

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR

No. Phy.Edu. 2015-2016/653

Date : 01-02-2016

To,
The Principal of all concerned Colleges

Subject :- Conduct of Inter Collegiate Yogasan (Men/Women) Championship
2015-2016.

01. Date of Competition :- 8TH to 9TH FEBRUARY 2016
02. Venue of the Competition :-Mahadhavrao Wankhede Sharirik
Shikshan Mahavidyalaya, Kamptee
03. Reporting Date & Time :- 8TH FEBRUARY 2016 at 8.00 a.m.
04. Teacher Incharge :- DR. Mrs. SEEMA HARDE
Shri. M. W. S. S. Mv
Kamptee
(mobile No. 9822941192)

COPY TO :-

01. The Principals of all participation college for information.

02. Dr. Vijay Dhote, Arvindbabu Deshmukh College, Bharsingi. Kindly submit the accounts and details of remuneration to be paid to the Referee / Officials with 7 days from the conclusion of the championships.
03. Principal, Arvindbabu Deshmukh College, Bharsingi, for information.
04. Members of Yogasan (Men/Women) Selection Committee for information.
05. Shri. Mohd. Salim, Head Clerk, Department of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur. For information and necessary arrangement
06. Chairman, Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur.
07. The Warden, Girls Hostel & Estate Officer, Vidhrtibhavan, Rashtrasant Tukdoji Maharaj Nagpur University for information.
08. The Editors of all LOCAL NEWS PAPER for information and wide publicity in their esteemed papers.



(Dr. Dhananjay M. Welukar)
Director
Physical Education
Rashtrasant Tukdoji Maharaj
Nagpur University, Nagpur

RULES AND REGULATION (AS PER A.I.U) 2015-16

TEXT OF THE SYLABUS :

01- SHAT KARMAS :- Two Kriya 20 marks

MEN SECTION :-

01. Shit Karma Kapalbhathi (Jal Kapal Bhati) water intake through mouth & out through nostrils.
02. Vastra Dhauti (6 to 7 mtrs L & 8 cm.w) V.D.M.
Nauti – (Vam –Dakshin & Madhyam)

WOMEN SECTION :-

01. Shit Karma Kapalbhathi (Jal Kapal Bhati) Jal Neti on Sutra Neti

02- SURYANAMASKAR (FOR MEN & WOMEN)

(in twelve counts with recitation of Mantra on each count)

03- COMPULSORY ASANAS (FOR MEN & WOMEN)

40 MARKS

- A) Paschimottanasana
- B) B) Sarvangasana
- C) Dhanurasana
- D) Karanpidanasana

This sequence will be maintained.

04- OPTIONAL ASANAS (FOR MEN SECTION) ANY THREE – 30 MARKS

- a) Mayur Asana
- b) b) Padambalzasana
- c) c) Hanuman Asana
- d) Titibha Asana
- e) Purna Chakra Badhasana
- f) Setubandh Sarvangasana
- g) Virschik Asana
- h) Purna Shalbhasana
(feet may or not touch the head)

FOR WOMEN SECTION :-

- a) Vatayan Asan
- b) b) Purna Bhujangasan
- c) c) Purna Matseyndrasan
- d) Ekpad Shirshasan
- e) Ardhabad Padamanasan
- f) Vibhakta Pashchimotanasan
- g) Natraj Asan
- h) Ekpad Rajkapotasan.

CLASSIFICATION

Difficulties have been classified as A, B, C, D, - upto 15 are in A difficulty, from 16 to 30 in B. Difficulty & above 30 in C difficulty.



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