

Part A: Compulsory Asanas (Men) and (Women)

- i. Surya Namaskar (12 Counts)
- ii. Asanas:
 1. Paschimottanasana
 2. Sarvangasana
 3. Purna Dhanurasana
 4. Karna Pidasana
 5. Garudasana

Part B: (Optional 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 Padahastanasana
10	Prasarit-pash Padottanasana	Udhvamukha Tittibhasana
11	Parivritta-Ushrasana	Parivritta – Vishwamitrasana
12	Tandavasana	Sankhyasana

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

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

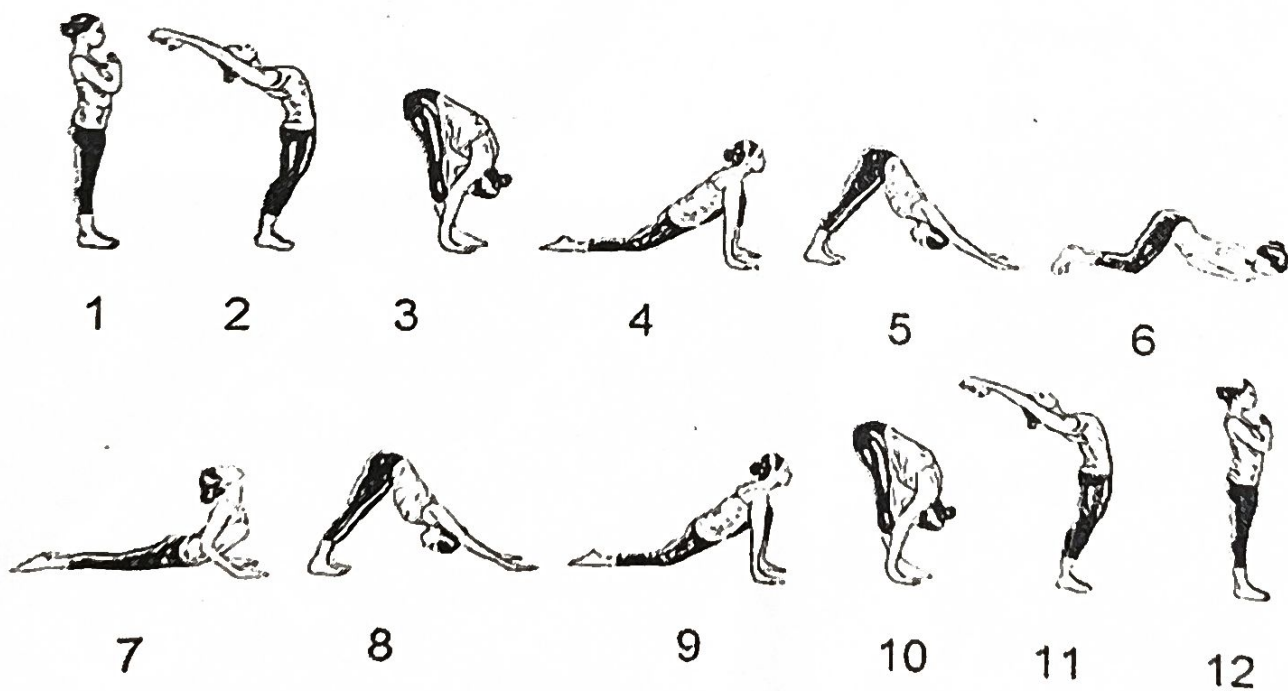
Part B: (Optional Yogic Asanas - Select any four respectively)

Sl No	Men	Women
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11	Parivritta-Ushrasana	Parivritta - Vishwamitrasana
12	Tandavasana	Sankhyasana

PHOTOS OF ASANAS

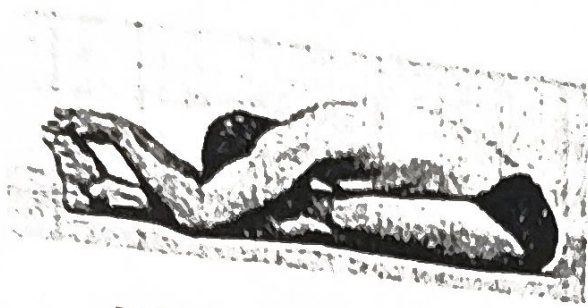
Part A: Compulsory Asanas (Men & Women)

SURYANAMASKAR

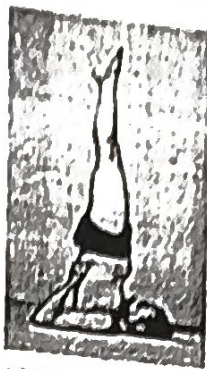


(Step 5 Parvatasana or Dandasana both are allowed)

COMPULSORY ASANAS



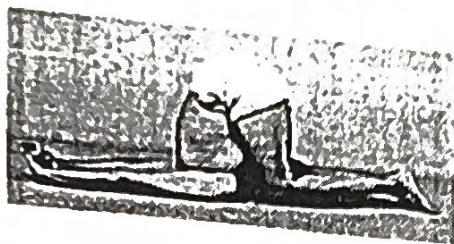
PASCHIMOTTANASANA



SARVANGASANA



PURNA DHANURASANA



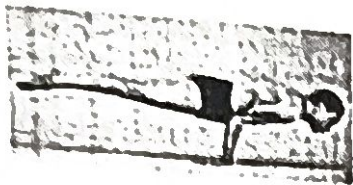
KARNA PINDASANA



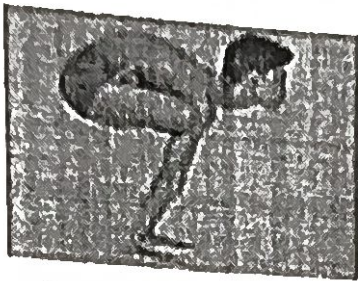
GARUDASANA

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

Optional Asanas for Men (Select any Four)



MAYURAASANA



PADMABAKASANA



HANUMANASANA



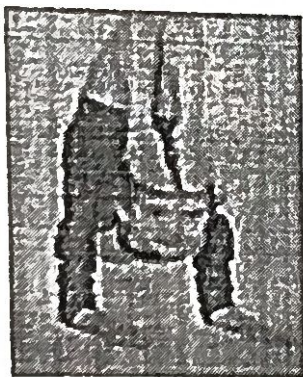
TITIBHASANA



PURNA
CHAKRASANA



SETUBANDH
SARVANGASANA



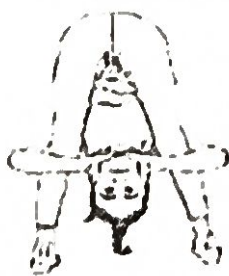
VRISCHIKASANA



PURNA
SHALABHASANA



OMKARASANA



PRASARIT - PASH
PADOTTANASANA



PARIVRITTA -
USHIRASANA



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