic Sleeve Tops.
9. The Judges will award the marks out of ten to each participant for each asana separately (The highest and lowest marks by the Judges will not be considered). Only the average marks of the individuals will be counted and it will be considered as the final score.
10. The judge will be free to move around to observe the different aspects of Asanas from different angles, Judges can ask any competitor to perform any asana again (if needed).
11. The Asana will be judged based on the degree of flexibility in each asana, retention of the position, calmness, and final position maintained therein.
12. In case of a tie, it will be decided based on:
 - Aggregate of marks in Surya Namaskar.
 - Aggregate of marks in Compulsory Asanas.
 - Aggregate of marks in Optional Asanas.

Demonstration Events

- a. Only one participant from each University.
- b. The competitor have to perform any five Asanas of their choice from the following list:



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i) List of Asanas :

Sl. No.	Asana Name	Duration	Points
i)	Standing Vrischikasana	20 Sec.	10
ii)	Standing Linkarasana	20 Sec.	10
iii)	Natrajasana	20 Sec.	10
iv)	Sthambh Sirsasana (Duruvasana or Bhagirathasana)	20 Sec.	10
v)	Dharwjasana (Flag Postures)	20 Sec.	10
vi)	Standing Eka Pada Skandasana	20 Sec.	10
vii)	Kandapeedasana	20 Sec.	10
viii)	Utthid Dwipad SKandasana	20 Sec.	10

2. Individual Rhythmic Yogasana

- In this competition, the competitor should perform 10 Asanas in a Maximum time limit of 150 seconds.
- The competitor is required to perform all types of postures such as forward bending, backward bending, balancing and twisting Asanas according to their own choice, in all four directions with music.
- Only one competitor from each university can participate.
- The Asanas & body movements should be synchronized with music.
- The competitors themselves will arrange their music, which should be given to the PA system operator before to the event.
- If a competitor takes more than 150 seconds or less than 120 seconds, one point will be deducted by each Judge.
- All the Rhythmic asana movements holding time shall be 5 to 7 seconds.



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Important Note: -

A competitor can participate in one event out of four categories (Traditional Yogasana Team, Individual Traditional Yogasana, Individual Artistic Yogasana and Individual Rhythmic Yogasana event.)

We wish all participating students a harmonious journey through Yoga—may your practice reflect strength, serenity, and the spirit of excellence.

With warm regards from S-VYASA.

Dr. VIKAS RAWAT
Organizing Secretary,
All India Inter University Yoga
Women Championship &
Principal, School of Yogic Sciences,
S-VYASA Deemed to be University
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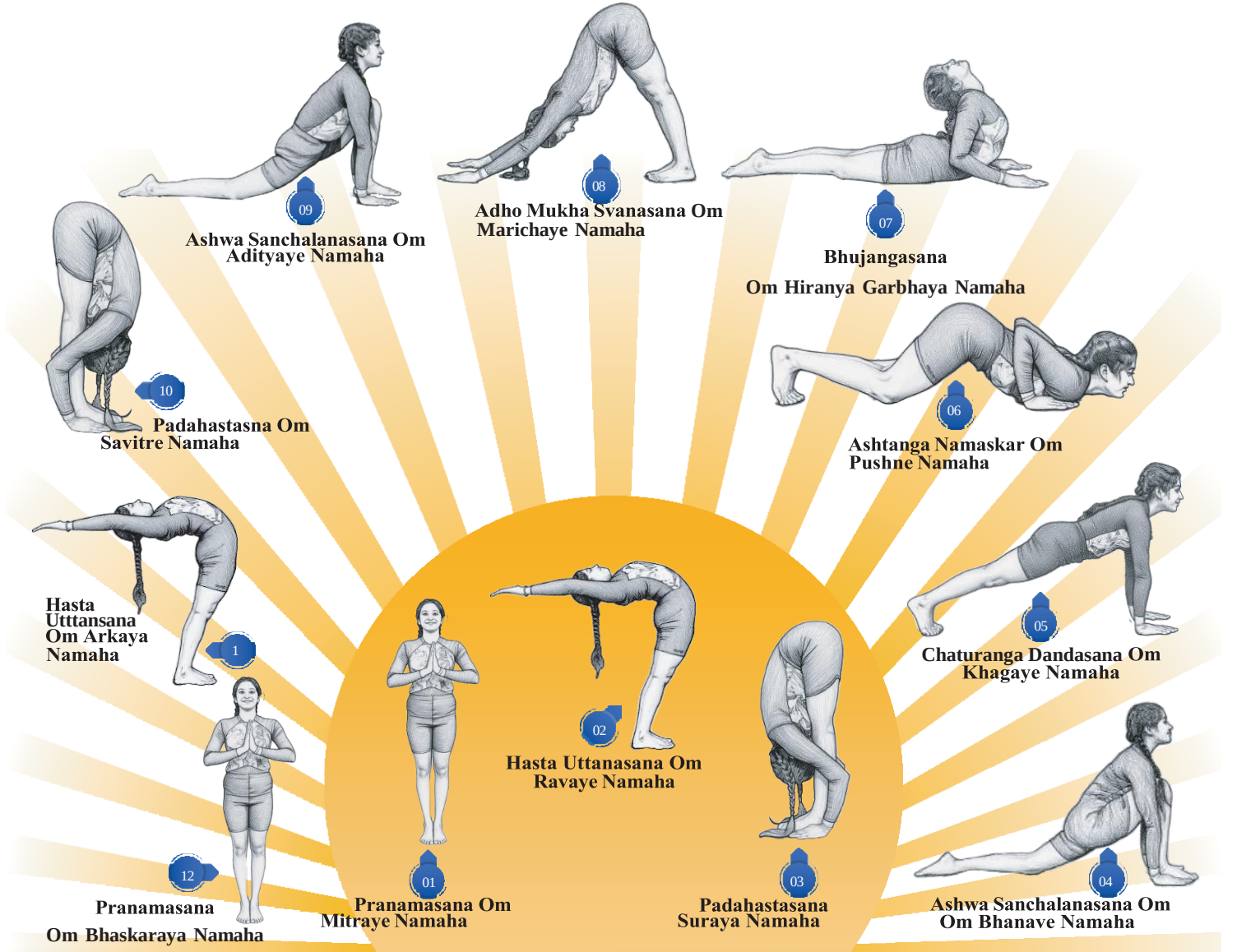
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Part A: Surya Namaskar



