



# ANNA UNIVERSITY SPORTS BOARD

## ANNA UNIVERSITY : CHENNAI-25

**Dr. B. Balakumaran**  
Secretary & Deputy Director of Physical Education



: 091 - 44 - 2235 8113, 8116  
Mobile No : +91 94440 36313, 83001 69313  
Email : [secretaryausb@annauniv.edu](mailto:secretaryausb@annauniv.edu)  
[ausb@annauniv.edu](mailto:ausb@annauniv.edu)

Date: 06.11.2023

To

The Directors of Physical Education / Sports Officers /  
Sports Secretaries of Participating Universities in the  
South West Zone Yogasana (Men & Women) Championship 2023-24

Dear Sir / Madam,

Greetings from Anna University !

Sub: AUSB -Conduct of South West Zone Inter - University Yogasana  
(Men & Women) Championship 2023-24 - Intimation - Reg.

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I am happy to inform that Anna University Sports Board is organizing the  
South West Zone Inter - University Yogasana (Men & Women) Championship for the  
year 2023-24.

I also extend warm welcome to the Member University Yogasana (Men &  
Women) Teams to Trichy, Tamil Nadu. On behalf of Anna University and the local  
Organizing Committee.

The general Instructions and details of Asanas regarding the Championship is  
enclosed for your kind reference.

Your kind cooperation for the smooth conduct of the above Championship is  
solicited in the cause of Sports.



*[Handwritten signature]*  
6/11/23

**Secretary**

**Dr. B. BALAKUMARAN**  
M.A., M.Ped., M.Phil., PGDTC., Ph.D.,  
Secretary & Deputy Director of Physical Education  
Anna University Sports Board,  
ANNA UNIVERSITY, CHENNAI-600 025.

**SOUTH WEST ZONE INTER-UNIVERSITY YOGASANA (MEN & WOMEN)  
CHAMPIONSHIP 2023-24**

**Venue: Kongunadu College of Engineering & Technology,  
Trichi - Namakkal Main Road, Tholurpatti, Thottiyam Taluk,  
Trichirappalli, Tamil Nadu - 621 215**

**Date : 01.12.2023 to 04.12.2023**

The following are the instructions to be taken care of by the participating Universities

1. The South West Zone Championship Commences on 01.12.2023
- 2 The Inauguration of the **South West Zone Yoga Championship (Men & Women)** will be held on **01.12.2023**. All the participating Universities are requested to instruct their teams to be present on the occasion along with the Manager and Coach
3. All the participating Universities have to bring their University Flag for the Inaugural function
4. The tournament will be conducted as per the rules and regulations prescribed by AIU New Delhi. The Teams are expected to report with proper uniforms as suggested by the Association of Indian Universities
5. The Outstation Teams will be provided with unfurnished accommodation at the venue as per the availability of the accommodation
6. The Teams are expected to bring their own beddings and locks.
7. The Local Sports Secretary may be contacted for pickup from Railway station / Bus stand on request basic by making payment from the following venues from **29.11.2023 onwards till 30.11.2023 AN** as follows.

**Nearest Railway stations / Bus stand from college:**

**Tiruchchirapali - TPJ Railway station / Bus stand (60 KMs Approx.),**

**Nammakkal Railway Station / Bus stand (25 KMs. Approx.)**

8. Participating Universities are requested to inform their travel schedule to the organizing Secretary well in advance so as to arrange accommodation for their Teams
9. The Teams will be given unfurnished accommodation one day earlier to the commencement of their respective matches and the Teams are expected to vacate Immediately within 24 hours after their Competition.
10. Each Team shall have to pay an **officiating charge of Rs. 2000/- per University** as per the rules of Association of Indian Universities
11. **The South West Zone Yoga Championship (Men & Women) team managers meeting will be held on 30.11.2023 at 4.00 PM at the Department of Physical Education, Kongunadu College of Engineering & Technology, Thottiyam, Trichirappalli. All the Managers are requested to attend the meeting without fail.**
12. The Team Managers should bring 5 copies of the eligibility proforma duly signed by the authorities. The players should bring the Identity Cards, +2 Marks Statement, Diploma/Degree Provisional Certificate, Aadhar card duly attested by the competent authority of their respective University.

