





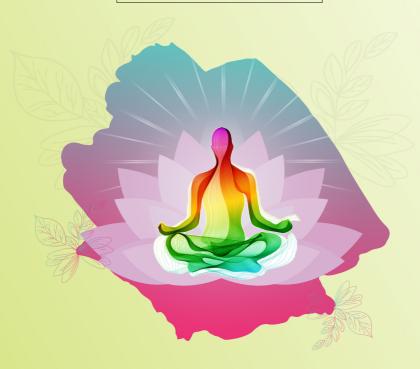




# **ANDHRA PRADESH & TELANGANA STATE OPEN ONLINE YOGASANA CHAMPIONSHIP-2021**

29th October, 2021

Organised by Department of PHYSICAL EDUCATION in Association with YOGA ASSOCIATION OF ANDHRA PRADESH and YOGA FEDERATION OF INDIA



Dr. Habibullah khan Advisor (Student Affairs), KL

Dr. K.R.S.Prasad Dean (Student affairs), KL

Dr. K. Hari Kishore Associate Dean (Sports & Games), KL

Dr. John.H.Kamalesh HOD, Dept. of Physical Education, KL

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**Sri. L. Murali Krishna**Secretary, Krishna District Yogasana Sports Association
Joint secretary, Yoga Association of AP.

D. Ravikiran

Oraganizing Secretary, Krishna District Yogasana Sports Association.

J. Manohar Kumar
Joint Secretary, Yoga Fedaration of India.
Genaral Secretary, Yoga Association of TS.
Director, Swamy vivekananda School of Yoga.

















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## **CASH PRIZE**

Age Group - I (15 Years to 17 Years Men & Women)

BOYS - Prize worth	GIRLS - Prize worth
I Place - Rs. <b>1000/-</b>	I Place - Rs. <b>1000/-</b>
II Place - Rs. <b>800/-</b>	II Place - Rs. 800/-
III Place - Rs. <b>700/-</b>	III Place - Rs. <b>700/-</b>
IV Place - Rs. <b>500/-</b>	IV Place - Rs. <b>500/-</b>
V Place - Rs. <b>400/-</b>	V Place - Rs. 400/-
VI Place - Rs. <b>300/-</b>	VI Place - Rs. <b>300/-</b>

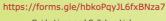
## **CASH PRIZE**

- Age Group - II — (18 Years to 21 Years Men & Women)

BOYS - Prize worth	GIRLS - Prize worth
I Place - Rs. <b>1000/-</b>	I Place - Rs. <b>1000/-</b>
II Place - Rs. <b>800/-</b>	II Place - Rs. <b>800/-</b>
III Place - Rs. <b>700/-</b>	III Place - Rs. <b>700/-</b>
IV Place - Rs. <b>500/-</b>	IV Place - Rs. <b>500/-</b>
V Place - Rs. 400/-	V Place - Rs. 400/-
VI Place - Rs. <b>300/-</b>	VI Place - Rs. 300/-

For Queries: sports@kluniversity.in Mobile: 90107 92528, 94411 19909







# **Department of Physical Education**







## **ANDHRA PRADESH & TELANGANA STATE OPEN ONLINE YOGASANA CHAMPIONSHIP-2021**

29th October, 2021

#### Organised by-

Department of PHYSICAL EDUCATION in Association with YOGA ASSOCIATION OF ANDHRA PRADESH and YOGA FEDERATION OF INDIA



### **GUIDELINES:**

- 1. We are conducting Juniors (15 to 17 years) and Seniors (18 to 21 years) Age Men & Women group. On 29-10-2021 in Online mode from 9.00am to 5.00pm.
- 2. No Registration Fee
- 3. Date of Birth: The cut off date for the age group of participants is 29-10-2021

on or in between Group Age group 29-10-2005 to 29-10-2007 a. Junior 15 to 17 years b. Senior 18 to 21 years 29-10-2001 to 29-10-2005

#### 4. Dress Code:

**Male Competitor:** The male participants have to wear skin tight sports shorts. Female Competitor: The female participants have to wear skin tight T-Shirt and sports shorts or Gymnastics costume or swimming costume.

- 5. Mode of Selection: Participants should perform 4 compulsory Asanas, i.e. One selected Asana from each Group and one optional Asana which is not in the given syllabus, a total of 5 Asanas. Each Asana carry 10 marks. Total Asanas  $5 \times 10 = 50$  marks. Holding time for each Asana 15 seconds.
- 6. Results: 1st to 6th place will get merit E- certificate and cash prize. Participation E-certificates will be presented to all the participants through link. Judgement for the championship is as Per The guidelines of yoga federation of India.
- 7. Minimum Requirement of Online Participation: Laptop or smart mobile with ¾ GB RAM 720\* 1280 Screen resolution with 409 PPI Densities. Battery backup for 2 to 3 hours. Broad Band connection with 16 mbps downloading speed and minimum 2GB Data for the Day of participation i.e. 29-10-2021.
- 8. Login with your name and date of birth certificate proof submitted through our registration link.
- 9. Yogasanas syllabus is provided in link for the respective age group.
- 10. For Registered participants guide lines class will be conducted for 30 minutes on 28-10-2021 by 3.30pm.





# Physical Education









### YOGA FEDERATION OF INDIA

In Collaboration With





## Syllabus and Guidelines for Yogasana Competition

## Junior Category 15-17 years Boys & Girls

Group-A Group-B Group-C **Group-D** Ardha Badha Padma Chakrasana Akarna Dhanurasana Virabadhrasana Paschimottanasana Vibaktha Eka Pada Setu Bandha Paschimottanasana Ushtrasana Sarvangasana Garudasana Ardha Padahastasana Matsyasana Matsyendrasana Vrukshasana

Participants should perform four compulsory asanas, i.e. one selected asana from each group and one optional asana which is not in the given syllabus, a total of five asanas.





# Department of Physical Education









## YOGA FEDERATION OF INDIA

In Collaboration With

YOGA ASSOCIATION OF ANDHRA PRADESH AND KRISHNA DISTRICT YOGASANA SPORTS ASSOCIATION



## Syllabus and Guidelines for Yogasana Competition

# Junior Category 18-21 years Boys & Girls

Group-A	Group-B	Group-C	Group-D
Paschimottanasana	Dhanurasana	Ardha Matsyendrasana	Bakasana
Kurmasana	Halasana	Karnapidasana	Parsvakonasana
Vibaktha Paschimottanasana	Setu Bandha Chakrasana	Padma Sarvangasana	Eka Pada Sikandhasana

Participants should perform four compulsory asanas, i.e. one selected asana from each group and one optional asana which is not in the given syllabus, a total of five asanas.

