



DIBRUGARH UNIVERSITY SPORTS BOARD

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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
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