13. A Caution Deposit of Rs. 2,000/- will be collected from the Managers at their lodging place. This amount will be refunded at the time of check out with deductions if any, in case of damages.
14. The participating University teams have to take care of their boarding facilities for their respective Teams. However, food facilities will be made available on payment.
15. The **Kongunadu College of Engineering & Technology**, Trichy - Namakkal Main Road, Tholurpatti Thottiyam Taluk, Trichirappalli - 621 215 **is located on Trichy to Namakkal Main Bus Route.**
16. The Championship will be conducted by the technical support of Tamil Nadu Yogasana Officials.
17. All the Teams should report for their respective Sessions at least 45 Minutes before the commencement of Sessions.
18. The Teams which fails to report in time will be scratched by the officials.
19. **The decision of the Organizing Committee** of the Tournament shall be the final and binding in all the matters concerned.
20. The Organizing Secretary reserves the right to make changes (to advance, Postpone or to alter the Tournament programme, if any, as and when required. However, prior intimation will be given to the managers for effecting such changes.
21. Transport facility will be provided for the participating teams on request (Obligatory) for arrival and departure on payment Rs.1500/- Each way and not for any other purpose.
22. Participating Universities are asked to produce AIU Entry Fee Payment Details during the arrival.
23. The defaulting universities for having not paid the subscription to AIU for the year 2023-24, will not be allowed to participate in this championship, as per the circular extended by AIU, New Delhi.
24. For further details visit following website <https://www.annauniv.edu/sports/>

"Best wishes for the participating teams"

Place: Chennai - 25

Date: 06.11.2023

  
Organizing Secretary

**Dr. B. BALAKUMARAN**  
M.A., M.Ped., M.Phil., PGDTC., Ph.D.,  
Secretary & Deputy Director of Physical Education  
Anna University Sports Board,  
ANNA UNIVERSITY CHENNAI-600 025.

Encl: As above

Copy to:

1. The Registrar of concerned universities
2. The Joint Secretary, Sports, AIU
3. The Chairman, AUSB, Anna university
4. The Local Organizing Co-ordinator and Secretary
5. The PS to the Vice- Chancellor, Anna university
6. The PA to the Registrar, Anna university

<b>Chief Patron</b>  <b>Prof. R.Velraj</b> Vice Chancellor Anna University Chennai 600 025	<b>Patron</b>  <b>Prof. M.Prakash</b> Registrar Anna University Chennai 600 025.
<b>Organising Chairman</b>  <b>Dr.S.Swamynathan</b> Professor and Chairman Anna University Sports Board Anna University, Chennai 600 025.	<b>Organizing Secretary</b>  <b>Dr. B.Balakumaran Secretary</b> Anna University Sports Board Mobile: 9444036313 / 8300169313 E-Mail: <a href="mailto:ausb@annauniv.edu">ausb@annauniv.edu</a>
<b>Joint Organizing Secretary</b>  <b>Dr. S. Balaganesh , ADPE</b> Anna University Sports Board Mobile: 9176194668	<b>Joint Organizing Secretary</b>  <b>Dr. Evelyn Synthiya, ADPE</b> Anna University Sports Board Mobile: 9677017177
<b>Local Sports Co-ordinator</b>  <b>Dr. R. Ashokan</b> Principal Kongunadu College of Engg&Tech Trichy-Namakkal Main Road, Tholurpatti, Thottiyam Taluk, Trichirappalli -621 215 <b>Phone No.: 04326-277571</b> <b>Fax No .: 04326-277572</b> <b>Email:</b> <a href="mailto:principalkncet@gmail.com">principalkncet@gmail.com</a>	<b>Local Sports Secretary</b>  <b>Mr. S. Palanivel</b> Director of Physical Education Kongunadu College of Engg&Tech Trichy-Namakkal Main Road, Tholurpatti, Thottiyam Taluk, Trichirappalli-621 215 Mobile: 80125 05039 /94885 19521 E-Mail: <a href="mailto:kncipd@gmail.com">kncipd@gmail.com</a>
<p style="text-align: center;"><b>Tournament Venue:</b></p> <p style="text-align: center;"><b>Kongunadu College of Engineering &amp; Technology</b>  <b>Trichy-Namakkal Main Road,</b>  <b>Tholurpatti, Thottiyam Taluk,</b>  <b>Trichirappalli -621 215.</b></p>	

