



3rd STATE LEVEL YOGA COMPETITIONS - 2017 (SLYC-17)



Organized by

J.J. COLLEGE OF ENGINEERING AND TECHNOLOGY
YOGA CLUB Trichy-09.

Dear all,

J. J. Educational, Health & Charitable Trust has been established in the year 1994 with a vision to create, educational facilities in general and technical institutions in particular to the socially, educationally and economically under privileged youth from rural areas in and around Tiruchirappalli. A new chapter has been added to the history of Tiruchirappalli with the establishment of J. J. College of Engineering and Technology (J.J.C.E.T) in the academic year 1994-95. The college is situated in Ammapettai village, 18 km from Tiruchirappalli abutting the National Highway (NH45) leading to Dindigul, in a sprawling area of more than 100 acres, approved by the All India Council for Technical Education (AICTE) and affiliated to Anna University, Chennai. Over the years, the college has grown by leaps and bounds in every aspect. This college has become one of the pioneering technical institutions in this part of the country in a very short span offering 8 (Eight) Under- Graduate courses and 6 (Six) Post-Graduate courses in Engineering and Technology and MBA.

We the JJ Group of yoga club conduct Inter Departmental and Inter Engineering Competitions every year to motivate the students to achieve their ultimate goal. We are conducting Inter Zonal yogasanas (M/W) championship of Anna University in our campus. Our students participated in International, National and Interstate competition and won many awards and championship. More than 250 staff and student members participated and created many Online World Record of Yoga Asanas. We created the World Record of Chandra Namaskar with in 14.59 seconds.

Our yoga student members involved in charity works in various schools and homes. Yoga club conducts many programmes to create awareness among people on International Day of Yoga. We also tie up with Vivekanda Kendra and Centre for Cultural Education, Training and Research (CFCETR), to impart culture and tradition of Indian customs. Our club provides professional training to the yoga club members on Silambam, Mallar Kambam, Carnatic music, Play Musical Instruments, Tailoring and Drawing. Our club collaborates with the Annamalai University to award Diploma, P.G Diploma and M.Sc yoga Degree courses.

The Third State Level Yoga Competitions - 2017 (SYLC-17) is organized by our institution on **7.10.2017 (Saturday)**. We are pleased to **invite your good self and your students / children to participate** in the competition. We request your support and co-operation to conduct the competition in a grand manner. Kindly find the details below and do the needful.

We hereby furnish the information, rules and guidelines for your reference. Your students' participation and your august presence are highly solicited.

Thanking you.

Dr. T. Sivasankaran, M.Tech., Ph.D.

Last Date of Entry : **05-10-2017 (THURSDAY)**

Date & Time of Reporting : **07-10-2017 (SATURDAY) 8.30 am**

Address for sending entries

Dr. T. Sivasankaran, M.Tech., Ph.D.,

Executive Director,

J.J. Group of Institutions,

Ammapettai, Tiruchirappalli - 620 009.

Phone No: 0431-2695606 to 09

Email Id: jjcetslyc3@gmail.com

Mobile No: 99655 92996

Website: www.jjcet.ac.in

Date : **07-10-2017, Saturday 8.30 am to 5.00 pm**

Venue : **J.J.C.E.T., Tiruchirappalli - 09.**

J.J. GROUP OF INSTITUTIONS

- ❖ **J.J. COLLEGE OF ENGINEERING AND TECHNOLOGY**
- ❖ **J.J. POLYTECHNIC COLLEGE**
- ❖ **J.J. COLLEGE OF EDUCATION**
- ❖ **J.J. INSTITUTE OF MANAGEMENT**

DIVISION AND DETAILS OF THE COMPETITION

1. The competition is conducted in three divisions : **COMMON, SPECIAL & ROPE YOGA**
2. The Common and Special contestants are categorized based on their age or class they study as follows:

