



**Asanas details for All India Inter University Yogasana (Men & Women)
Championship 2022-23**

Organized by: KIIT – Deemed to be University, Bhubaneswar

Date: 26th – 29th December 2022

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

Sd/-

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