



**S-VYASA**  
*Deemed-to-be University*



**230+**  
UNIVERSITIES  
REGISTERED

**2500+**  
STUDENTS  
PARTICIPATING

**5 DAYS**  
MEGA EVENT

## Dr. H R NAGENDRA

**Padmashree Awardee**  
Hon'ble President, S-VYASA

It gives us immense pride to announce the release of the AIU Annual Sports Calendar 2025-26, issued by the Association of Indian Universities (AIU). This event is a testament to our shared dedication to nurturing sporting talent, promoting unity, and upholding the highest standards of integrity, transparency, and fair play in university sports nationwide. As hosts of these prestigious championships, we look forward to your active participation, support, and sponsorship. Your collaboration will be instrumental in creating a strong platform that empowers young athletes, encourages competitive spirits, and inspires excellence.

Let us move forward together — guided by a shared vision, strengthened by partnership, and united in purpose — to elevate Indian university sports to new heights.

Together, let us champion excellence.

**ALL ARE WELCOME**

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LOCATION

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WEBSITE



**S-VYASA**  
*Deemed-to-be University*

### Sattva Global City Campus

Sattva Global City, Mysore Road, Rajarajeshwari nagar  
Bengaluru, Karnataka - 560059, INDIA

# ALL INDIA INTER-UNIVERSITY YOGASANA CHAMPIONSHIPS (WOMEN)

JANUARY 5<sup>TH</sup> - 9<sup>TH</sup>



2026

[svyasa.edu.in](http://svyasa.edu.in)

## Association of Indian Universities

The Association of Indian Universities (AIU), established as a registered society under the Societies Registration Act, 1860, serves as a collective platform for Indian universities to collaborate, share ideas, and address issues in higher education. With 527 member universities, including select institutions from neighboring countries, AIU plays a pivotal role in academic coordination and policy dialogue. AIU supports universities through guidance, publications such as the Universities Handbook and University News, and initiatives in research, training, sports, student services, and global academic partnerships. It also evaluates academic equivalence and facilitates international collaboration by granting Associate Membership to overseas universities. Through its diverse divisions and developmental programs, AIU continues to strengthen the quality and advancement of higher education in India.

## Inter University Tournaments

The Association of Indian Universities (AIU) organizes various inter-university tournaments across different sports throughout the year. These include individual and team sports like archery, athletics, aquatics, kabaddi, and esports, held at the national, zonal, and inter-zonal levels. The AIU manages the sports calendar, which details the schedule, and hosting universities. Tournaments are organized on a zonal and national basis, with different universities hosting the events. Universities submit their teams by the specified deadlines. **Yogasana (W)** i.e. **Yogasana Competitions for Women 2025-26** are hosted by **S-VYASA Deemed-to-be University** (Swami Vivekananda Yoga Anusandhana Sansthana) Bengaluru from 5th January 2026 to 9th January 2026.

## S-VYASA – Transforming Education Through Yoga & Science

S-VYASA (Swami Vivekananda Yoga Anusandhana Samsthana) is a NAAC A+ accredited and UGC-approved Deemed-to-be University in Bengaluru, established in 2002. Inspired by Swami Vivekananda’s vision, the university blends the timeless wisdom of Yoga with modern scientific research. Through an education rooted in holistic wellness, integrating Yoga, Ayurveda, Naturopathy and Vedic sciences—students develop physical well-being, mental balance, and strong values for life and career success. With vibrant campuses like Prashanti Kutiram and Sattva Global City, S-VYASA offers diverse programs in Yoga, Management, Technology, and allied sciences, shaping future-ready professionals with a purpose-driven mindset.

## S-VYASA Deemed-to-be University, Sattva Global City Campus

Established in 2024 within the Sattva Global Tech Park, the Sattva Global City Campus places students at the heart of Bengaluru’s IT hub. The campus offers cutting-edge programs in Engineering, Computer Science & Applications, Management & Commerce, and Allied Healthcare — from UG and PG to Research. With strong industry-connect, modern infrastructure, and a vibrant learning environment, the campus empowers students with practical skills, innovation capabilities, and professional readiness to excel in real-world challenges.

## Event Details

### Competitive Events

### Traditional Yogasana

Team (6 Members: 5 + 1 Reserve)

**Compulsory Asanas :**

- Surya Namaskar (12 postures)
- Paschimottanasana
- Sarvangasana

- Purna Dhanurasana
- Karna Pidasana
- Garudasana

**Optional Yogasana** (Select any Four from the following list):

- Vatayanasana
- Purna Bhujangasana
- Purna Matsyendrasana
- Ekapad Shirasana
- Ardha Badha Padmottanasana
- Vibhakta Paschimottanasana

- Natarajasana
- Ekapad Rajkapotasana
- Utthita Padahastasana
- Udhvamukha Tittibhasana
- Parivritta – Vishwamitrasana
- Sankhyasana

### Traditional Yogasana

Individual (1 Participant)

**Compulsory Asanas :**

- Surya Namaskar (12 postures)
- Paschimottanasana
- Sarvangasana

- Purna Dhanurasana
- Karna Pidasana
- Garudasana

**Optional Yogasana** (Select any Four from the following list):

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- Udhvamukha Tittibhasana
- Parivritta – Vishwamitrasana
- Sankhyasana

### Demonstrative Events

### Artistic Yogasana

Individual (1 Participant)

A. Only one participant from each University.  
B. The competitor have to perform any five Asanas of their choice from the following list:

**Asanas**

- Standing Vrischikasana
- Standing Linkarasana
- Natrajasana
- Sthambh Sirsasana

- Dharwjasana
- Standing Eka Pada Skandasana
- Kandapeedasana
- Utthid Dwipad Skandasana

### Rhythmic Yogasana

Individual (1 Participant)

A. In this competition, the competitor should perform 10 Asanas in a Maximum time limit of 150 seconds.  
B. The competitor is required to perform all types of postures such as forward bending, backward bending, balancing and twisting Asanas according to their own choice, in all four directions with music.  
C. The Asanas & body movements should be synchronized with music.

For more event-related information, please visit our official website and refer to the detailed syllabus provided there

5<sup>th</sup> January 2026

Inaugural Event & Competitions

5<sup>th</sup> – 9<sup>th</sup> January 2026

Inter Universities Competitions

9<sup>th</sup> January 2026

Valedictory Event

Cultural Evenings: 5<sup>th</sup> – 8<sup>th</sup> January

STALLS

Dimension : 10ft x 10ft

₹ 20,000/- For 5 Days

aiuwomenyoga@svyasa.edu.in | svyasa.edu.in

**NOTE:**

Donations and CSR funds are accepted respectively under sections 80G and 12A of the Income Tax Act, 1961.

For Sponsorship and Stalls

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