

G-3A/2017-18/ 122

Date: 25/07/2017

The Principals/Directors/Heads of
all Colleges/Departments conducted
and affiliated to the
SNDT Women's University,
Mumbai.

Address of Host College:

SNDT College of Arts & SCB
College of Science & Commerce
Churchgate , Mumbai 20
collegemumbai@sndt.ac.in
sndtacs@sndt.ac.in

Sports Teacher:

- Mrs. Pournima Kore
(M) 7738386361

**SUB.: SR. INTER COLLEGIATE TABLE TENNIS, CHESS , CARROM, YOGA, ROPE
MALLKHAMB & ELOCUTION COMPETITIONS , 2017 - 2018.**

Dear Sir/Madam,

The University Department of Physical Education is pleased to inform you
that SNDT College of Arts & SCB College of Science & Commerce, Churchgate will be
conducting the **Sr. Inter Collegiate Table Tennis, Chess, Carrom, Yoga, Rope Mallkhamb
& Elocution Competitions for the year 2017-2018 on August 10-11, 2017 at the Campus**

Following are the details of the tournaments.

Sr. No.	Game	Date
1.	Arrival of outstation teams at Churchgate Campus Hostel	: August 9, 2017
2.	Opening Ceremony	: August 10, 2017 - 9.00 am
3.	I.C. Table Tennis, Chess, Carrom Yoga, R. M. & Elocution Competitions	: August 10 - 11, 2017 10.00 am onwards
4.	Closing Ceremony	: August 11, 2017 - 12.00 noon
5.	Departure of teams	: August 11, 2017- 3.00 pm

The Entry Form and Eligibility Form 'C' are in the Sports Booklet, the same may
please be filled in and sent to the host College and a copy of the same to the University
Department of Physical Education, Mumbai. Last date of sending the entries is August 2,
2017. Kindly make Xerox copies of the forms for different games. Colleges are requested to
submit their Annual Sports Fees and Krida Mahotsav (Ashwamedh) Fee for the year 2017-18
without fail.

Daily allowance has been increased from Rs. 120/- to Rs. 150/- per person at the
Management Council Meeting held on 06-08-2015 Enclosed herewith is the copy of the
Management Council Resolution.

The Team Managers should hand over the Form 'C' , Identity Cards and Flags to the
Organising Secretary on arrival. You are requested to provide information about the number
of students, coaches (male and female), team managers (male and female) and date and
time of arrival, well in advance, so that necessary arrangements could be made in advance.
**A Meeting to draw out the fixtures will be held on August 4, 2017 at 02.00 pm at the
SNDT College of Arts & SCB College of Science & Commerce, Churchgate** Besides
sending your entry, you are requested to kindly telephone the Department of Sports and the
host college about your participation.

Kindly note the following :

- 1) TableTennis- Individual and Team Championship- 2 to 4 players
- 2) Chess-Individual and Team Championship - 2 to 4 players
- 3) Yogasana- Individual and Team Championship -1 to 6 players
- 4) Elocution - Individual Championship - 2 players
- 5) Carrom – Team Championship – 2 players
- 6) Rope Mallkhamb – 5 players

Last year's Winner, Runner-up and Third Place Teams are requested to send the Shields / Trophies, properly polished and engraved to the Department of Physical Education immediately .

Kindly keep the following points in mind :-

- 1) All the outstation participating teams are requested to come on August 9, 2017 evening to Churchgate Campus Hostel and leave on August 11, 2017 evening .
- 2) Travel by second class to & fro concessional railway / bus journey only. Kindly maintain your travel tickets as it is required to be submitted with your T. A. / D.A. forms, along with list of names of students with signature , within a month's time to the Sports Office.
- 3) Teams cannot claim for local journey allowance prior and after main train/bus journey.
- 4) Teams should come in proper uniform, socks & shoes, college placard and college flag for the Tournaments.. The flag size should be 1 / 1 ½ mtr.
- 5) Teams should report for the tournaments half an hour before schedule time.
- 6) No extra students, teachers and coaches will be accepted as provision for accommodation is very difficult.
- 7) Team Managers should bring enough money as no snacks will be given to the participants.
- 8) No beds nor bedding will be provided to any one. You are requested to bear up with the accommodation provided at Juhu Campus .
- 9) Kindly send your entry forms in time.
- 10) As per AIU rules, only students who are less than 28 years of age as on 1st July of the academic year, can participate in the Inter Collegiate / Inter University Tournaments.
- 11) Merit Certificate to the Winners of best 4 Placings and Participating Certificates to the other players will be awarded.
- 12) The decision of the judges will be final.

