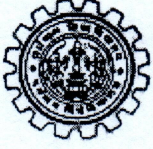


THE UNIVERSITY OF BURDWAN



Sports Board

RAJBATI, BURDWAN-713 104

WEST BENGAL, INDIA

Phone : 0342-26344975 Extn. 220, Mob: 09434441335

Fax : (91)-0342-2634200 E-Mail: surajitnandi39@yahoo.co.in

R/Sports/34/617

Date: 01.11.2023

To : The Principal,
All Affiliated Colleges

Sir/Madam,

This to inform you that the following Selection Trials for the year 2023-24 will be organized by Burdwan University Sports Board as per schedule given below.

So this is for your kind information please and soliciting your kind participation for mentioned purpose.

The following Selection Trials will be organised for the year 2023-24.

S.No	Game	Section	Date	Venue	Time
01	Yoga	Men & Women	23.11.2023	University Gymnasium Hall	10 A.M
02	Best Physique	Men	23.11.2023	University Gymnasium Hall	10 A.M

N.B : The Yogasana for the Selection Trial is enclosed herewith.

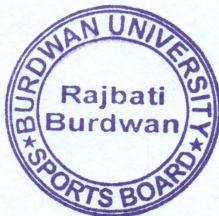
The student must produce the following documents during the Selection Trials : M.P. Admit Card, H.S. Marksheet, College Current Receipt positively duly attested by the Principal of the respective College.

Thanking You,

Yours faithfully,

(Dr Surajit Nandi)

Senior Sports Officer



Senior Sports Officer
The University of Burdwan
SPORTS BOARD RAJBATI
BURDWAN



The University of Burdwan

Sports Board, Rajbati, Burdwan

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

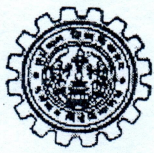
1. Inter University Yogasana Championship shall be held for both boys and girls sections separately.
2. A team may consist of maximum six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible for team championship but their performance will be considered for Individual position. For team championship marks of only best five will be counted.
3. The competitors will have to retain each yogic asana as follows which will be counted after attaining Final position.
 - One minute for each compulsory asana.
 - One round of Surya Namaskar (in twelve counts).
 - 45 seconds for each optional asana.
4. Surya Namaskar will be performed together and other yogic asanas will be performed individually by each team member.
5. Marks for part A and Part B are as under:

Surya Namaskar	10 marks
Five Compulsory Asanas ((Part A)	50 marks
Four Optional Asanas (Part B)	40 Marks

Total **100 marks**

Senior Sports Officer
The University of Burdwan
SPORTS BOARD RAJBATI
BURDWAN

Kumari

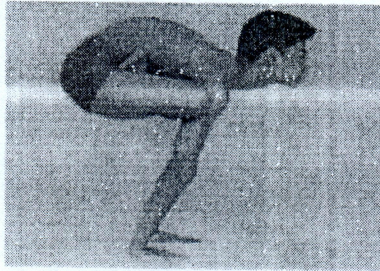


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MAYURAASANA



PADMABAKASANA



HANUMANASANA



TITIBHASANA



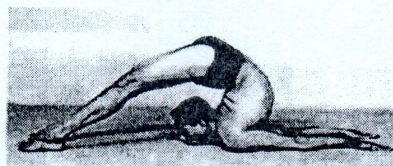
PURNA
CHAKRASANA



SETUBANDH
SARVANGASANA



VRISCHIKASANA



PURNA
SHALABHASANA



OMKARASANA

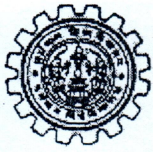
'A' Category
as per notification of Ministry of HRD, Govt. of India

Tier 1* Accreditation
(Washington Accord) by NBA for Engineering Streams

Accredited by
NAAC in 'A Grade'

