



# DIRECTORATE OF SPORTS & PHYSICAL EDUCATION UNIVERSITY OF JAMMU

("A"+ Grade University-Accredited by NAAC)

**JAMMU-180 006**

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Ref. No. *PE/21/2551-91*

Dated. *05-11-2021*...

The Principal,  
Affiliated colleges of the University of Jammu

Subject: Fixture of the Inter-Collegiate Tournaments 2021-22.

Sir/Madam

Kindly find enclosed herewith a copy of the fixture of the Inter-Collegiate Tournament 2021-22. The information may kindly be pass on to the concerned official of your institution for the active participation of your college students in the Inter-Collegiate Tournaments 2021-22.

Thanking You,

Yours Sincerely,

*(Dr. Daud Iqbal Baba)*

*Director*

Copy to :

1. Spl. Secy. to the V.C for the information of the Hon'ble Vice-Chancellor please.
2. Sr. P.A to the Registrar for the information of the Registrar please.
3. DSW, University of Jammu for information please.
4. Joint Registrar (Finance) University of Jammu for Information please.
5. CMO, University of Jammu for information please.
6. AR (Accounts) for information please.
7. Security Officer, University of Jammu for information please.
8. Master file

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**Director Directorate of Sports & Physical Education**  
**University of Jammu, Jammu**  
**Inter-Collegiate Fixture (Men & Women) 2021-22**

Date: - 10-11-2021

Cross-Country (Men) Timing:- 7.30.00 a.m.

Cross-Country (Women) Timing:-08.00 a.m.

**Cross-Country (Men)**

**Cross-Country (Women)**

1. G.D.C Reasi
2. GDC Ramban
3. GDC Vijaypur
4. GDC Poonch
5. GDC Paloura (Mishriwala)
6. GDC R.S Pura
7. GDC Nowshura
8. GDC Udhampur
9. GDC Rajouri
10. GDC Kalakot
11. GDC Dharmari
12. GDC Marheen
13. GDC Billawar
14. GDC Thanamandi
15. P.G Deptt
16. GCET
17. GDC Surankot
18. GDC Marh
19. GMC Rajouri
20. GDC Jindhrah
21. GDC Mahanpur
22. GDC Ramnagar
23. GDC Akhnoor
24. GDC Hiranagar
25. GDC Doda
26. GDC Chenani
27. Trikuta Degree Coll P.E
28. GDC Kishtwar
29. GDC Bhaderwah
30. GDC Mendhar
31. GDC Sunderbani
32. GDC Chatroo
33. GDC Karkyal
34. MIET Jammu
35. GDC Budhal
36. GDC Khour
37. GDC Pouni
38. GDC Kathua
39. GDC Kunjwani
40. GDC Samba

1. G.D.C Reasi
2. GDC Ramban
3. GDC Poonch
4. GDC Paloura (Mishriwala)
5. GDC R.S Pura
6. GDC Nowshura
7. GDC Udhampur
8. GDC Rajouri
9. P.G Deptt
10. GCET
11. GDC Surankot
12. GDC Jindhrah
13. GDC Mahanpur
14. GCW Kathua
15. GDC Ramnagar
16. GDC Akhnoor
17. GDC Budhal
18. GDC Hiranagar
19. GDC Kishatwar
20. GDC Bhaderwah
21. GCW Parade
22. GDC Mendhar
23. GDC Sunderbani
24. GDC Karkyal
25. MIET Jammu
26. GDC Khour
27. GCW Udhampur
28. GDC Pouni
29. GDC Kathua
30. GDC Kunjwani

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2

Date: - 10 to 12 Nov,2021

Timing: - 10.00 a.m.

**Fencing (Men)**

1. G.D.C Reasi
2. GDC Paloura (Mishriwala)
3. GDC Billawar
4. GDC Nowshera
5. GDC Kalakot
6. GDC Udhampur
7. P.G Deptt.
8. GCET Jammu
9. GMC Jammu
10. Dogra Law College
11. MIET Jammu
12. GDC Kathua
13. GDC Kunjwani
14. GDC Samba

**Fencing (Women)**

1. G.D.C Reasi
2. GDC Paloura (Mishriwala)
3. GDC Billawar
4. P.G Deptt.
5. GCET Jammu
6. GMC Jammu
7. GDC Kishtwar
8. GCW Parade
9. GDC Kakryal
10. GCW Udhampur
11. GDC Samba

**Note:** The Fixture for the Events will be drawn on the spot. The Tournament will be conducted as per AII and Fencing Federation of India rules.

