



**JAWAHARLAL NEHRU TECHNOLOGICAL UNIVERSITY HYDERABAD**  
Kukatpally, Hyderabad-500085 (T.S)

**Prof. N.S. Dileep,**  
**Secretary, Sports Council**  
**Jawaharlal Nehru Technological University**  
**Kukatpally, Hyderabad-500 085.(Telangana State)**

Cell No. 9849359474  
Email: [dilnelli@gmail.com](mailto:dilnelli@gmail.com)

Date:-11-11-2024.

To  
The Principal,  
Constituent & Affiliated Colleges,  
JNTUH Hyderabad.

Sir,

I submit that the following JNTUH team selections will be held as per the dates given below.

S.No	Event	Date & Report Time	Venue	Contact Details
1	Badminton (Women)	17/11/2024 09:00 A.M	JNTUH Indoor Stadium Kukatpally, Hyderabad.	Contact:-Dr.N.Ashok Physical Director 9059912384
2	Yoga (Men & Women)	19/11/2024 09:00 A.M	JNTUH Indoor Stadium Kukatpally, Hyderabad.	Contact:-Dr.N.Ashok Physical Director 9059912384
3	Swimming (Men & Women)	20/11/2024 09:00 A.M	JNTUH Indoor Stadium Kukatpally, Hyderabad.	Contact:-Dr.N.Ashok Physical Director 9059912384
4	Table Tennis (Men)	20/11/2024 09:00 A.M	JNTUH Indoor Stadium Kukatpally, Hyderabad.	Contact:-Dr.N.Ashok Physical Director 9059912384
5	Basketball (Women)	21/11/2024 09:00 A.M	JNTUH Kukatpally, Hyderabad.	Contact:-Dr.N.Ashok Physical Director 9059912384

**The participants are requested to bring the following documents:-**

- Eligibility form duly signed by the principal of the college.
- College I D Card.
- 10th Class marks memo (Xerox) duly signed by the Principal of the college.
- Intermediate marks memo (Xerox) duly signed by the Principal of the college.
- University will not provide any equipment you are requested to bring your own Equipment.



Yours Sincerely

**Dr. N.S. Dileep, MPED, M.Phil, Ph.D**  
**Professor & Secretary**  
**SPORTS COUNCIL**  
JNTUH University, Kukatpally,  
Hyderabad-500 085. Telangana State



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## **YOGA ASANAS**

### **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            | 10. Prasarit-pash Padottanasana        |
| 11. Parivritta-Ushrasana | 12. Tandavasana                        |

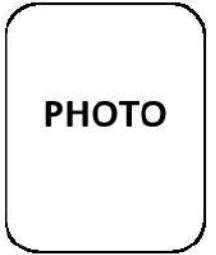
#### **3. Optional Asanas for Women (Select any Four)**

- |                                |                               |
|--------------------------------|-------------------------------|
| 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     | 10. Udhvamukha Tittibhasana   |
| 11. Parivritta-Vishwamitrasana | 12. Sankhyasana               |



  
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Hyderabad-500 085, Telangana State

# ELIGIBILITY FORM FOR JNTUH IUT SELECTION



- 1) NAME OF THE PLAYER :
- 2) FATHER NAME :
- 3) MOTHER NAME :
- 4) DATE OF BIRTH :
- 5) COLLEGE NAME :
- 6) HALL TICKET NUMBER :
- 7) YEAR OF PASSING THE QUALIFYING EXAM  
(BEFORE ADMISSION INTO UG/PG) :
- 8) DATE OF JOINING IN THE COLLEGE (UG/PG) :
- 9) NAME OF THE PRESENT COURSE & BRANCH :
- 10) DURATION OF THE COURSE :
- 11) STUDENT CONTACT NUMBER :
- 12) GAME/ EVENT :
- 13) SIGNATURE OF THE STUDENT :

**Note:-** • SSC/CBSE marks memo (Xerox) duly signed by the Principal of the college.

- Intermediate/Diploma/B.Tech/Degree marks memo (Xerox) duly signed by the Principal of the college.
- College I D Card.

**SIGNATURE OF THE PHYSICAL DIRECTOR**

**SIGNATURE OF THE PRINCIPAL**