



UNIVERSITY OF MADRAS

Department of Physical Education

85 / 86 Spur Tank Road, Chetpet Chennai - 600 031



Dr. V.MAHADEVAN
Director of Physical Education,

Phone (Off): 044- 28360461
Fax: 044-28360461

Ref No. UM/DPE/2018-19/AIU-Yoga/ 9

Date: 30.11.2018

To,

**All Directors of Sports/Directors of Physical Education / Secretary –Sports –
Participating Universities All India Inter University Yoga (M&W) Championship
2018-19.**

Sub: All India Inter University Yoga Men & Women Championship 2018-19 - reg.

Dear Sir / Madam,

We are extremely happy to bring to your kind notice that Association of Indian Universities (AIU) New Delhi, has entrusted the responsibility of organizing the **All India Inter University Yoga Men & Women Championship 2018-19** to University of Madras, Chennai.

The Championship will be conducted at **Sri Sankara Arts and Science College (Autonomous)**, Kanchipuram, Chennai, Tamil Nadu **from 4th to 8th February 2019.**

On behalf of **University of Madras** and **Sri Sankara Arts and Science College (Autonomous)**, we extend a warm welcome to all participating university teams to participating in this championship.

INSTRUCTION

1. Competitions will be conducted at Sri Sankara Arts and Science College (Autonomous) Kanchipuram, Chennai, Tamil Nadu.
2. Managers meeting will be held on **3rd February 2019 at 3.30 pm** in the Sri Sankara Arts and Science College (Autonomous) Kanchipuram, Chennai, Tamil Nadu.
3. Inaugural Ceremony will be held on **4th Feb 2019 at 9.00 am.**
4. Every day Competitions will commence from 6.00 a.m. onwards.
5. Yoga Federation of India Rules and Regulations will be followed.
6. All teams should report 5 minutes before their competition.
7. Four Copies of the Eligibility Proforma duly signed by the Director of Physical Education / Secretary, Sports of the participating University along with the Player's Identity Card, handed over to the Organising Secretary at the time of registration.

(Counted --2)

(2)

8. Officiating charges of **Rs.2000/- (Rupees Two thousand only)** for **Men team & Rs.2000/- (Rupees Two thousand only)** for **Women team** will have to be paid by the participating University to the Organising Secretary before commencement of their matches and obtain receipt for the same.
9. **Rs.2000/-(Rupees Two thousand only)** has to be deposited to the Organising Secretary, as a Caution Deposit which will be refunded to the Team Manager after adjustment of cost of damages if any
10. The teams will be provided accommodation one day prior to the commencement of their matches and are expected to vacate the accommodation the next day after their failure.
11. Only unfurnished accommodation will be provided for the teams and the teams are expected to bring their own bedding, locks etc.,
12. Organizing Committee decision shall be final and binding regarding any technical aspects.
13. All Participating Universities are requested to intimate their arrival details well in advance.
14. **You are requested to confirm your detailed entries to the undersigned through email/registered post on before 10.12.2018.** The list of universities which have already sent their entries and detailed entries till date are here by enclosed along with this letter.

Detailed entry should be sent to the following address and e-mail.

Prof. V. Mahadevan

Director of Physical Education

University of Madras

85/86 Spur tank road,

Chetpet, Chennai, Pin 600 031

Tamil Nadu

E-mail: iuycunom@yahoo.com



Dr. V. Mahadevan

Director of Physical Education

Organizing Secretary

All India Inter University Yoga (M&W)

Championship 2018-19

(Counted --3)

(3)

HOW TO REACHES THE VENUE

Sri Sankara Arts and Science College (Autonomous) is situated at Kanchipuram. It is 95 kms away from Chennai Central and 65 kms away from CMBT Bus terminus, Chennai.

Train Route: Park Station to Kanchipuram Station.

Park Railway Station is situated at just opposite to the **Chennai Central Railway Station**.

