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

USHTRASANA

SARVANGASANA

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
Tamilnadu Physical Education and Sports University

Department of Yoga

Project Meet

TNPESU Inter Department Yogasana Competition
Organized by B.Sc Yoga III Year

Date - 31/03/2023
Venue – Department of Yoga

Time – 10:00 am

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)
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

DEPARTMENT OF YOGA

PROJECT MEET

TNPESU Inter Department Yogasana Competition
Organized by B.Sc Yoga III Year

Date - 31/03/2023
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. DURAIKSAMI
Convenor
Associate Professor & Head i/c

Dr. DEB KUMAR DAS
Meet Director
Department of Yoga

Dr. P. SANMUGAPRIYA
Guest Lecturer
Department of Yoga

Ms. G. AKSHAYAPRIYA
Guest Lecturer (SDE)
School of Distance Education

Dr. S. SELVALAKSHMI
Associate Professor
Department of Yoga