

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: sportsofficer@buruniv.ac.in

R/Sports/40/523

Date: 21.11.2022

To : The Principal,
All Affiliated Colleges

Sir/Madam,

This is to inform you that the following Selection Trials for the year 2022-23 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.

S.No	Game	Section	Selection Trial Date	Days	Venue	Time
1	Yoga	Men	06.12.2022	Tuesday	Gymnasium Hall	10 A.M
2	Yoga	Women	06.12.2022	Tuesday	Gymnasium Hall	10 A.M
3	Best Physique	Men	06.12.2022	Tuesday	Gymnasium Hall	10 A.M

N.B. : Details of asanas herewith attached for the the said selection trials.

It also notified that during the participation of Selection trials the college must send eligibility of the students along with Admit of Madhyamik, H.S Marksheet and current College receipt positively

Thanking You,

Xandi
Sports Officer 21.11.22

SPORTS OFFICER
The University of Burdwan
SPORTS BOARD RAJBATI
BURDWAN

The University of Burdwan



Asanas details for the selection trial in connection with All India Inter University Yogasana (Men & Women) Championship, 2022-23

GROUP A

1. Compulsory (Men & Women)

- Surya Namaskar (12 Counts)

Asanas:

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

GROUP B

2. Optional Asanas for Men (Select any Four)

1. Mayurasana
2. Padma Bakasana (Urdhva Kukkutasana)
3. Hanumanasana
4. Tittibhasana
5. Purna Chakrasana
6. Setubandha Sarvangasana
7. Vrischikasana
8. Purna Shalabhasana
9. Omkarasana

3. Optional Asanas for Women (Select any Four)

1. Vatayanasana
2. Purna Bhujangasana
3. Purna Matsyendrasana
4. Ekapad Shirasana
5. Ardha Badha Padmottanasana
6. Vibhakta Paschimottanasana
7. Natarajasana
8. Ekapad Rajkapotasana
9. Utthita Padahastanasana



Xandi
21.11.22

SPORTS OFFICER
The University of Burdwan
SPORTS BOARD RAJBATI
BURDWAN