



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

Date:-09-10-2025.

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

Sir,

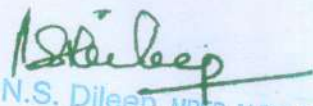
I submit that the following JNTUH team selections will be held as per the dates given below

S.No	Event	Date & Report Time	Venue	Contact Details
2	YOGA (Men & Women)	14/10/2025 09:00 A.M	JNTUH Indoor Stadium Kukatpally, Hyderabad.	Contact:-Dr.N.Ashok Asst: Professor (C) 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 Padahasthasana | 10. Udhvamukha Tittibhasana |
| 11. Parivritta-Vishwamitrasana | 12. Sankhyasana |




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ELIGIBILITY FORM FOR JNTUH IUT SELECTION

PHOTO

- 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