From: Park Railway Station to Sri Sankara Arts and Science College (Autonomous) by Local Train available at **5.50, 7.15, 7.15, 13.40, 13.45, 15.35, 18.10, 18.25, 18.50, 19.19, 19.20, 20.30 and 20.32.**

Bus Route: Chennai Central to Koyambedu CMBT Bus terminus (Bus Numbers: 15B, 15C, 15D, 15F) and **Koyambedu CMBT Bus Terminus to Kanchipuram** (Bus stands at Platform No: 1)

Dr. V. Mahadevan
Director of Physical Education
Organizing Secretary
All India Inter University Yoga (M&W)
Championship 2018-19

Dr. K.R. Venkatesan
Principal & Member Syndicate
Local Organizing Secretary
All India Inter University Yoga
(M&W) Championship 2018-19

Contact Person:

Dr. M. Senthil Thangaraj – 094421 69304

Local Contact Persons:

Mr. E. Praveen Kumar - 096777 65258
Mr. E. Manigandan - 098420 74050
Mr. C.V Jayanthi - 099282 95125

Encl:

1. List of the received entries from participating Universities.
2. Detailed entry form (Men & Women).
3. Syllabus, Rules and Regulations.

Copy to:

Dr.Gurdeep Singh, Joint Secretary (Sports), AIU
Registrar, University of Madras,
Registrar, All Participating Universities

**Syllabus, Rules & Regulations for
All India Inter-University Yoga (Men & Women) Championship 2018-19**

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

ASANAS (for Men and Women)

1. I. Paschimottanasana 2. Sarvangasana 3. Purna Dhanurasana 4. Karna Pidasana
- II. Surya Namashkar (For Men and Women in Twelve counts)
- III. Shat Karmas (For Girls Only)
 1. Jal Neti or Sutra Neti/Rubber Neti
 2. Shit Karam Kapalbhata (Jal Kapalbhata)

(Water intake through mouth and out through nostrils)

IV. SHAT KARMAS (For Boys Only)

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

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

For Men

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

For Women

1. Vatayanasana
2. Purna bhujangasana
3. Mayurasana
4. Purna Matsyendrasana
5. Ardha baddha Padamottanasana
6. Vibhakta Paschimottanasana
7. Natarajasana
8. Ekpad Rajkapotasana

1. Inter-University Yoga Championship shall be held for both boys and girls sections separately in the asanas and Kriyas (Exercises).
2. A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for team championship but their performance will be considered for Individual position. For team championship marks of only best five will be counted.

3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining Final position.
 - I) One minute for each compulsory asana
 - II) One round of Surya Namaskar (in twelve count) .
 - III) Within two minutes each for Sutraneti/Rubberneti, Jalneti, Nauli and Shit Karma Kapalbhathi and within 10 minutes for vastra Dhauti.
4. Yogic Exercise of part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.
5. Marks for part A and Part B are as under:

a) Four Compulsory Asanas	40 marks
b) Surya Namaskar	10 marks
c) Two Shat Kriyas	20 Marks

Part B: Three Optional Asanas 30 Marks

Total: 100 marks

6. One Chief Judge plus five judges, a scorer and a time keeper will be appointed for each section (there should be two separate panels for men and women).
7. The sequence of participating teams shall be drawn by the organizing university.
8. Dress: The men and woman competitors will wear the following dresses in their University colour.

Men	-	Short and vest/sports shirt.
Women	-	Short and sports shirts/Gymnastic costume.
9. The Judge will award the marks out of ten to each competitor for each yogic exercise separately. The maximum and minimum marks will be deleted. The average of other awards will constitute the final score. In case more than one Judge give the same maximum or minimum score, the score awarded by only one judge will be deleted. (Maximum or Minimum).
10. The judge will be free to move around in order to observe the different aspect of a posture from different angles during the retention period. He can ask any competitor of perform any yogic exercise again.
11. The efficiency of the Yogic exercise will be judged on the basis of degree of flexibility required in each exercise, duration of retention of the position, calmness and final position maintained therein.

12. All the participating universities will be submitting B the list of their competitors (not more than six in each section) along with the list of yogic exercise of their choice in the meeting of Managers.
13. In case of a tie, it will be decided as follows:
 - a) Aggregate of marks in compulsory Yogic exercises.
 - b) Aggregate of marks in optional yogic exercises.
 - c) Aggregate of marks in the performance of the remaining exercises.

Note-

1. The word "Exercise" appearing in the rules means "kriyas, yogic asana and Suryanamaskar."
2. The details of the asanas are given in the book "light on Yoga" by B. K. S. Iyengar.

