



DIBRUGARH UNIVERSITY SPORTS BOARD

DIBRUGARH: 786004

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No. DU/SB/G/2016-17/1/7605

Date: 30/12/2016

To
The Principal,
All Affiliated College to
Dibrugarh University Sports Board

Sub: Inter College Kabaddi and Yoga competition 2016-17

Sir/Madam,

It is to inform you all that the Inter College Kabaddi and Yoga competition 2016-17 is scheduled to be organized as following programe.

Inter College Event	Venue	Date of competition	Last dte of Entry
Kabaddi (M/W)	Borhat College	17 th and 18 th January 2017	10 th January 2017
Yoga (M/W)	HPB Girls College	23 rd and 24 th January 2017	17 th January 2016

Detail syllabus for Yoga competition is enclosed herewith

Therefore, I would like to request you kindly to take necessary action to send your repective college team.

Thanking you

Yours sincerely

s/d(Dr. M. Baro)
Director of Sports i/c
Dibrugarh University



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Syllabus, Rules and Regulations for IC Yoga competition

Part A (Compulsory Yogic Exercise for men and women)

I. ASANAS for Men Women

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

II. Surya NAMaskar in Twelve counts (for men and women)

III. Shat Kriyas (for women wonly)

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

IV. Shat Kriyas (for Boys only)

1. Shit Karam Kapalbhatti (Jal Kapalbhati) (Water intake through mouth and out through nostrils)
2. Vatra Dhauti (mulsin closth 6 to 7 mters in lenth and 8 cms. In width)
Or
Nauli (Vam, Dakshin and Madhyam)

Part B (optional yogic exercise any three)

Sl no.	For men	Sl no.	For women
1	Mayurasana	1	Vatayanasana
2	Padmabakasan (Urdhva Kukutasana)	2	Purna Bhujangasana
3	Hanumanasana	3	Purna Matsendrasana
4	Titiabhasana	4	Ekpad Shirsana
5	Purna Chakrasana	5	Ardha Badh Padmotanasana
6	Setubnadh Sarvangasana	6	Vibhakta Paschimottanasana
7	Vrischikasana	7	Natarajasana
8	Purna Shalbhasana	8	Ekpad Rajkapaopasana

s/d (Dr. M. Baro)
Director of Sports i/c
Dibrugarh University