



Ref. No.: CGU/DSW/F/008/24

Dt. 05th February 2024

Office of the Dean Students' Welfare
C V Raman Global University, Bhubaneswar

NOTICE

It is hereby notified that, the "Intra-University Yogasana Competition 2023-24" is scheduled to be held on **17th February, 2024 (08:00 AM to 11:00 AM)** in the University campus. All interested students are required to fill up the given Google Form to participate in the event.

Important Points:

- Only CGU students can participate in this event.
- Last date for the registration is 15th February 2024 (2:00 PM)
- No spot registration is allowed.
- Digital certificate of participation will be issued to all the participants.
- Participants achieving 1st and 2nd position from each category (Boy/Girl) will get physical certificates and trophies.
- Any participants found to be involved in any in-disciplinary action, his/her participation will be cancelled.
- The decision of officials/ Jury committee stands final.
- For any queries contact **Mr. Prafulla Kumar Behera**, (Yoga Teacher) 7008100395, Whatsapp: 9438644633.

Link to fill up for Annual Yogasana Competition 2023-24:

<https://forms.gle/UsKVQaKSQRAMr9gQ8>

(Link can be accessed only using CGU domain mail ID)


05/02/2024
Yoga Teacher


05.02.24
Yoga Club Coordinator


05/02/2024
Dean Students' Welfare

Copy to:

1. President & Vice-President for kind information
2. VC/Director/ Registrar/ Principal-RIHC
3. All HOOs / Deans/ Chief Warden, Hostels for wide circulation in the Department
4. T & P Cell/ AO/ Library/ Dispensary/ All Notice Board
5. Security Officer/ All Managers

Mr. Swadin K. Nayak with a request to display it in the university website

FORMAT OF THE YOGASANA COMPETITION

- We will be having 2 rounds of competition on elimination basis.
- Participants qualified to the 2nd round will be declared winners only after summing up the points of both rounds.
- Each Asana/Surya Namaskar will carry 10 points.
- Optional asana should not be the repeated one of the compulsory Asanas.
- All the Asanas should have the holding time of 20 seconds.
- 1 round of Surya Namaskar should contain 12 steps only (with postural clarity).
- All the asanas should be performed serially.

LIST OF ASANAS

1st ROUND (All the asanas with 20 seconds hold except that of Surya Namaskar)

1. 1 round of Surya Namaskar
2. Natarajasana
3. Ardha matsyendrasana
4. Janushirshasana
5. Ustrasana

2nd ROUND (All the asanas with 20 seconds hold)

1. Parivrita janushirshasana
2. Paschimottanasan
3. Chakrasana
4. Own choice – 1.
5. Own choice – 2.

DOS AND DON'TS FOR THE PARTICIPANTS

- Proper dress code is to be followed (Skin tight sports T-shirt and shorts for male and skin tight sports shirt/gymnastic costume for female for proper visibility of the postures).
- Participants must carry their College Identity cards.
- Participants showing any nuisance or vulgarity will stand disqualified.
- Participants should show respect to the judges and to the decisions taken by them.
- Participants may carry their own yoga mats for their own postural displays.
- As we have the competition timing from 9am to 11am, participants should have a light breakfast at least before 7am.