So Far, List of Entries received from Universities – 25.11.2018

ALL INDIA INTER - UNIVERSITY YOGA CHAMPIONSHIP 2018-19

S.NO	NAME OF THE UNIVERSITY	PLACE	MEN	WOMEN	EMAIL ID
1	CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY	KANPUR	M	W	rpsinghcsjmu@yahoo.co.in
2	SRI KRISHNADEVARAYA UNIVERSITY	ANANTAPURAM U	M	W	Skudpes@gmail.com
3	SAVITRIBAI PHULE PUNE UNIVERSITY	PUNE	M	W	dpe@unipune.ac.in dpeadmin@unipune.ac.in
4	UNIVERSITY OF RAJASTHAN	JAIPUR	M	W	Universityofrajasthanports@gmail.com
5	CHAUDHARY DEVI LAL UNIVERSITY	SIRSA	M	W	sportscouncilcdlusirsa@cdlu.ac.in sportscdlusirsa@gmail.com
6	THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA	VADODARA	M	W	info@msubaroda.ac.in
7	KALASALINGAM UNIVERSITY	VIRUDHUNAGAR	M	W	info@kalasalingam.ac.in
8	PRAVARA INSTITUTE OF MEDICAL SCIENCES	LONI	M	W	contact@pmtpims.org
9	THE UNIVERSITY OF BURDWAN	BURDWAN	M	W	Surajitandi39@yahoo.co.in
10	UNIVERSITY OF MUMBAI	MUMBAI	M	W	sports.mudept@gmail.com
11	TUMKUR UNIVERSITY	TUMKUR	M	W	Sudeep.aryan5@gmail.com Sportssection@bamu.ac.in
12	DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY	AURANGABAD	M	W	registrar@bamu.net
13	MOTHER TERESA WOMEN'S UNIVERSITY	KODAIKANAL		W	Arajammtwu4@gmail.com
14	JIWAJI UNIVERSITY	GWALIOR	M	W	Prof_rajendersingh@yahoo.com
15	KARNATAKA STATE LAW UNIVERSITY	HUBBALLI	M	W	Kslu.physicaldirector@gmail.com
16	CHRIST UNIVERSITY	BANGALORE	M	W	mail@christuniversity.in
17	PANJAB UNIVERSITY	CHANDIGARH	M	W	directoratesports@gmail.com
18	KURKSHETRA UNIVERSITY	KURUKSHETRA	M	W	kukports@gmail.com
19	KARPAGAM ACADEMY OF HIGHER EDUCATION	COIMBATORE	M		info@karpagam.com
20	MAHATMA GANDHI UNIVERSITY	KOTTAYAM	M	W	binugv123@yahoo.co.in spessmgu123@gmail.com
21	RANI CHANNAMMA UNIVERSITY	BELAGAVI	M	W	Pedirector.rcu@gmail.com
22	SARGUJA UNIVERSITY	AMBIKAPUR	M	W	nssvvsurguja@gmail.com
23	BANARAS HINDU UNIVERSITY	VARANASI	M	W	sportsbhu@gmail.com
24	GURUKUL KANGRI VISHWAVIDYALAYA	HARIDWAR	M		drksdagar@gmail.com vcoffice@gkv.ac.in
25	JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY	HYDERABAD	M	W	dilnelli@gmail.com
26	SNDT WOMEN'S UNIVERSITY	MUMBAI		W	physicaledu@sndt.ac.in
27	SOLAPUR UNIVERSITY	SOLAPUR	M	W	sports@sus.ac.in
28	ANNA UNIVERSITY	CHENNAI	M	W	ssundararajan@annauniv.edu
29	JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY	KAKINADA	M	W	pdintukakinada@gmail.com
30	VISVESVARAYA TECHNOLOGICAL UNIVERSITY	BELAGAVI	M	W	sports@vtu.ac.in
31	SHIVAJI UNIVERSITY	KOLHAPUR	M	W	Hod.sports.shivaji@gmail.com sports@unishivaji.ac.in ptgaikwad64@gmail.com
32	UNIVERSITY OF CALICUT	MALAPPURAM	M	W	dphvedu@uoc.ac.in
33	KANNUR UNIVERSITY	KANNUR	M	W	Dpe_kannur@yahoo.com
34	SANT GADGE BABA AMRAVATI UNIVERSITY	AMRAVATI	M	W	abinashnare@sgbau.ac.in
35	GUJARAT VIDYAPITH	GANDHINAGAR	M	W	phvedusad@gujaratvidyapith.org
36	DR. NTR UNIVERSITY OF HEALTH SCIENCES	VIJAYAWADA	M	W	Tri.eadara@gmail.com
37	KARNATAK UNIVERSITY	DHARWAD	M	W	Kud.Sports1@gmail.com
38	MAHARAJA KRISHNAKUMARSINHJI BHAVNAGAR UNIVERSITY	BHAVNAGAR	M	W	Physicaleducationbvn@yahoo.com
39	UNIVERSITY OF KALYANI	KALYANI	M	W	Sportsku2017@gmail.com
40	SRI PADMAVATI MAHILA VISVAVIDYALAYAM	TIRUPATI		W	vcspmv@yahoo.com

