

**UNIVERSITY OF MUMBAI**

(Sports Department)

Tel: 2281 7698  
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University Sports Pavilion,  
Marine Lines, Mumbai-20.

No. Sp./146 of 2019-20

Date: 26<sup>th</sup> December, 2019

**CIRCULAR:-**

**Sub:- Inter Collegiate Yoga (M & W) Competition 2019-20.**

**Venue:- Shri Sidh Thakurnath College of Arts & Commerce,  
Ulhasnagar – 421004**

**Date:- 1<sup>st</sup> January, 2020**

The Principals of the participating in the **Inter Collegiate Yoga (Men & Women) Competitions for the year 2019-20** are hereby inform that the Inter Collegiate Yoga competitions for men & women will be held **at Shri Sidh Thakurnath College of Arts & Commerce, Ulhasnagar – 421004**

Further, they are requested to inform their college students participating in **Yoga competition** to report with college sports in-charge/representative at the **venue on 1<sup>st</sup> January, 2020 at 7.30 a.m.** sharp. The programme of competition will be given at the venue.

**Note:- Individual championship (M & W) shall be conducted separately.** The best 12 Yoga competitors from competition (Team Championship) will again compete in the optional exercises Aasanas / Suryanamaskars for 3 to 5 minutue (a set of compulsory & optional 4 each) to decide first three positions in the individual championship. Competitors may use music at background to make more attractive the presentation/s.

All the competitors must be in proper costumes and bring college Identity-Card.

**Contact:**

**Shri Rahul Akul - 9967461728**

**Sd/-**

**Director of Sports & Phy. Edun.**

To,  
The Principals of colleges participating  
In the Inter Collegiate Yoga (M & W)  
Competition 2019-20.