**Note: The Local Sports Secretary may please be contacted for Transportation and Accommodation.**

**Syllabus, Rules & Regulations for  
South West Zone Inter University Yogasana (Men & Women)  
Championships 2023-24**

**Tournament Date: 01.12.2023 to 04.12.2023**

**Part A: Compulsory Asanas (Men & Women)**

- i. Surya Namaskar (12 Counts)
- ii. Asanas:

1. Paschimottanasana,
2. Sarvangasana,
3. Purna Dhanurasana,
4. Karna Pidasana
5. Garudasana

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

<b>S No</b>	<b>Men</b>	<b>Women</b>
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

1. Inter University Yogasana Championship shall be held for both Men and Women sections separately.
2. A team may consist of maximum six competitors (including one reserve).
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
Optional Asanas (Part B)	40 marks
<b>Total Marks</b>	<b>100 marks</b>

**Entries received as on 05.11.2023**

**ANDHRA PRADESH**

1	Acharya Nagarjuna University, Guntur, Andhra Pradesh
2	Adikavi Nannaya University, Rajamahendravaram, A P
3	Dr. YSR University of Health Sciences, Vijayawada, Andhra Pradesh.
4	Jawaharlal Nehru Technological University, Anantapur, A. P
5	Jawaharlal Nehru Technological University, Gurajada Vizianagaram, Andhra Pradesh
6	Jawaharlal Nehru Technological University, Kakinada A. P
7	K L E F Deemed to be University, Vaddeswaram, A.P
8	Krishna University, Machilipatnam, Andhra Pradesh
9	National Sanskrit University, Tirupati
10	Rajiv Gandhi University of Knowledge and Technologies, Kadapa, Andhra Pradesh
11	Rayalaseema University, Kurnool, A.P.
12	Sri Krishnadevaraya University, Ananthapuramu
13	Vignan's University, Vadlamudi, Andhra Pradesh
14	Vikrama Simhapuri University, Nellore. A.P
15	Yogi Vemana University, Kadapa, Andhra Pradesh

**CHHATTISGARH**

1	Maharishi University of Management and Technology, Mangla, Bilaspur, Chhattisgarh
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**GUJARAT**

1	Auro University, Surat, Gujarat
2	Bhakta Kavi Narsinh Mehta University, Junagadh, Gujarat
3	Charotar University of Science & Technology, Changa, Gujarat (CHARUSAT)
4	Dharmsinh Desai University, Nadiad, Gujarat
5	Gujarat Ayurved University, Gujarat
6	Gujarat Technological University, Ahmedabad, Gujarat
7	Gujarat University, Ahmedabad, Gujarat
8	Hemchandracharya North Gujarat University, Patan, Gujarat
9	Kadi Sarva Vishwavidyalaya, Gandhinagar, Gujarat
10	Kavikulaguru Kalidas Sanskrit University, Ramtek, Maharashtra
11	Kanchchh University, Bhuj, Kanchchh, Gujarat
12	Lakulish Yoga University, Ahmedabad, Gujarat
13	Maharaja Krishnakumarsinhji Bhavnagar University, Bhavnagar, Gujarat
14	Navsari Agricultural University, Navsari, Gujarat
15	Parul University, Gujarat
16	Rashtriya Raksha University, Gandhinagar, Gujarat
17	Sardar Patel University, Gujarat
18	Sarvajanik University, Surat, Gujarat
19	Saurashtra University, Rajkot, Gujarat
20	Shree Somnath Sanskrit University, Veraval, Gujarat
21	Shri Govind Guru University, Godhra, Gujarat
22	Swarnim Gujarat Sports University, Desai, Gujarat
23	The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat
24	The Indian Institute of Teacher Education, Gandhinagar, Gujarat
25	Veer Narmad South Gujarat University, Surat, Gujarat