					sarhsaroj@gmail.com
41	DEENBANDHU CHHOTU RAM UNIVERSITY OF SCIENCE & TECHNOLOGY	MURTHAL (SONEPAT)	M	W	directorsports@dcrustm.org
42	SATAVAHANA UNIVERSITY	KARIMNAGAR	M	W	Harikanth.d@gmail.com
43	BILASPUR UNIVERSITY	BILASPUR	M	W	profstiwari@gmail.com
44	VIKRAMA SIMHAPURI UNIVERSITY	KAKUTUR	M		vsusportsboard@gmail.com
45	JANARDAN RAI NAGAR RAJASTHAN VIDYAPEETH	UDAIPUR	M	W	Chesta1945@gmail.com
46	UNIVERSITY OF KERALA	TRIVANDRUM	M	W	dpekeralauniversitytvm@gmail.com
47	UNIVERSITY OF ALLAHABAD	ALLAHABAD	M	W	sportsboardau@gmail.com
48	SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED	NANDED	M	W	sportsrtmun@gmail.com
49	UNIVERSITY OF KOTA	KOTA	M	W	sports@uok.ac.in
50	CHAUDHARY RANBIR SINGH UNIVERSITY, JIND	JIND	M	W	ssccrsujind@gmail.com
51	MAHATMA GANDHI KASHI VIDYAPITH	VARANASI	M	W	SportsCouncil.mgkvp@gmail.com
52	DR. B.R. AMBEDKAR UNIVERSITY, SRIKAKULAM	ETCHERLA	M	W	msrinivaspd@gmail.com
53	VEER BAHADUR SINGH PURVANCHAL UNIVERSITY	JAUNPUR	M	W	sportsvbsp@gmail.com
54	OSMANIA UNIVERSITY	HYDERABAD	M	W	secretarybociutou@gmail.com
55	YOGI VEMANA UNIVERSITY	KADAPA	M	W	drkryvu@gmail.com
56	GULBARGA UNIVERSITY	KALABURAGI	M	W	gugphvedn@gmail.com
57	REVA UNIVERSITY	BENGALURU	M	W	deepaks@reva.edu.in
58	KUMAN UNIVERSITY NAINITAL	NAINITAL	M	W	sharmanagendr@gmail.com
59	GURU NANAK DEV UNIVERSITY	AMRITSAR	M	W	gndusports@yahoo.com
60	HEMWATI NANDAN BAHUGUNA GARHWAL UNIVERSITY	UTTARAKHAND	M	W	sportshnbgu@gmail.com
61	RASHTRIYA SANSKRIT VIDYAPEETHA: TIRUPATI	TIRUPATI	M	W	Drcgk1972@gmail.com
62	GONDWANA UNIVERSITY	GADCHIROLI	M	W	directorsportsgondwanauni@gmail.com
63	RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA	BANGALORE	M	W	vasanth_shetty02@yahoo.co.in
64	TRIPURA UNIVERSITY	TRIPURA	M	W	tusports@tripurauniv.in
65	IIS UNIVERSITY	JAIPUR		W	icg@iisuniv.ac.in Renu.shungloo@iisuniv.ac.in
66	SHRI GOVIND GURU UNIVERSITY	GUJARAT	M	W	phvedu@sggu.ac.in
67	ACHARYA NAGARJUNA UNIVERSITY	ANDHRA	M	W	anusportsboard@gmail.com
68	MAHARAJA GANGA SINGH UNIVERSITY	BIKANER	M	W	yashwantgahlot@yahoo.com
69	CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY	GUJARAT	M		info@charusat.ac.in
70	KUVEMPU UNIVERSITY	SHIMOGA	M	W	yesempee@gmail.com
71	LAKSHMIBAI NATIONAL INSTITUTE O PHYSICAL EDUCATION	GWALIOR	M	W	niburkrishna@gmail.com
72	BARKATULLAH UNIVERSITY	BHOPAL	M	W	drakhileshkumarsharma@gmail.com
73	MANGALORE UNIVERSITY	MANGALORE	M	W	Directordpe2016@gmail.com kishorechattimada@gmail.com
74	KARUNYA INSTITUTE OF TECHNOLOGY AND SCIENCES	COIMBATORE	M	W	ku@karunva.edu
75	UNIVERSITYOF CALCUTTA	KOLKATA	M	W	Departmentofsportscu@gmail.com
76	ANDHRA UNIVERSITY	VISAKHAPATNAM	M	W	auspportsvsp@gmail.com
77	DR. HARISINGH GOUR UNIVERSITY	SAGAR	M	W	petrologist.shakir@gmail.com
78	CH. CHARAN SINGH UNIVERSITY	MEERUT	M	W	drgrsruhal@gmail.com
79	HEMCHANDRACHARYA NORTH GUJARAT UNIVERSITY	PATAN	M	W	regi@ngu.ac.in
80	SRI VENKATESWARA UNIVERSITY	TIRUPATI	M	W	dkmurthvdp@gmail.com
81	TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY	CHENNAI	M	W	sportssecretarytnpesu@gmail.com
82	K L UNIVERSITY	GUNTUR	M	W	sports@kluniversity.in
83	UNIVERSITY OF JAMMU	JAMMU	M	W	Directorate123@gmail.com akalkal.dusc@gmail.com duscdu@gmail.com
84	KALINGA INSTITUTE OF INDUSTRIAL TECHNOLOGY	ODISHA	M	W	kiit@kiit.ac.in
85	DAVANGERE UNIVERSITY	DAVANGERE	M	W	ped@davangereuniversity.ac.in
86	DR. B. R. AMBEDKAR UNIVERSITY	AGRA	M	W	Chaturvedia.k.1958@gmail.com
87	UNIVERSITY OF MYSORE	MYSORE	M	W	Dir.deptofphvedn@gmail.com

