



**Directorate of Students' Welfare**  
**Guru Gobind Singh Indraprastha University**  
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F.No. GGSIPU/DSW/Sports/2015/

Dated: 23.10.2015

**Notice**

**Subject: Yoga Exercises for Annual Sports Meet 2015.**

It is hereby informed that all players of the University of USS/Affiliated Institutes for participation in Yoga Exercises are as under:

**a. Asana (Men & Women)**

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

**b. Surya Namashkar (For Men & Women) (in Twelve counts)**

**c. Shat Kriyas (For Girls Only)**

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

**d. Shat Kriyas (For boys only)**

1. Shit Karam Kapalbhati (Jal Kapalbhati)  
(Water intake through mouth and out through nostrils)
2. Vastra Dhauti (muslin cloth 6 to 7 mts. In length and 8 cms in width)

Or

Naul (Vam, Dakshin and Madhyam)

**Part B (optional yogic exercise – select any three respectively)**

**For Men**

1. Mayurasana
2. Padambakasana (Urdhva Kukuttasana)
3. Hanumanasana
4. Titiabhasana
5. Purna Chakra Badasana
6. Setubandh Sarvangasana
7. Vrishikasana
8. Purna Shalabhasana

**For Women**

1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matasendrasana
4. Ekpad Shirasasana
5. Ardha Badh Padmotanasana
6. Vibhakta Paschimottanasana
7. Natrajasana
8. Ekpad Rajkapaopasana

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