GROUP - A	1st std to 3rd std.	GROUP - E	UG (Below 21 years).
GROUP - B	4th std to 5th std.	GROUP - F	21 - 30 years.
GROUP - C	6th std to 8th std.	GROUP - G	Above 30 years.
GROUP - D	9th std to 12th std		
3. The contestants under **COMMON CATEGORY** are required to perform **four** asanas (Any of **three** given in **eight** asanas and **one** as per the participant's choice)
4. The contestants under **SPECIAL CATEGORY** are required to perform **five** asanas (**Three** from the given list - **one** on each group and **two** as per their own choice). The asanas that are marked as '**A**' (**List enclosed**) carry **higher marks**.
5. All the asanas must be performed as per the given picture (picture enclosed) except the asanas selected as per own choice.
6. The championship competition will be conducted among the first place winners in **special category** for Boys & Girls. The details about championship will be announced 30 minutes before the competition.
7. The Winners have to perform forward, backward, twisting, hand and leg balance asanas (each **one**) for the championship competition. Each asanas must be stayed for **20 sec**.
8. For age group **above 30**, in common and advanced category, the participant can do any **four** asanas in common category & **five** asanas in advanced category of thier **own** choice.

ROPE YOGA

1. The contestants are categorized based on the age under 19 and above 19.
2. Every contestant must perform the asanas for 120 sec.
3. The advance postures and advance nots will be considered as the highest marks.
4. The top 5 male and female winners will be awarded merit certificates and mementos.
5. The application will be issued only on the spot at 8 am on 7th October 2017.
6. The entry fee for the '**Rope yoga**' competition is Rs.100/- (One hundred per competitor - The Fee will be collected on the spot).

CHAMPION MEET DETAILS

VIVA

1. The participants will be questioned about yoga which will be for 30 marks (10 marks written and 20 marks oral by Lucky draw)
2. This mark will be added to the practical (asana) marks and the leading scorer will be declared as the Overall champion of the Meet (Boys & Girls separately).

SYLLABUS FOR VIVA

Questions will be asked from Chapter 1 to 10 (of yogic texts) in the book "**A PRIMER OF YOGA THEORY**" (available both in Tamil & English) written by **Dr. Ananda Balayogi Bhavanani**, published by **Dhivyananda Creations**, 44 – 1st cross, Iyyanar Nagar, Puducherry. Contact them for requirement of books through telephone no: 0413 - 2241561.
email : dhivyananda@gmail.com

AWARDS & CERTIFICATES

- ❖ All the participants will be honoured with a participation certificate and a medal.
- ❖ The winners of the Five places (all categories of Boys & Girls) will be awarded with Shield & Merit certificates.
- ❖ The championship winners will be awarded with Championship Trophy & Championship Certificate.
- ❖ Rolling trophy will be awarded to the School / Institution which enrolled the highest registration.
- ❖ Institutions participating with more than 15 registration will be honoured.

ENTRANCE FEE

SPECIAL Rs.250/- (Rupees Two Hundred and Fifty Only)

COMMON Rs.200/- (Rupees Two Hundred Only)

ROPE YOGA Rs.100/- (Rupees One Hundred Only)

- ❖ The fee should be remitted individually for each category and for each contestant.
- ❖ The applications without payment will not be considered.
- ❖ The fee, once paid will not be refunded. The fee paid for one will not be adjusted to the other contestant.
- ❖ The fee should be remitted in the form of **Demand Draft** in the name of **Dr.T.Sivasankaran, JJCET, Trichy-09** or can be paid in cash in our institution during working hours (9.15 am to 5.00 pm)

DRESS CODE

- ❖ **Boys :** Half pants / Trousers (Shirt / T-Shirt – not permitted) / **Girls :** Full pants & T-Shirt

APPLICATION FORM

- ❖ The application form is to be filled correctly.
- ❖ Separate application form for common and special division is to be submitted.
- ❖ The applications without payment will not be considered.
- ❖ **The last date of submission of filled application is on or before 5.10.2017 (THURSDAY)**
- ❖ The name of the contestant will be entered in certificate as given in the application form.
- ❖ **Photocopying of application is permitted, as required.**
- ❖ All the informations must be filled in **CAPTIAL LETTERS** (Provide your initial after your name)

FOOD & CATERING

- ❖ Only LUNCH will be served free for all participants.