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Date: - 10 to 12 Nov,2021

Timing: - 10.00 a.m.

3

Boxing (Men)

1. G.D.C Reasi
2. GDC Vijaypur
3. GDC Poonch
4. GDC Paloura (Mishriwala)
5. GDC R.S Pura
6. GDC Udhampur
7. GDC Rajouri
8. P.G Deptt
9. GCET
10. GDC Marh
11. GDC Mahanpur
12. GDC Doda
13. GDC Chenani
14. Trikuta Degree Coll P.E
15. GDC Karkyal
16. MIET Jammu
17. GDC Sidhra
18. GDC Akhnoor
19. GDC Khour
20. GDC Jindhrah
21. Bhaskar D. Cool Udhampur
22. GDC Kathua
23. GDC Kunjwani
24. GDC Samba

Boxing (Women)

1. GDC Paloura (Mishriwala)
2. P.G Deptt
3. GCW Udhampur
4. GDC Chenani
5. GCW Parade
6. MIET Jammu
7. GDC Khour
8. GDC Kathua
9. GDC Samba

Weight Category (Men)

1. 46-48 kg Minimum Weight
2. 51 Kg Fly
3. 54 Kg Bantam
4. 57 Kg Feather
5. 60 Kg Light
6. 63.5 Kg Light Welter
7. 67 Kg Welter
8. 71 Kg Light Middle
9. 75 Kg Middle
10. 80 Kg Light Heavy
11. 86 Kg Cruiser
12. 92 Kg Heavy
13. 92+ Kg Super Heavy

Weight Category (Women)

1. 45-48 Kg Minimum Weight
2. 50 Kg Light Fly
3. 52 Kg Fly
4. 54 Kg Bantam
5. 57 Kg Feather
6. 60 Kg Light
7. 63 Kg Light Welter
8. 66 Kg Welter Weight
9. 70 Kg Light Middle
10. 75 Kg Middle
11. 81 Kg Light Heavy
12. 81+ kg Heavy Weight