88	B.S ABDUR RAHMAN CRESCENT INSTITUTE OF SCIENCE & TECHNOLOGY	CHENNAI	M	W	directorsports@crecident.education
89	ADIKAVI NANNAYA UNIVERSITY	RAJAMAHENDR AVARAM	M	W	anursports@gmail.com
90	THIRUVALLUVAR UNIVERSITY	VELLORE	M	W	tvurgsports@gmail.com
91	DHARMSINH DESAI UNIVERSITY	NADIAD	M	W	registrar@ddu.ac.in
92	LOVELY PROFESSIONAL UNIVERSITY	PHAGWARA	M	W	sports@lpu.co.in
93	AKKAMAHADEVI WOMEN'S UNIVERSITY	VIJAYAPURA		W	Sportsdirector55@gmail.com
94	KRISHNA UNIVERSITY	MACHILIPATNAM	M	W	Dpekusports999@gmail.com
95	VEER NARMAD SOUTH GUJARAT UNIVERSITY	SURAT	M	W	info@vnsqu.ac.in
96	NORTH MAHARASHTRA UNIVERSITY	JALGAON	M	W	dapatil@nmu.ac.in dapnmusports@rediffmail.com
97	JAI NARAIN VYAS UNIVERSITY	JODHPUR	M	W	Info@jnvu@edu.in
98	SAURASHTRA UNIVERSITY	RAJKOT	M	W	dpesur@gmail.com
99	AVINASHILINGAM UNIVERSITY	COIMBATORE		W	sports@avinutv.ac.in sport.nandi@yahoo.co.in
100	JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY	ANANTAPUR	M	W	sscintua@gmail.com
101	PONDICHERRY UNIVERSITY	PUDUCHERRY	M	W	D_sbegum@yahoo.co.in
102	MAHARSHI DAYANAND UNIVERSITY	ROHTAK	M	W	dir.sports@mdurohtak.ac.in
103	MOHANLAL SUKHADIA UNIVERSITY	UDAIPUR	M	W	usbmlsu@gmail.com
104	GURU JAMBHESHWAR UNIVERSITY OF SCIENCE & TECHNOLOGY	HARYANA	M	W	dosgjust@gmail.com
105	DAV UNIVERSITY	JALANDHAR	M	W	registrar@davuniversity.org
106	MAHATMA GANDHI CHITRAKOOT GRAMODAYA VISWAVIDYALAYA	CHITRAKOOT	M	W	mgcgvv@gmail.com
107	LUCKNOW UNIVERSITY	LUCKNOW	M	W	Singh_rb@lkouniv.ac.in
108	RANI DURGAVATI VISHWAVIDYALAYA	JABALPUR	M	W	dr.rkyadav@yahoo.com
109	THE GANDHIGRAM RURAL INSTITUTE	GANDHIGRAM	M	W	Sugumargri@gmail.com
110	PUNJABI UNIVERSITY	PATIALA	M	W	Directorsportspup11@gmail.com punports11@gmail.com
111	AWADHESH PRATAP SINGH UNIVERSITY	REWA	M	W	physicaleducationapsu@gmail.com dr.maheshasureswa@gmail.com
112	RAJ RISHI BHARTRIHARI MATSYA UNIVERSITY	ALWAR	M	W	Matsyauniv.alwar@gmail.com
113	BUNDELKHAND UNIVERSITY	JHANSI	M	W	Drsurajsingh.kasana@gmail.com
114	VISVA BHARATI	WEST BENGAL	M	W	Visva-bharati@visva-bharati.ac.in
115	VEL TECH	CHENNAI		W	Registrar@veltech.edu.in
