



All India Inter-University Yoga (Men & Women) Championship 2019-2020

SYLLABUS

Part-A - (Compulsory Yogic Exercises for Men and Women)

I. ASANAS (for Men and Women)

1. Paschimottanasana
2. Sarvangasana
3. Purna Dhanurasana
4. Karna Pidasana

II. SURYA NAMASKAR (For Men and Women in Twelve counts)

III. SHAT KARMAS (For Girls only)

1. Jal Neti or Sutra Neti / Rubber Neti.
2. Shit Karam Kapalbhati (Jal Kapalbhati)
(Water intake through mouth and out through nostrils).

IV. SHAT KARMAS (For Boys only)

1. Shit Karam Kapalbhati (Jal Kapalbhati)
(Water intake through mouth and out through nostrils).
2. Vastra Dhauti (muslin cloth 6 to 7m. in length and 8c.m. in width).
Or
Nauli (Vama, Dakshin and Madhyam).

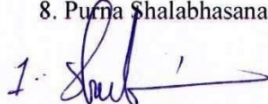

Part B (Optional Yogic Exercise - Select any three respectively)


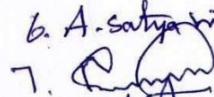

For Men

1. Mayurasana
2. Padmabakasana (Urdhava Kukutasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakrasana
6. Setubandh Sarvangasana
7. Vrischikasana
8. Purna Shalabhasana

For Women

1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matasendrasana
4. Ekapad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibaktha Paschimottasana
7. Natarajasana
8. Ekapad Rajkapotanasana

1. 
2. 

3. Dr. K. Tambe Ramchandra
4. By
5. 
6. A. Satyanidhi
7. 
8. 

Sd/-

Organizing Secretary