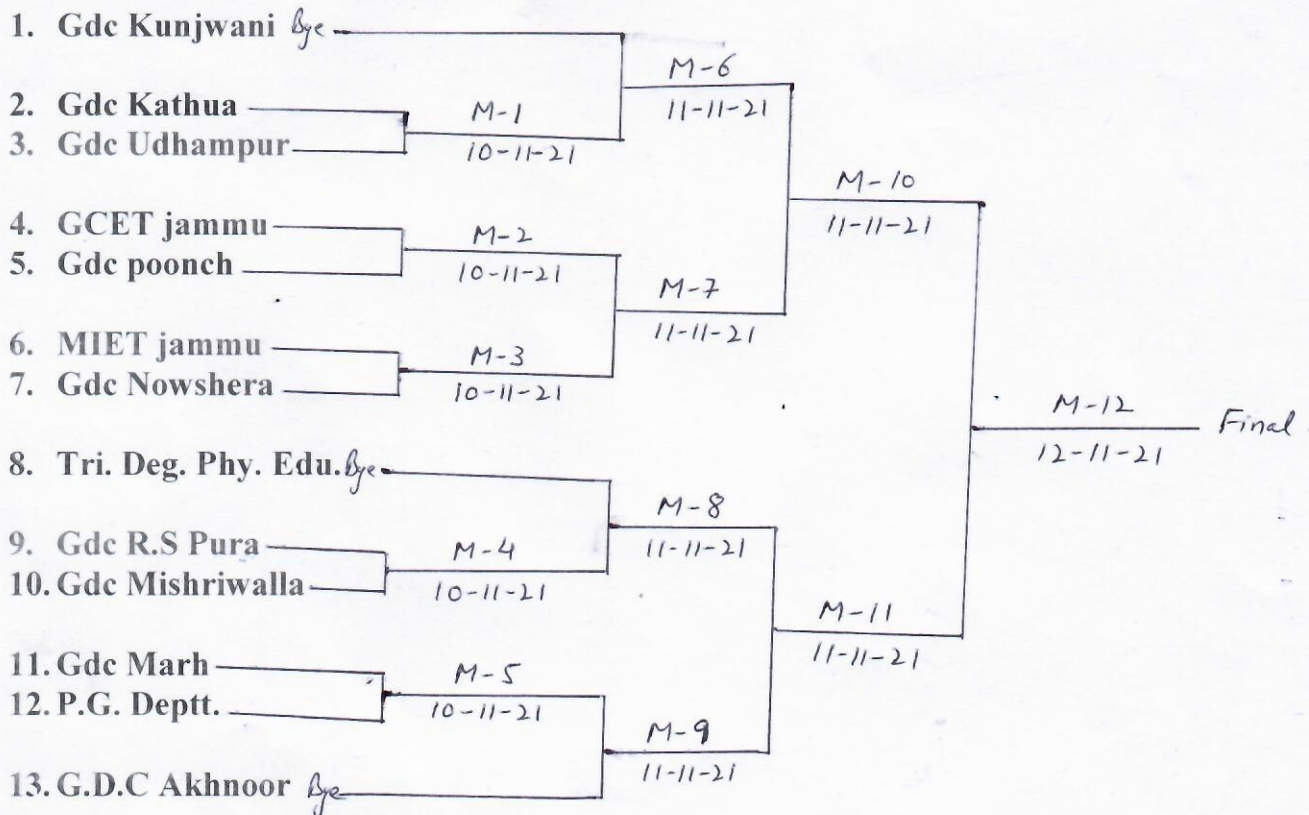
Kindly send your boxer along with Medical Fitness Certificate, COWIN vaccination Certificate DOSE -1 DOSE-2/ rapid test report

Note: - Tournament will be conducted as per AIU rules and Boxing Federation of India

Handball (Men)

Date: 10-12, November, 2021

Time: 10:00 A.M.



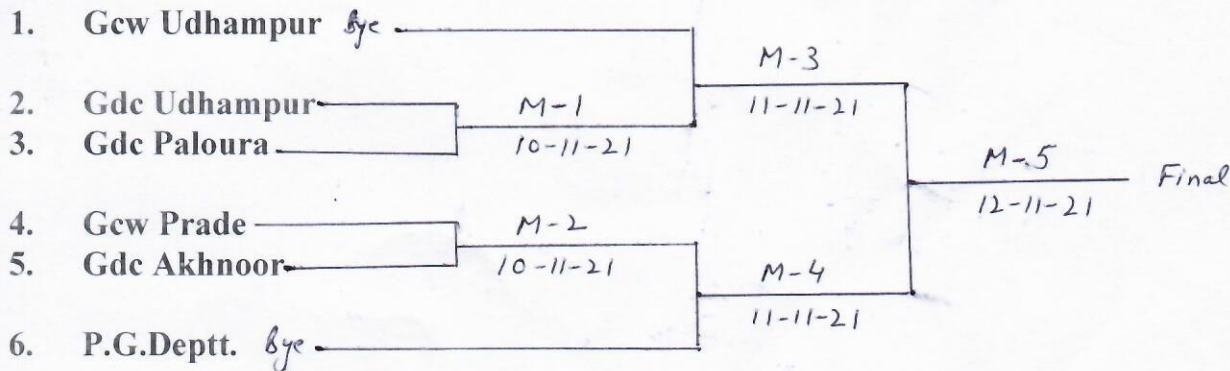
*Qualifier*

The I/C Handball Tournament will be organized as per the rules of AIU and HFI.

