



**DIRECTORATE OF STUDENTS' WELFARE**  
**NAVSARI AGRICULTURAL UNIVERSITY**  
**NAVSARI - 396 450**



Read: 1. Letter of Ministry of Youth Affairs and Sports, Govt. of India –फा.सं.प. 16/1/2020/एन एस  
एस/गुजरात / 1171-1263, दिनांक 09 जून 2022

**CIRCULAR**

**Inter-Collegiate Yogasana Championship – 2022**  
**&**  
**NAU Staff Yogasana Championship – 2022**  
**&**  
**Yoga Quiz Competition**

In order to popularize Yogasana among students and staff of NAU this year Inter-Collegiate Yogasana Championship – 2022, NAU Staff Yogasana Championship – 2022 and Yoga Quiz Competition is going to be organized as per attached detail:

All Yoga Coordinators, unit/sub-unit heads are requested to motivate the students and staff members to participate in the above Yogasana Championships and Yoga Quiz Competition.

Director

No. NAU/DSW/T-8/3152/2022

Dated: 15.06.2022

**Event:** Inter-Collegiate Yogasana Championship - 2022 (Only for NAU students)

**Date:** 18<sup>th</sup> June, 2022

**Time:** 09:00 AM – 03:00 PM

**Venue:** Gymnasium Hall, NAU, Navsari

**Judgment Criteria:** The efficiency of the Yogasana in the Yogasana competition will be judged on the following basis:

- i. Way of performance to achieve the final position
  - ii. Correct position of Yogasana.
  - iii. Retention maintained during the final position.
  - iv. Degree of flexibility, balance and calmness maintained during the retention of final position.
  - v. Way of performance to come back from final position.
1. The referees will see yoga posture performance from all sides during the retention period.
  2. **Marking System** - All the referees will award marks to each competitor for each Yogasana separately.
    - i. In Yogasana competition each referee will award marks out of 10 marks for each asana, thus awarding marks out of 100 for 10 asanas.
    - ii. The aggregate of minimum and maximum marks given by the referee to each competitor will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
  3. **Positions** -
    - i. In Yogasana competition first three positions will be declared in each group (boys and girls) on the basis of merit of the scores secured by the competitors.
  4. **Awards and participation certificates** -
    - i. First, Second and Third position holders will be awarded along with Merit Certificates.
    - ii. The participation certificates will be given to all the participants securing more than 50% marks in the competition.

**Dress:** The boys and girls competitors will wear the following dresses:

Boys: Short and vest/sports shirt.

Girls: Short and sports shirts/Gymnastic costume (full length).

**Contact person for any Yogasana competition related query:**

**Nodal Officer – Yoga**

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee



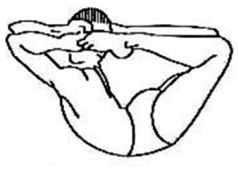




and Assistant Professor, Dept. of Basic Sciences, ACHF,

Navsari Agricultural University

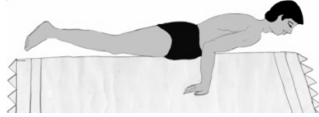
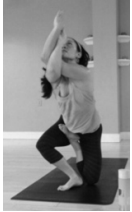






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**Syllabus for Inter-Collegiate Yogasana Championship - 2022**

<b>Compulsory Yogasanas for Boys and Girls</b>			
1. Pashchimottanasana 2. Sarvangasana 3. Purnadhanurasana 4. Karnapidasana 5. Vrikshasana 6. Padhastasana 7. Ushtrasana			
	<b>1. Pashchimottanasana</b>	<b>2. Sarvangasana</b>	<b>3. Purnadhanurasana</b>
			
<b>4. Karnapidasana</b>	<b>5. Vrikshasana</b>	<b>6. Padhastasana</b>	<b>7. Ushtrasana</b>

**Optional Yogasanas - Select any three respectively**

<b>For Boys</b>		<b>For Girls</b>	
1. Mayurasana 		1. Vatayanasana 	
2. Padambakasana (UrdhvaKukuttasana) 		2. PurnaBhujangasana 	
3. Hanumanasana 		3. PurnaMatasendrasana 	
4. Titiabhasana 		4. EkapadShirasana 	



6. Setubandh Sarvangasana



6. Vibhakta Paschimottasana



7. Vrischikasana



7. Natrajasana



8. Purna Shalabhasana



8. Ekpada Rajkapotasana



**Event:** NAU Staff Yogasana Championship – 2022 (Only for NAU staffs)

**Date:** 18<sup>th</sup> June, 2022

**Time:** 09:00 AM – 03:00 PM

**Venue:** Gymnasium Hall, NAU, Navsari

**Judgment Criteria:** The efficiency of the Yogasana in the Yogasana competition will be judged on the following basis:

- vi. Way of performance to achieve the final position
  - vii. Correct position of Yogasana.
  - viii. Retention maintained during the final position.
  - ix. Degree of flexibility, balance and calmness maintained during the retention of final position.
  - x. Way of performance to come back from final position.
5. The referees will see yoga posture performance from all sides during the retention period.
6. **Marking System** - All the referees will award marks to each competitor for each Yogasana separately.
- iii. In Yogasana competition each referee will award marks out of 10 marks for each asana, thus awarding marks out of 50 for 05 asanas.
  - iv. The aggregate of minimum and maximum marks given by the referee to each competitor will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.
7. **Positions** -
- ii. In Yogasana competition first three positions will be declared in each group (male and female) on the basis of merit of the scores secured by the competitors.
8. **Awards and participation certificates** -
- iii. First, Second and Third position holders will be awarded along with Merit Certificates.
  - iv. The participation certificates will be given to all the participants securing more than 50% marks in the competition.

**Dress:** The male and female competitors will wear the following dresses:

Male: Short and vest/sports shirt.

Female: Short and sports shirts.

**Contact person for any Yogasana competition related query:**

**Nodal Officer – Yoga**

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee

and Assistant Professor, Dept. of Basic Sciences, ACHF,

Navsari Agricultural University

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**Syllabus for NAU Staff Yogasana Championship – 2022**

**Compulsory Yogasanas for Male and Female**

1. Pashchimottanasana 2. Ushtrasana 3. Vakrasana 4. Vrikshasana 5. Padhastasana			
	<b>1. Pashchimottanasana</b>	<b>2. Ushtrasana</b>	<b>3. Vakrasana</b>
	<b>4. Vrikshasana</b>	<b>5. Padhastasana</b>	

**Event:** Online Yoga Quiz Competition (Only for NAU students)

**Date:** 18<sup>th</sup> June, 2022

**Time:** 03:15 PM – 03:45 PM

**Venue:** Gymnasium Hall, NAU, Navsari (**Note:** If number of participants only for quiz competition exceeds then venue may be changed to the respective college campus.)

**Guidelines:**

1. There will be 50 multiple choice questions based on common yoga protocol as published by Ministry of AYUSH, Government of India and syllabus of Inter-Collegiate Yogasana Championship-2022 of NAU, Navsari.
2. All questions will be compulsory and contain same marks.
3. There will be negative marking (0.25 marks will be deducted for one wrong answer).
4. Results will be announced based on merit.
5. Merit for polytechnic and under graduate students will be common.
6. Merit for post graduate students (M.Sc. and Ph.D. including in-service) will be common.

**Contact person for any quiz competition related query:**

**Nodal Officer – Yoga**

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee

and Assistant Professor, Dept. of Basic Sciences, ACHF, NAU

Navsari, Gujarat

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**Note: Booklet of Common Yoga Protocol can be downloaded from Ministry of AAYUSH, Government of India website.**