### **KARNATAKA**

1	Bangalore University, Karnataka
2	Bengaluru City University, Bengaluru, Karnataka
3	Central University of Karnataka, Karnataka
4	CHRIST (Deemed to be University) Bangalore,
5	Davangere University, Davangere, Karnataka
6	Gulbarga University, Kalaburagi, Karnataka
7	JSS Academy of Higher Education & Research (Deemed to be University), Mysuru, Karnataka
8	Karnatak University, Dharwad, Karnataka
9	Karnataka State Akkamahadevi Women's University, Vijayapura , Karnataka
10	Karnataka State Law University, Hubballi, Karnataka
11	Kuvempu University Shivamogga, Karnataka
12	Maharani cluster university, Bengaluru, Karnataka
13	Maharashtra University of Health Sciences, Nashik, Maharashtra
14	Mangalore University, Mangalagangothri, Karnataka
15	Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore
16	Shri Dharmasthala Manjunatheshwara University, Dharwad, Karnataka
17	Tumkur University, Tumkur, Karnataka
18	University of Agricultural Sciences, Dharwad, Karnataka
19	University of Mysore, Mysore
20	Vijayanagara Sri Krishnadevaraya University, Jnanasagara Campus Ballari Karnataka
21	Visvesvaraya Technological University, Belagavi, Karnataka

### **KERALA**

1	APJ Abdul Kalam Technological University, Thiruvananthapuram, Kerala
2	Central University of Kerala, Kerala
3	Chinmaya Vishwa Vidyapeeth (Deemed to be University, Veliyana, Kerala
4	Kannur University, Kannur, Kerala
5	Mahatma Gandhi University, Kottayam, Kerala
6	University of Calicut, Kerala
7	University of Kerala, Thiruvananthapuram, Kerala

### **MADHYA PRADESH**

1	Awadhesh Pratap Singh University Rewa, Madhya Pradesh
2	Barkatullah University, Bhopal
3	Devi Ahilya University, Indore, Madhya Pradesh
4	Dr.Harisingh Gour Vishwavidyalaya, Sagar, Madhya Pradesh
5	Jiwaji University, Gwalior, Madhya Pradesh
6	Lakshmibai National Institute of Physical Education, Gwalior Madhya Pradesh
7	Maharaja Chatrasal Bundelkhand University, Chhatarpur, Madhya Pradesh
8	Rabindranath Tagore University, Bhopal (M.P.)
9	Raja Shankar Shah University, Chhindwara, M.P
10	Rajiv Gandhi Proudhyogiki Vishwavidyalaya, Bhopal, Madhya Pradesh
11	Rani Durgavati Vishwavidyalaya Jabalpur(M.P.)
12	Vikram University, Ujjain, Madhya Pradesh

### MAHARASTHRA

1	Bharati Vidyapeeth (Deemed to be University), Pune, Maharashtra
2	Datta Meghe Institute of Higher Education & Research, Wardha, Maharashtra
3	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra
4	Dr. Vishwanath Karad MIT World Peace University, Pune, Maharashtra
5	D. Y. Patil International University, Akurdi, Pune (Maharashtra)
6	Gondwana University, Gadchiroli, Maharashtra
7	Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon, Maharashtra
8	MGM University Chhatrapati Sambhajnagar Maharashtra.
9	Pravara Institute of Medical Sciences Deemed to be University, Ahmednagar, Maharashtra
10	Punyashlok Ahilyadevi Holkar Solapur University, Maharashtra
11	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur Maharashtra
12	Sant Gadge Baba Amravati University, Amravati, Maharashtra
13	Savitribai Phule Pune University, Pune, Maharashtra
14	Shivaji University, Kolhapur, Maharashtra
15	Somaiya Vidyavihar University, Mumbai, Maharashtra
16	Sri Balaji University, Pune, Maharashtra
17	Symbiosis International (Deemed University), Maharashtra
18	Tilak Maharashtra Vidyapeeth, Pune, Maharashtra
19	University of Mumbai, Maharashtra