Handball (Women)

Date: 10-12, November, 2021

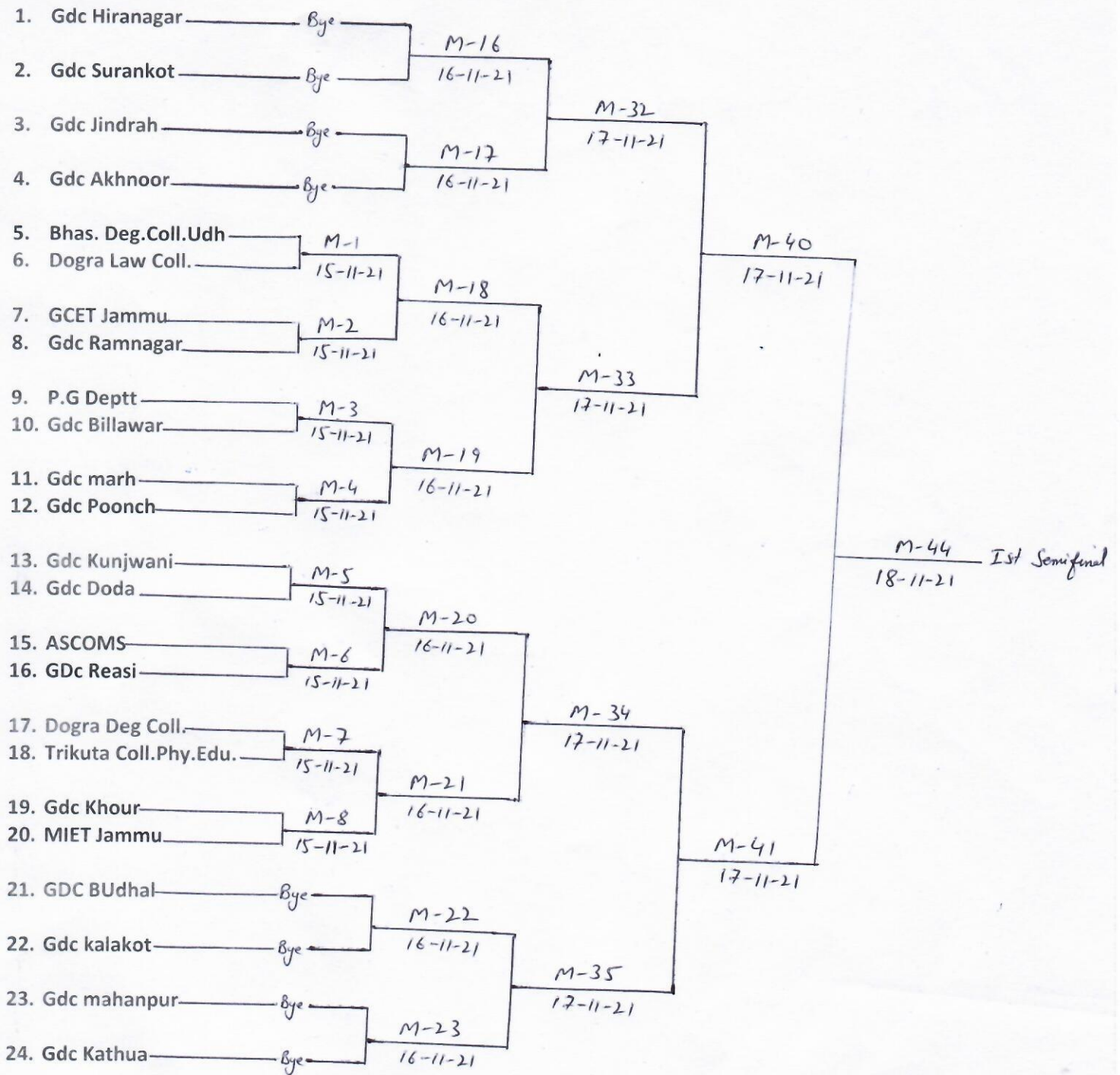
Time: 10:00 A.M.



*Qualifier*

The I/C Handball Tournament will be organized as per the rules of AIU and HFI.



