

F. No. 36(2)(1)/2024/DSW/666

Dated: 25 October 2025

Revised Notice

Subject: Schedule and Instructions for participation in the 20th GGSIPU Inter-Collegiate Yogasana Championship

The 20th GGSIPU Inter-Collegiate Yogasana Championship is scheduled to be held on 29th October 2025 (Men) and 30th October 2025 (Women) at the Seminar Hall, D-Block, GGSIPU Dwarka Campus.

Instructions:

1. All teams must submit the Eligibility Proforma (Annexure-2), duly filled and signed by the Principal/Director, along with a photocopy of the identity card of all players, at the venue at least one hour before the scheduled time of their match. All columns of the Eligibility Proforma must be properly filled, and no team will be allowed to participate without the Eligibility Proforma under any circumstances.
2. All participants must produce their original College/Institute Identity Card at the time of registration/competition or whenever required by the officials.

Rules:

1. All teams must report at the venue in proper Yogasana kit on 29th October 2025 at 12:00 hrs.
2. Each Institute may send one entry each in the Men's & Women's Individual Traditional / Individual Rhythmic / Individual Artistic Yogasana events.
3. Each Institute may send one Men's and one Women's team for Traditional Yogasana event. Each team may consist of minimum of 5 and maximum of 6 players.
4. For team event, marks of only best five will be counted.
5. The Referee/Umpire's decision shall be final and binding on all participants.
6. All participating players and team officials must adhere to the Rules and Regulations notified vide Notice F. No. 36(2)(1)/2024/DSW dated 29.09.2025.

Event Category: Yogasana competition will be organised in the following categories:

- (1) Traditional Yogasana – Team
- (2) Traditional Yogasana – Individual
- (3) Artistic Yogasana – Individual
- (4) Rhythmic Yogasana – Individual

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

Event – 2: Traditional Yogasana – Individual (Only one participant)

Part A – (Compulsory Asanas)

- I SURYA NAMASHKAR (12 postures; for Men and Women)
- II ASANAS (for Men and Women)
 1. Paschimottanasana
 2. Sarvangasana
 3. Purna Dhanurasana
 4. Karna Pidasana
 5. Garudasana

Part B – Optional Yogasana (Select any four from the following)

S. No.	For Men	For Women
1	Mayurasana	Vatayanasana
2	Padambakasana (Urdhva Kukuttasana)	Purna Bhujangasana
3	Hanumanasana	Purna Matasyendrasana
4	Titiabhasana	Ekapad Shirasasana
5	Purna Chakrasana	Ardha Badh Padmotanasana
6	Setubandh Sarvangasana	Vibhakta Paschimottanasana
7	Vrischikasana	Natrajasana
8	Purna Shalabhasana	Ekapad Rajkapaotasana
9	Omkarasana	Utthita padahastanasana
10	Prasrit-pash padottanasana	Udhvamukha – Tittibhasana
11	Parivitta- Ushtrasana	Parivritta- vishwamitrasana
12	Tandavasana	Sankhyasana

The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.

- One round of Surya Namaskar (in twelve count) maximum 2min
- One minute for each compulsory asana
- 45 Sec for each optional asana

Dress Code:

For Men – Shorts and vest/sports T-Shirt.

For Women – Shorts and Sports T-Shirt/Gymnastic Costumes and Yogic Sleeve Tops.

Marks for part A and part B are as under:

- | | |
|---------------------------|------------------|
| A. Surya Namaskar | 10 marks |
| B. five compulsory Asanas | 50 marks |
| C. four Optional Asanas | 40 marks |
| Total: | 100 marks |

Individual Artistic Yogasana

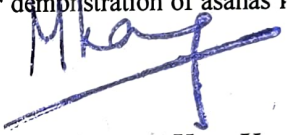
- Separate competition will be held for men and women.
- Only participant from each institute.
- The participant will have to perform **any five asanas** of their choice from the following list:

List of Asanas

S. No.	Asana Name	Duration	Point
1	Standing Vrischikasana	20 sec.	10
2	Standing Linkarasana	20 sec.	10
3	Natrajasana	20 sec.	10
4	Sthambh Sirsasana (Duruvasana or Bhagirathasana)	20 sec.	10
5	Dharwjasana (Flag Postures)	20 sec.	10
6	Standing Eka Pada Skandasana	20 sec.	10
7	Kandapeedasana	20 sec.	10
8	Utthid Dwipad Skandasana	20 sec.	10

Individual Rhythmic Yogasana

1. In this competition, the competitor should perform 10 asanas in a time limit of a maximum of 2:30 minutes or 150 sec.
2. 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.
3. Only one competitor from each institute in both men and women categories can participate.
4. It is compulsory to show all the postures as mentioned serial number.
5. The asanas & body movement should be synchronized with music.
6. The competitors themselves will arrange their music themselves.
7. If a competitor takes more than 2.30 minutes or less than 2 minutes, one point will be deducted by each judge.
8. Competitor must show all the movements of asanas with a clear demonstration of asanas i.e. holding of the postures (5 to 7 seconds holding time).


(Prof. Manpreet Kaur Kang)
Director, Students' Welfare

Copy to:

1. All Deans/Directors (USS/Centre) & Directors/Principals of Affiliated Institutes, GGSIPU
2. Director, UITS – with request to upload the notice on the university website.
3. Deputy Registrar (Security) – for kind information and necessary action
4. Medical Officer – with a request for necessary arrangements of First Aid, Ambulance
5. Assistant Registrar to Vice Chancellor – for kind information of the Hon'ble Vice Chancellor
6. Assistant Registrar to Registrar – for kind information of the Worthy Registrar
7. University Coach
8. Guard file


(Mahesh Kumar Hooda)
Sports Officer



Directorate of Students' Welfare

Guru Gobind Singh Indraprastha University

(A State University established by the Government of NCT of Delhi)

Sector 16-C, Dwarka, New Delhi 110078

E-mail: sports@ipu.ac.in

Eligibility Proforma for 20th Annual Sports Meet



International Year
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Cooperatives Build a Better World

Name of the Sport:

Section: Men/Women

Name of the Manager/Coach:

Name of the Institute:

Contact No. Manager/Coach

ACADEMIC YEAR: 2025-26

S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Mobile No
	1	2	3	4	5	6
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						

Certified that the above particulars are true as per records of the College / Institute

Date: _____ Seal of College / Institute _____ Signature of the Director / Principal _____