



( A State University established under Haryana Act, No. 25 of 1975)

(NAAC Accredited 'A' Grade)

Directorate of Sports

Prof. R.P. Garg, Director Sports  
Contact No. 9896091442

E-Mail ID: dir.sports@mdurohtak.ac.in

No. Sports/2024/... 9139-46

Date : ... 02.10.2024

To

All the Dean (s)/ Director (s)/ Principal (s),  
Colleges/Institutes affillated with M.D. University, Rohtak

**Sub: Schedule of Inter-College Yoga (M&W) Tournaments, 2024-25.**

Madam/Sir,

This is to inform you that the Inter-College Yoga (M&W) tournaments for the session 2024-25 are scheduled as under:

S. No.	Name of the Game	Reporting Time	Date of tournament	Date of Selection Trial	Venue
1	Yoga (W)	10:00 am	21-10-2024 to 22-10-2024	22-10-2024	Sports Complex, MDU Rohtak
2	Yoga (M)	10:00 am	23-10-2024 to 24-10-2024	24-10-2024	Sports Complex, MDU Rohtak

**Note: Syllabus of Yoga (AIU) is attached herewith.**

All the Dean (s)/ Director (s)/ Principal (s) of participating Colleges/ Institutes teams are requested to kindly direct the Incharges/ Managers of the said team(s) along with student players of your College/ Institute to note the dates and reach as per the above-mentioned schedule for the tournament, 2024-25. College I-Card and Eligibility Performa should be completed with Dean/ Director/ Principal/ Incharge of Institute's signature & stamp.

*Q. 1 02/10/2024*  
Director Sports &  
Secretary MDUSC

Endst. No. Sports/2024/... 9139-46

Date 02.10.2024

A copy of the above is forwarded to the following for information and necessary action: -

1. PA to Vice Chancellor, M.D. University, Rohtak.
2. President, Sports Executive Board, MDUSC.
3. Director, P.R. Office, M.D. University, Rohtak.
4. The Director, U.C.C., M.D.U. Rohtak to upload the letter on University website inside sports link, please.
5. Deputy Director Sports, M.D. University, Rohtak.
6. Superintendent, Sports Office, M.D. University, Rohtak.
7. Sh. Manish Singh (Yoga Coach), Game Incharge of the tournament (9996059000), M.D. University, Rohtak.
8. Dealing Assistant/Clerk, Sports Office, M.D.U., Rohtak for advance and adjustment.

*Q. 1 02/10/2024*  
Director Sports &  
Secretary, MDUSC

**Syllabus, Rules & Regulations for All India Inter Zonal Yogasana (Men & Women) Championship 2024-25**

**Part A: Compulsory Asanas (Men & Women)**

- i. Surya Namaskar (12 Counts)
- ii. Asanas: Paschimottanasana, Sarvangasana, Purna Dhanurasana, Karna Pidasana & Garudasana

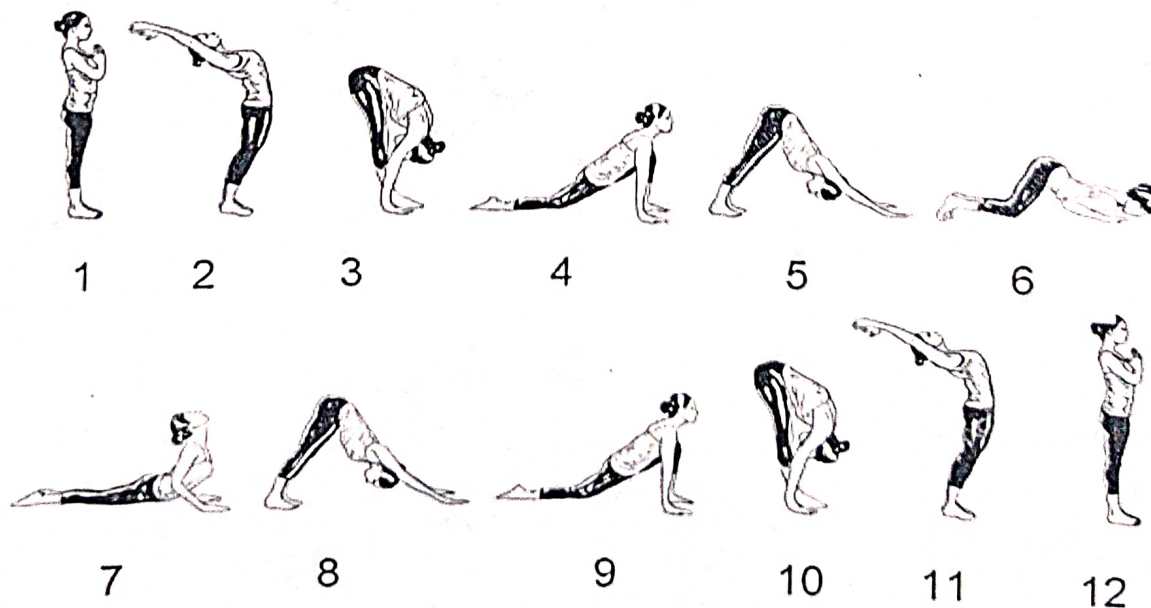
**Part B: (Optional Yogic Asanas - Select any four respectively)**