116	MADHAV UNIVERSITY	RAJASTHAN	M	W	sportsmadhav@gmail.com
117	GUTAM BUDDHA UNIVERSITY	NOIDA	M	W	Ravik12498@gmail.com
118	DELHI UNIVERSITY	DELHI	M	W	director@dusc.du.ac.in
119	TEERTHANKER MAHAVEER UNIVERSITY	MORADABAD	M	W	Principal.cpe@tmu.ac.in
120	GUJARAT TECHNOLOGICAL UNIVERSITY	GUJARAT	M	W	Deputy_dir8@gtu.edu.in
121	THAPAR INSTITUTE OF ENGINEERING AND TECHNOLOGY	PATIALA	M	W	lakhbir@thapar.edu
122	SHRI LAL BAHADUR SHASTRI RASHTRIYA SANSKRIT VIDYAPEETHA	NEW DELHI	M	W	info@slbsrv.ac.in
123	BHARATHIAR UNIVERSITY	COIMBATORE	M	W	regr@b-u.ac.in melato_muruga@yahoo.com
124	GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY	DELHI	M	W	sports@ipu.ac.in
125	GURU KASHI UNIVERSITY	BATHINDA		W	directorsports@gku.ac.in
126	DEVI AHILYA UNIVERSITY	INDORE	M	W	Dpe.dauniv@gmail.com
127	APJ ABDUL KALAM TECHNOLOGICAL UNIVERSITY	TRIVANDRUM	M	W	dpektu@gmail.com ajaikumargi@gmail.com
128	RAJIV GANDHI UNIVERSITY OF KNOWLEDGE TECHNOLOGIES	KRISHNA(A.P)	M	W	Sports.rguktap@gmail.com sportsboard@rgukt.in
129	ALAGAPPA UNIVERSITY	KARAIKUDI	M	W	directorofsports@alagappauniversity.ac.in
130	RANCHI UNIVERSITY	RANCHI	M	W	Vc.ranchiuniversity@gmail.com m_shekharbose3@gmail.com
131	BANGALORE UNIVERSITY	BANGALURU	M	W	Dpe_bub@yahoo.co.in
132	MANONMANIAM SUNDARANAR UNIVERSITY	TIRUNELVELI	M	W	sports@msuniv.ac.in dred@msuniv.ac.in
133	DR. R.M.L. AVADH UNIVERSITY	FAIZABAD	M	W	registrar@rmlau.ac.in

MADARS UNIVERSITY
ALL INDIA INTER UNIVERSITY YOGA (MEN & WOMEN) CHAMPIONSHIP 2018-19
DETAILED ENTRY PERFORMA

Name of the Participating University: Name of the Manager: Coach:

S L NO	NAME OF THE PLAYER	SHAT KRIYAS		SURYA NAMASKAR	COMPULSARY ASANAS				OPTIONAL ASANAS		
		1	2		3	4	5	6	7	8	9
MEN TEAM											
1											
2											
3											
4											
5											
6											
WOMEN TEAM											
1											
2											
3											
4											
5											
6											

Note: - Last Date of the detail Entry is on before 10th December, 2018.

Place:

Date:

Director Phy.Edu. & Sports/ Secretary Sports

(With Official Seal)