12 Surya Namaskar Steps



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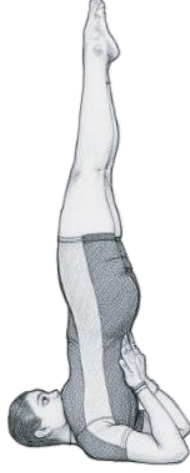
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Part A : Compulsory Asanas



Paschimottasana



Sarvangasana



Purna Dhanurasana



Karna Pidasana



Garudasana



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Part B : Optional Yogasana (Select Any Four Respectively)

Note : For Optional Asanas

 Vatayanasana	 Purna Bhujangasana	 Purna Matsyendrasana
 Ekapad Shirasana	 Ardhabadha Padmottanasana	 Vibhakta Paschimottanasana
 Natarajasana	 Ekapad Rajkapotasana	 Utthita Padahastasana



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Udhvamukha Tittibhasana



Parivritta – Vishwamitrasana



Sankhyasana



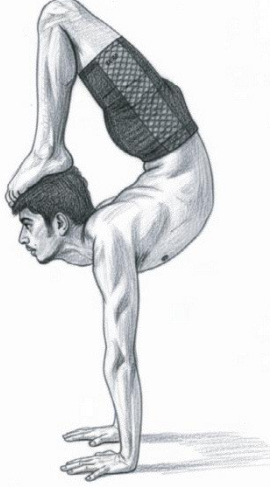
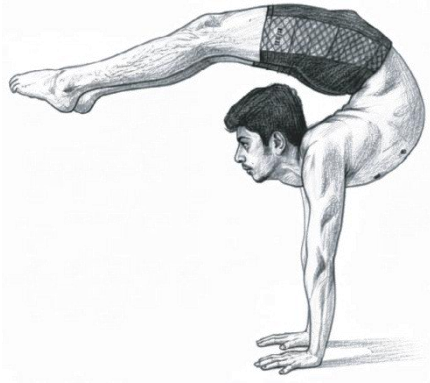
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PART - C : INDIVIDUAL ARTISTIC YOGASANA

STANDING VRISCHIKASAN A		- Athletes must be in a full-hand balance position with a back bend. - Shoulder distance between the hands. - Knees and feet should touch each other. - Hold feet resting on cranium. - Face facing forward and maximum arch in the back.
STANDING LINKARASAN A		- The athlete must be in a full-hand balance position. - Arms should be straight at shoulder level distance with fingers closed. - Keep both legs straight forward over the head with toes pointed in front. - Hip should not touch the back of the head. - Face facing forward and maximum arch in the back.
NATARAJASANA		- Athlete must be in one leg balance in a back bend position. - Legs must be in splits of 180° keeping the knee extended. - Both hands gripping on the extended knee with pointed toes upward. - Both upper arms must touch the ear and face facing forward.



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STHAMBH SIRASANA		- The athlete must be in one leg balance and the body should be straight. - Hands, trunk, and leg should be perpendicular to the floor. - By bending at knee keep one leg behind the back parallel to the ground. - Head in between the hands and face facing forward.
DHAWJASANA/FLAG POSTURE		- Athletes must be in one-leg balance without bending at the knee. - The other leg should be stretched straight touching the side of the head. - Both elbows in straight alignment, gripping the heel with the same hand and toes with the other hand. - Gaze in front keeping neck straight.
STANDING EKA PADA SKANDHASANA		- Athletes must be in one-leg balance without bending at the knee. Any one heel should touch the opposite side shoulder and toe of the folded leg stretched out. - Back, neck, and head to be maximum straight. - Hand folded in the front of the chest.



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KANDAPEEDASANA		▪ Heels are at the naval keeping back maximum straight. ▪ The toes are pointing upwards and the soles are touching the belly. ▪ Knees are resting on the floor. ▪ Keep one hand extending straight at shoulder level parallel to the floor. ▪ The other hand folded at the elbow is on the back of the head and palm on the shoulder of an extended hand.
UTTHIT DWIPAD SKANDHASANA		▪ The athlete must be in a complete hand balance position. ▪ Shoulders are to be taken out from the crossing of legs behind the head. ▪ Arms parallel to each other up to shoulder width keeping fingers together. ▪ Back maximum straight and gaze forward.