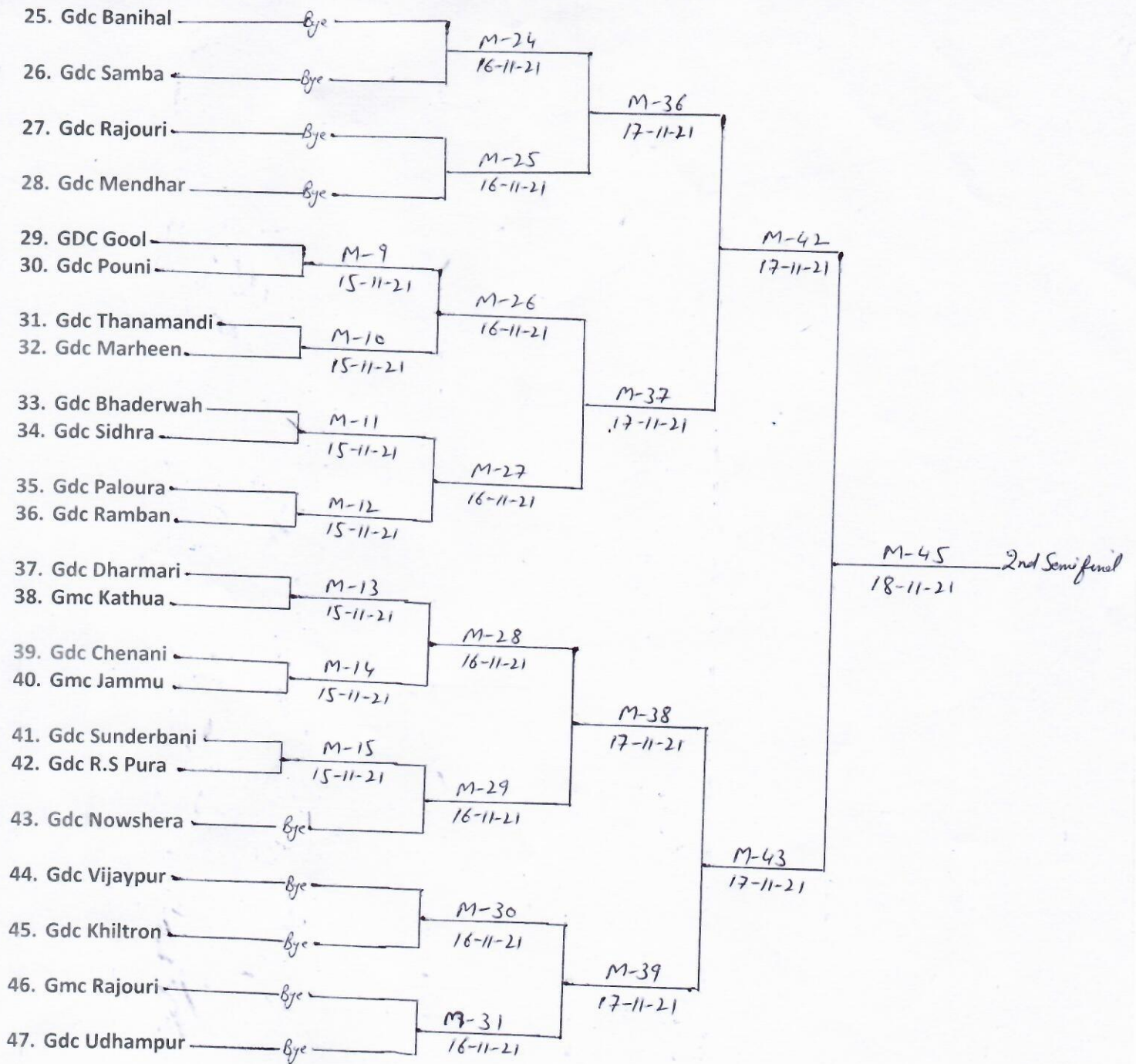


The I/C Volleyball Tournament will be organized as per the rules of AIU and VFI.

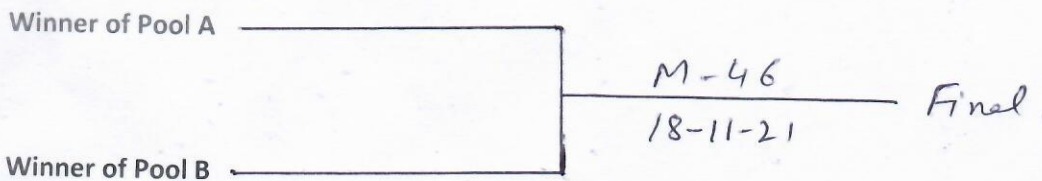
*Signature*

*Signature*

Time: 10:00 a.m.



