



**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY**

**DEPARTMENT OF YOGA**

**Project meet**

**TNPESU Inter Department Yogasana Competition**

**Organized by B.Sc Yoga III Year**

**Date - 31/3/2023**

**Time - 10 Am**

**Venue - Department of Yoga**



*We welcome all students from various department to participate in this Yogasana competition*

# Yogasanas for Competition

## Compulsory asanas

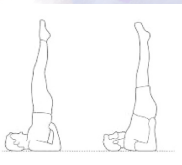


Participants should perform 1 set (24 steps) of Surya namaskar (Bihar School of yoga)

**VRIKSHASANA**



**SARVANGASANA**



**USHTRASANA**



**DHANURASANA**



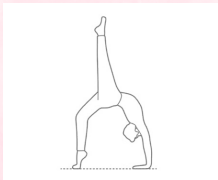
**GARUDASANA**



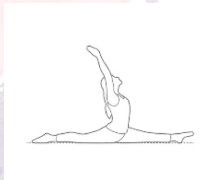
All the above asanas are compulsory asanas.

# Optional Asanas

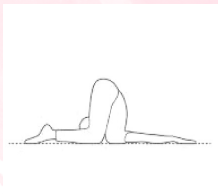
**EKA PADA CHAKRASANA**



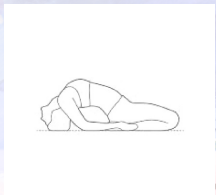
**HANUMASANA**



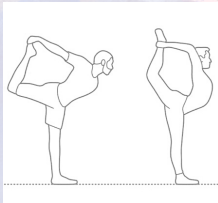
**KARNAPIDASANA**



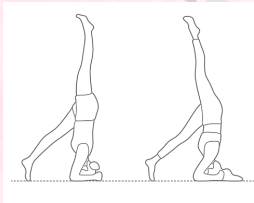
**MATSYASANA**



**NATRAJASANA**



**EKA PADA SIRASANA**



Should perform any 3 Asanas above

## **General Instructions**

- **Competition mode – Individual competition**
- **Participants – From each department 5 Boys & 5 Girls**
- **Dress code – T shirt, Track pants (No shorts)**
- **Prize – Top 10 positions in boys and girls will be awarded**
- **Certification – All participants will be given participation certificates**

## **Competition Rules**

- **Participants should perform the events in the order of surya namaskar, compulsory asanas and optional asanas**
- **All participants should perform one round of surya namaskar**
- **For Surya Namaskar counts will be given by the organizers**
- **All the compulsory asanas should be performed in the order given by the organizers**
- **Participants can perform any 3 Optional asanas of their choice**
- **All the competitors should hold all the asanas for 15 to 20 seconds**

**Jury's judgement will be final**



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**PROJECT MEET**

**TNPESU Inter Department Yogasana Competition**

**Organized by B.Sc Yoga III Year**

Date - 31/03/2023

Time – 10:00 am

Venue – Department of Yoga



**CHIEF GUEST**

**SR. JAYASEELI RANI**

**Principal**

St. Joseph Matriculation School

Melakottaiyur,

Tamil Nadu, India.

will be deliver chief Guest Address

**Dr. V. DURAISAMI**

**Convenor**

Associate Professor & Head i/c

**Dr. S. SELVALAKSHMI**

Associate Professor

**Dr. DEB KUMAR DAS**

Department of Yoga

**Meet Director**

**Dr. P. SANMUGAPRIYA**

Department of Yoga

Guest Lecturer

**Ms. G. AKSHAYAPRIYA**

School of Distance Education

Guest Lecturer (SDE)



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**DEPARTMENT OF YOGA**

**PROJECT MEET**

TNPESU Inter Department Yogasana Competition

Organized by B.Sc Yoga III Year

Date - 31/03/2023

Time – 3:30 pm

Venue – Department of Yoga

**VALEDICTORY FUNCTION**



**CHIEF GUEST**

**P. RATHINAVEL PANDIAN**

**Manager**

Nallambakkam Branch

**Indian Bank**

will deliver Valedictory Address

**Dr. V. DURAISAMI**

**Convenor**

Associate Professor & Head i/c

**Dr. S. SELVALAKSHMI**

Associate Professor

**Dr. DEB KUMAR DAS**

Department of Yoga

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