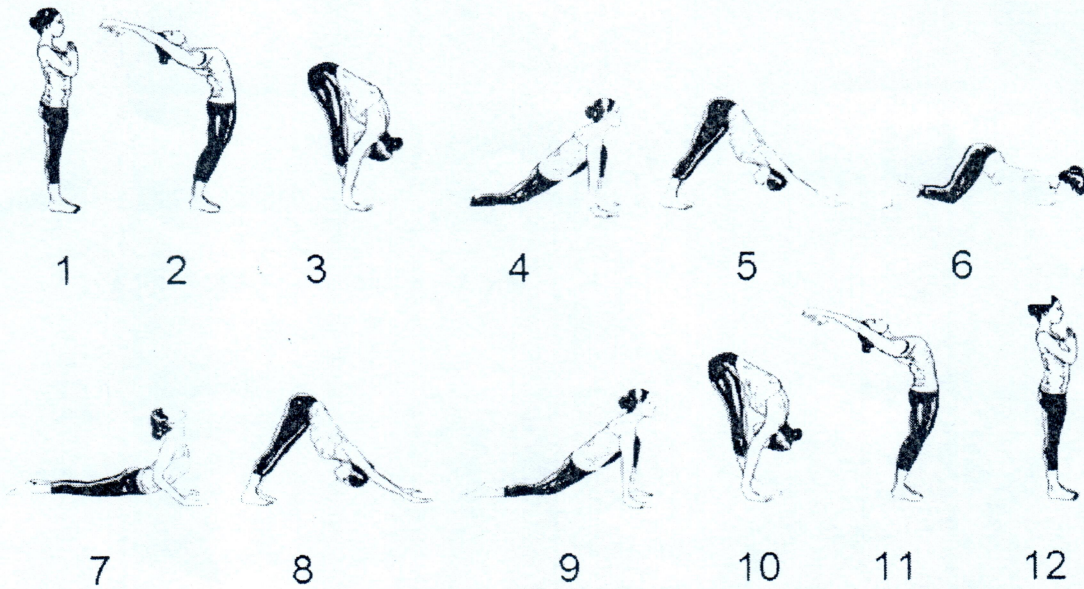
Accredited by
IET, U.K. (B.Tech. Programme)

Senior Sports Officer
The University of Burdwan
SPORTS BOARD RAJBATI
BURDWAN



The University of Burdwan

Sports Board, Rajbati, Burdwan

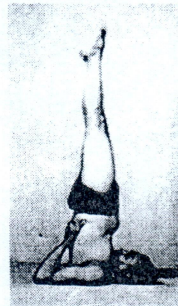


(Step 5 Parvatasana or Dandasana both are allowed)

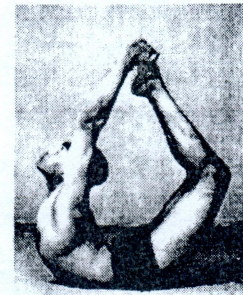
COMPULSORY ASANAS



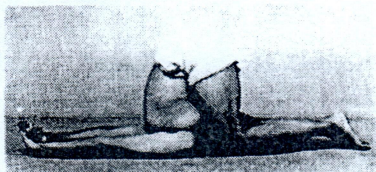
PASCHIMOTTANASANA



SARVANGASANA



PURNA DHANURASANA



KARNA PINDASANA



GARUDASANA



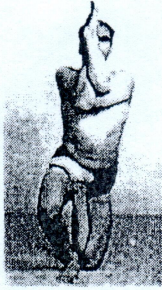
Accredited by

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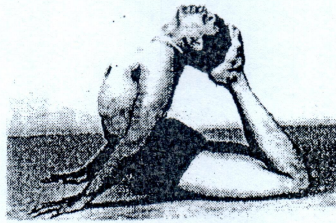


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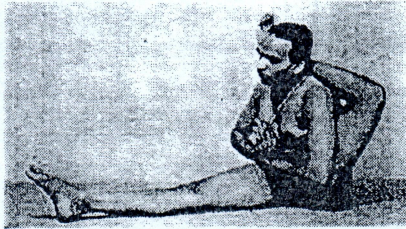
VATAYANASANA



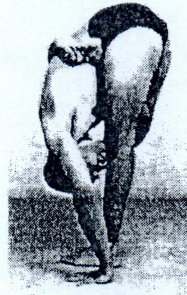
PURNA
BUJANGASANA



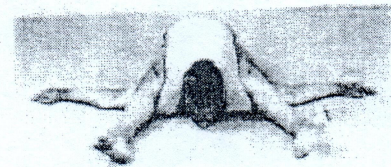
PURNA
MATSYENDRASANA



EKAPADA
SIRSASANA



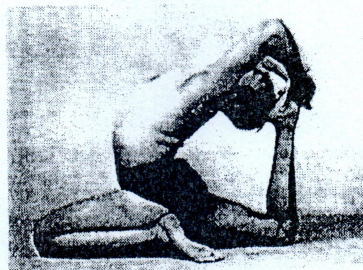
ARDHA BADDHA
PADMOTTANASANA



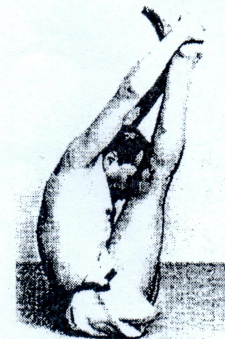
VIBAKTHA
PASCHIMOTTANASANA



NATARAJASANA



EKAPADA
RAJAKAPOTASANA



UTTHITA
PADHASTASANA

Senndi

Senior Sports Officer
The University of Burdwan
SPORTS BOARD RAJBATI
BURDWAN