### PUDUCHERRY

1	Pondicherry University, Puducherry
2	Sri Balaji Vidyapeeth, (Deemed to be University) Pillayarkuppam, Pondicherry.

### RAJASTHAN

1	Banasthali Vidyapith, Rajasthan
2	Bhagwant University, Ajmer, Rajasthan
3	Bhupal Nobles' University, Udaipur, Rajasthan
4	Central University of Rajasthan, Ajmer, Rajasthan
5	Dr. Sagar Mal Juniwal's Apex University, Jaipur, Rajasthan
6	IIS (deemed to be University) Jaipur, Rajasthan
7	Jai Narain Vyas University, Jodhpur, Rajasthan
8	Jain VishwaBharati Institute, Ladnun Rajasthan.
9	Janardan Rai Nagar Rajasthan Vidyapeeth (Deemed to be University), Udaipur, Rajasthan
10	J.R.R. Sanskrit University Jaipur, Rajasthan
11	Madhav University, Pindwara, Rajasthan
12	Maharaja Ganga Singh University, Bikaner, Rajasthan
13	Maharshi Dayanand Saraswati University, Ajmer
14	Mahatma Jyoti Rao Phoolke University, Jaipur, Rajasthan
15	Maulana Azad University, Jodhpur, Rajasthan
16	MBM University Jodhpur, Rajasthan.
17	Mohanlal Sukhadia University, Udaipur, Rajasthan

18	Pandit Deendayal Upadhyaya Shekhawati University, Sikar, Rajasthan
19	Raj Rishi Bhartrihari Matsya University, Alwar, Rajasthan
20	Rajasthan Technical University, Kota
21	Sangam University, Bhilwara
22	Shri Jagdishprasad Jhabarmal Tibrewala University, Jhunjhunu Rajasthan
23	Shri Khushal Das University, Hanumangarh (Rajasthan)
24	University of Rajasthan, Jaipur, Rajasthan
25	University of Kota, Rajasthan

#### **TAMIL NADU**

1	Alagappa University, Karaikudi, Tamil Nadu
2	Amrita Vishwa Vidyapeetham, Coimbatore, Tamil Nadu
3	Anna University, Guindy, Chennai, Tamil Nadu
4	Annamalai University, Tamil Nadu
5	Bharathiar University, Coimbatore, Tamil Nadu
6	Central University of Tamil Nadu, Tamil Nadu
7	Dhanalakshmi Srinivasan University, Tiruchirapalli, Tamil Nadu
8	Dr. M.G.R.Educational and Research Institute University, Chennai, Tamil Nadu
9	Kalasalingam Academy of Research and Education, Krishnankoil, Tamil Nadu
10	Madurai Kamaraj University, Madurai, Tamil Nadu
11	Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu
12	Mother Teresa Women's University, Kodaikanal, Tamil Nadu
13	Periyar University, Salem
14	Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore, Tamil Nadu
15	Saveetha Institute of Medical and Technical Sciences, Chennai Tamil Nadu
16	Sri Ramachandra Institute of Higher Education and Research, Chennai, Tamil Nadu
17	SRM Institute of Science & Technology, Kattankulathur, Tamil Nadu
18	Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu
19	The Tamil Nadu Dr.Ambedkar Law University, Chennai, Tamil Nadu
20	University of Madras, Tamil Nadu
21	Vel Tech RangarajanDr.Sagunthala R & D Institute of Science And Technology, Chennai, Tamil Nadu
22	Vels Institute of Science Technology and Advanced Studies, Chennai, Tamil Nadu

#### **TELANGANA**

1	Jawaharlal Nehru Technological University, Hyderabad, Telangana
2	Mahatma Gandhi University, Nalgonda, Telangana
3	Osmania University, Hyderabad, Telangana
4	Telangana University, Nizamabad, Telangana