Sl No	Men	Women
1	Mayurasana	Vatayanasana
2	Padma Bakasana (Urdhva Kukkutasana)	Purna Bhujangasana
3	Hanumanasana	Purna Matsyendrasana
4	Tittibhasana	Ekapad Shirasana
5	Purna Chakrasana	Ardha Badha Padmottanasana
6	Setubandha Sarvangasana	Vibhakta Paschimottanasana
7	Vrischikasana	Natarajasana
8	Purna Shalabhasana	Ekapad Rajkapotasana
9	Omkarasana	Utthita Padahastasana
10	Prasarit-pash Padottanasana	Udhvamukha Tittibhasana
11	Parivritta-Ushrasana	Parivritta - Vishwamitrasana
12	Tandavasana	Sankhyasana

**PHOTOS OF ASANAS**

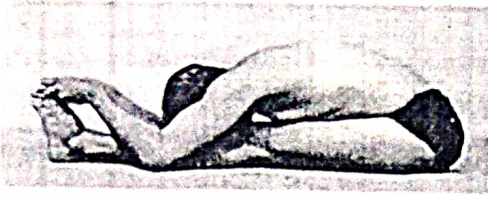
**Part A: Compulsory Asanas (Men & Women)**

**SURYANAMASKAR**

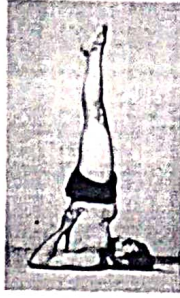


(Step 5 Parvatasana or Dandasana both are allowed)

COMPULSORY ASANAS



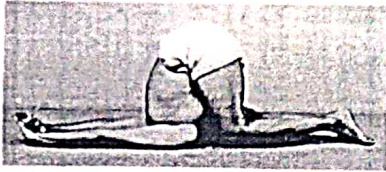
PASCHIMOTTANASANA



SARVANGASANA



PURNA DHANURASANA



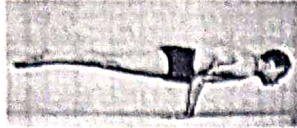
KARNA PINDASANA



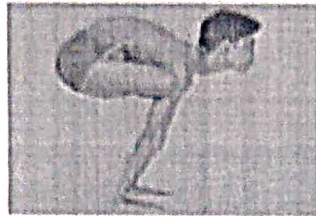
GARUDASANA

Part B: (Optional Yogic Asanas - Select any four respectively)

Optional Asanas for Men (Select any Four)



MAYURAASANA



PADMABAKASANA



HANUMANASANA



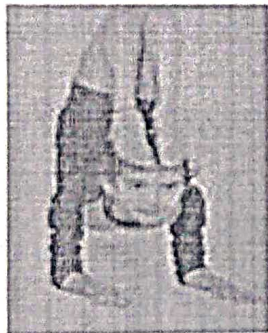
TITIBHASANA



PURNA  
CHAKRASANA



SETUBANDH  
SARVANGASANA



VRISCHIKASANA



PURNA  
SHALABHASANA



OMKARASANA



PRASARIT - PASH  
PADOTTANASANA



PARIVRITTA -  
USHRASANA

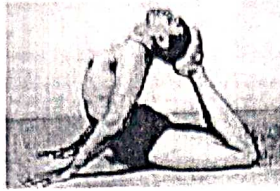


TANDAVASANA

Optional Asanas for Women (Select any Four)



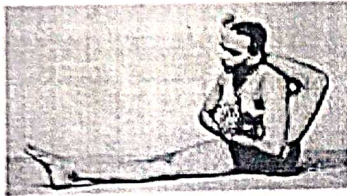
VATAYANASANA



PURNA  
BUJANGASANA



PURNA  
MATSYENDRASANA



EKAPADA  
SIRSASANA



ARDHA BADDHA  
PADMOTTANASANA



VIBAKTHA  
PASCHIMOTTANASANA



NATARAJASANA



EKAPADA  
RAJAKAPOTASANA



UTTHITA  
PADHASTASANA



UDHVAMUKHA  
TITTIBHASANA



PARIVRITTA -  
VISHWAMITRASANA



SANKHYASANA