Once again your active participation at the above tournaments will be highly appreciated by the University Department of Sports. Based on the performance of the participants at the above tournaments, players will be selected for the University Coaching Camps and the selected players have to compulsory attend the Camps.

Kindly acknowledge the receipt of this letter.

Thanking you,

Yours faithfully,



Dr. Nitin S. Prabhutendolkar,
Assistant Director of Physical Education, (Addl. Charge)

S.N.D.T WOMEN'S UNIVERSITY
SR. INTER COLLEGIATE YOGASANA COMPETITION

Syllabus, Rules & Regulations for Inter Collegiate / Inter University Yoga Championship

Part A (Compulsory Yogic Exercises for Women) (1 min)

1) ASANAS

Paschimottanasana

Sarvangasana

Dhanurasana

Karna Pidasana

2) Surya Namashkar (in Twelve counts)

3) Shat Kriyas

Jal Neti or Sutra Neti/ Rubber Neti

Shit Karam Kapalbhathi (Jal Kapalbhathi)

(water intake through mouth and out through nostrils)

Part B (Optional Yogic Exercise – Select any three respectively) (30 sec)

1. Vatayanasana

2. Purna Bhujangasana

3. Purna Matasendrasana

4. Ekapad Shirasasana

5. Ardha Badh Padmotanasana

6. Kurmasana

7. Natrajasana

8. Rajkapaotasana

1. Inter University Yoga Championship shall be held for girls sections separately in the asanas and kriyas (Exercises).
2. A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors shall not be eligible for team championship but their performance will be considered for individual position. For team championship marks of only best five participants will be counted.
3. The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position.
 - I. One minute for each compulsory asana
 - II. One round of Surya Namaskar (in twelve count)
 - III. Within two minutes each for Sutraneiti/ Rubbertneti, Jalneti and Jal Kapalbhathi.
4. Yogic Exercise of Part A (a) will be performed together and other yogic exercise will be performed one by one by each member of the team.

5. Marks for Part A and Part B are as follows:

- a) Four compulsory Asanas - 40 marks
- b) Surya Namaskar - 10 marks
- c) Two Shat Kriyas - 20 marks

Part B: Three Optional Asanas - 30 marks
Total 100 marks

6. One Chief Judge plus five judges, a scorer and a time keeper will be appointed for each section .
7. The sequence of participating teams shall be drawn by the organizing College
8. Dress : The Women competitors will wear the following dresses in their College colour
Short and sports shirts / Gymnastics costume
9. The judge will award the marks out of ten to each competitor for each yogic exercise separately. The maximum and minimum marks will be deleted. The average of other awards will constitute the final score. In case more than one judge give the same maximum or minimum score, the score awarded by only one judge will be deleted.
10. The judge will be free to move around in order to observe the different aspect of a posture from different angles during the retention period. He can ask any competitor to perform any yogic exercise again.
11. The efficiency of the Yogic exercise will be Judged on the basis of degree of flexibility required in each exercise , duration of retention of the position, calmness and final position maintained therein.
12. All the participating Colleges will be submitting the list of their competitors (not more than six in each section) along with the list of yogic exercise of their choice in the meeting .
13. In case of a tie, it will be decided as follows:
 - a) Aggregate of marks in compulsory Yogic exercises.
 - b) Aggregate of marks in optional Yogic exercises.
 - c) Aggregate of marks in the performance of the remaining exercises.

Note

1. The word "Exercise" appearing in the rules means "kriyas, Yogic asana and Surya Namaskar."
2. The detail of asanas are given in the book "light of Yoga" by B.K.S. Iyanger.

**Sr. Inter Collegiate Tournaments at Churchgate Campus
August 10 - 11, 2017
Rope Mallkhamb Competition**

Rules:

Total No. of. Students	: 5 students
For Individual Championship	: 1 student
For Team Championship	: 5 students
Compulsory set	: 1 ½ minute of 10 asanas in sequence
Optional set	: 1 ½ minute of maximum No. of asana with difficulty and combination of asanas

S.N.D.T. WOMEN'S UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION
SR. INTER COLLEGIATE ELOCUTION COMPETITION
2017-18

Date : August 10 , 2017

Time : 2.00 pm

Venue : SNTD College of Arts & SCB College of
Science & Commerce, Churchgate

Students : 2 students per College

Time limit : 5 minutes

Topic : (Any One)

1. Effective Role of Women's in Sports
Excellence.

2. Career in Sports

Language : English / Hindi / Marathi / Gujarati

Judgement : 1. Content

2. Confidence

3. Language

4. Flow of thought

5. Overall presentation