



DIRECTORATE OF STUDENTS' WELFARE
&
PROGRAMME CO-ORDINATOR (NSS)
NAVSARI AGRICULTURAL UNIVERSITY
NAVSARI-396450



Dr. R. M. Naik
Director

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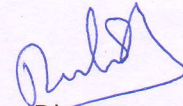
CIRCULAR

**Inter-Collegiate Yogasana Championship – 2023
&
Yoga Poster Competition**

In order to popularize Yogasana among students of NAU this year Inter-Collegiate Yogasana Championship – 2023, and Yoga Poster Competition is going to be organized as per attached detail:

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

No. NAU/DSW/T-8/2654/2023
Dated: 15.06.2023


Director

Event: Inter-Collegiate Yogasana Championship - 2023 (Only for NAU students)

Date: 17th June, 2023

Time: 09:00 AM – 01:00 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 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, ACH,



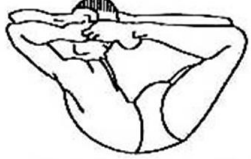




Navsari Agricultural University

Navsari, Gujarat

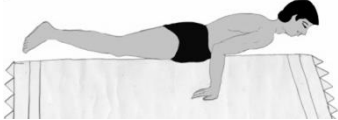







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Syllabus for Inter-Collegiate Yogasana Championship - 2023

Compulsory Yogasanas for Boys and Girls

<ol style="list-style-type: none"> 1. Pashchimottanasana 2. Sarvangasana 3. Purnadhanurasana 4. Karnapidasana 5. Vrikshasana 6. Padhastasana 7. Ushtrasana 	 <p align="center">1. Pashchimottanasana</p>	 <p align="center">2. Sarvangasana</p>	 <p align="center">3. Purnadhanurasana</p>
	 <p align="center">5. Vrikshasana</p>	 <p align="center">6. Padhastasana</p>	 <p align="center">7. Ushtrasana</p>
<p align="center">4. Karnapidasana</p>	<p align="center">5. Vrikshasana</p>	<p align="center">6. Padhastasana</p>	<p align="center">7. Ushtrasana</p>

Optional Yogasanas - Select any three respectively

For Boys	For Girls
<p align="center">1. Mayurasana</p> 	<p align="center">1. Vatayanasana</p> 
<p align="center">2. Padambakasana (UrdhvaKukuttasana)</p> 	<p align="center">2. PurnaBhujangasana</p> 
<p align="center">3. Hanumanasana</p> 	<p align="center">3. PurnaMatasendrasana</p> 
<p align="center">4. Titiabhasana</p> 	<p align="center">4. EkapadShirasana</p> 

<p>5. PurnaChakrasana</p> 	<p>5. ArdhaBadhPadmottanasana</p> 
<p>6. SetubandhSarvangasana</p> 	<p>6. VibhaktaPaschimottanasana</p> 
<p>7. Vrischikasana</p> 	<p>7. Natrajasana</p> 
<p>8. PurnaShalabhasana</p> 	<p>8. EkpadaRajkapotasana</p> 

Event: Yoga Poster Competition (Only for NAU students)

Date: 17th June, 2023

Time: 02:00 PM – 04:00 PM

Venue: Gymnasium Hall, NAU, Navsari

Guidelines:

1. Theme for poster making will be “**Yoga for Holistic Health**”
2. Only poster will be supplied from organizers.
3. Brush, paint and other accessories for poster making should be brought by the participants.
4. Merit for Polytechnic, UG and PG will be common.

Contact person for any Poster competition related query:

Nodal Officer – Yoga

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee

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

Navsari, Gujarat

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