GENERAL INSTRUCTIONS

- ❖ **DECISION OF THE JUDGES WILL BE FINAL.**
- ❖ The organizers are empowered to modify the rules and regulations of the competition as required.
- ❖ All the competitors must be available at the competition premises exactly by 8.00 am on 7.10.2017.
- ❖ The filled applications may be sent through an e-mail id - **jjeetslyc3@gmail.com**
- ❖ Each Asana must be stayed for **10 seconds.**
- ❖ Inauguration will be started exactly by 8.30 am.
- ❖ The participants are responsible for their personal belongings and properties.
- ❖ Kindly co-operate with the organizers to conduct the competition in a smooth manner.

PRIZE DISTRIBUTION

- ❖ The valediction will be conducted at **3.30 pm on the same day.**

KINDLY NOTE (Free transports are available from Trichy Junction)

Student Incharge: 85318 14125 (S. Sankar) 

Transport incharge : 78455 13280 (A. Palraj)

For further details kindly feel free to contact

Mrs. P. Malathi

Professor & H.O.D.
(Dept. of English)
86953 82803

Mr. K. Elamvaluthi

Asst. Professor
(NSS Officer)
94865 43816

Mr. R. Rathnavel Pandian

Asst. Professor, Dept. of Mech. Engg.
(State Coordinator, CFCETR)
90957 20697

Route Map



COMMON CATEGORY



1. VIRABHATRASANA

Page no: 74 **Plate no:17**
The leg on the floor must be straightened. The stretched leg and the arms in one line. Hip parallel to the ground, not tilted. Face facing down.



3. PARIVRTTA PARSVAKONASANA

Page no:68 **Plate no:11**
The leg is stretched back tightened at the knee, body and hand in one line.



5. RAJAKAPOTASANA

Page no:399 **Plate no:552**
Place the palms on the floor. The neck and shoulder muscles to be fully stretched back, rest the crown of the head on the feet.



7. PASCHIMOTTANASANA

Page no: 167 **Plate no:155**
Rest the elbows on the floor, stretch the neck and trunk. Chest must touch parallel to the thighs.



2. ARDHA MATSYENDRASANA

Page no:261 **Plate no:312**
Back must be straightened. Both shoulders in one line. Hand holding the wrist.



4. URDAVA DHANURASANA

Page no: 361 **Plate no:487**
Knees and foot should be maximum together. Knees must be straightened and shoulder & wrist in one line. Head hanging in-between the arms.



6. BAKASANA

Page no:318 **Plate no:410**
Body forward and lift the toes off the floor. Stretch the arms straight and balance the entire body on the hands.



8. KARNAPIDASANA

Page no:221 **Plate no:246**
Both knees should rest on the floor and pressing the ears. The toes stretched out, join the heels & toes. Inter lock the fingers & stretch out the arms.

SPECIAL CATEGORY

GROUP - 1

A



TITTIBHASANA

Page no : 309
Plate no : 395
Legs on the arms stretch and straight in front. Spine is to be a fully forward stretch.

(or)

B



VRSCHIKASANA

Page no : 387
Plate no : 536
Raise the neck and head as high as. The heels rest on the crown of the head and knees together.

GROUP - 2

A



ARDHA BADDHA PADMOTTANASANA

Page no:96 **Plate no:52**
Chin on the knee. Arm around the back and hold the toe of the bended foot. Place the other hand on the floor by the respective foot.

(or)

B



NATRAJASANA

Page no:442
Plate no:591(a)
The leg on the ground should be straight. Hold the foot with both hands, rest it on the head and balance.

GROUP - 3

A



KURMASANA

Page no:289
Plate no:363

Stretch the trunk, chest and chin lying on floor. Hands placed inside knees and stretch the legs. The knees should be straightened.

(or)

B



LAGHU VAJRASANA

Page no:373
Plate no:513

Crown of the head rests on the feet. Grip the knees with both arms, knees and feet close together.

Reference Book : "Light on Yoga" by B.K.S. Iyengar