The I/C Volleyball Tournament will be organized as per the rules of AIU and VFI.



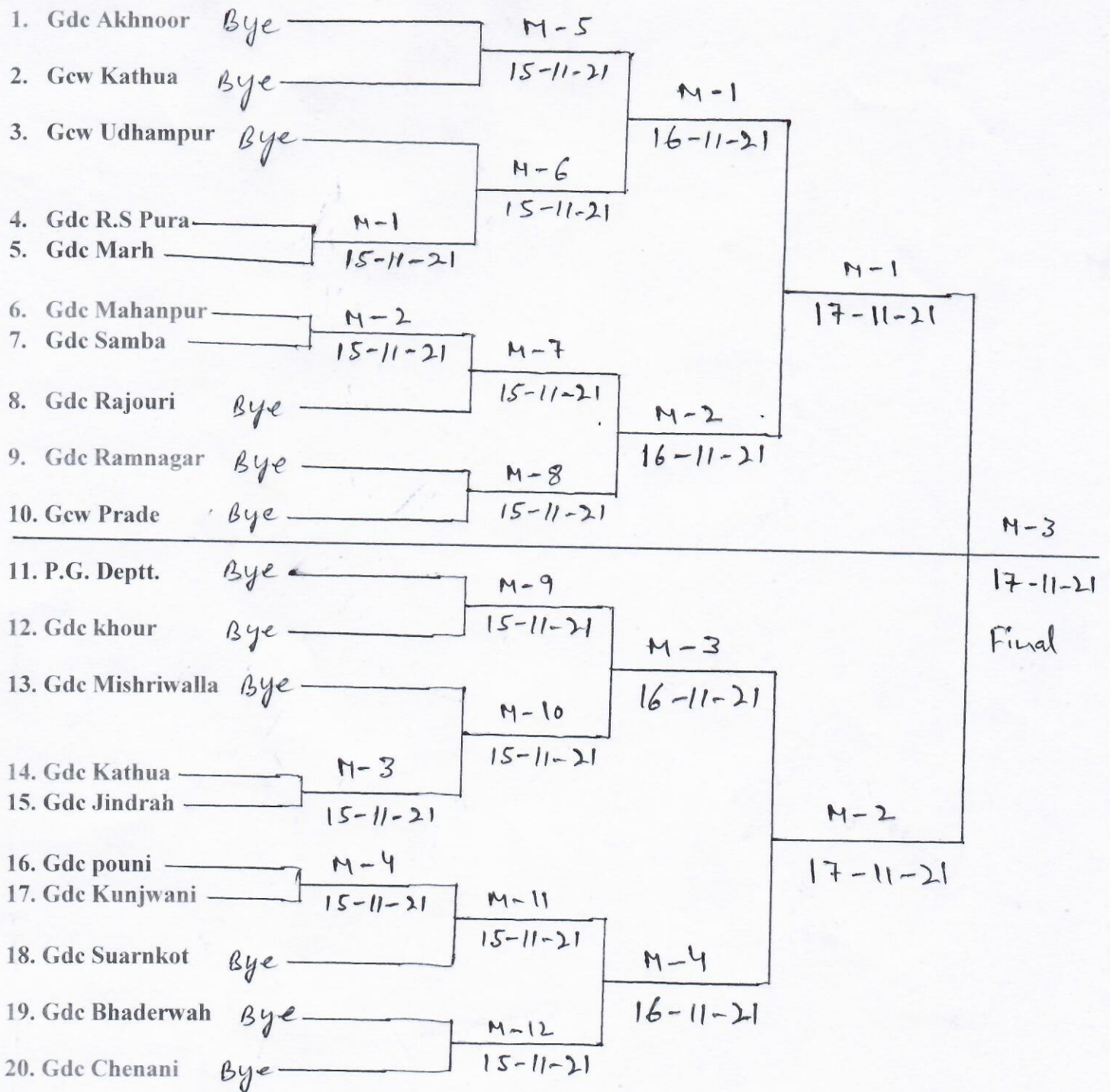
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Kabaddi (Women)

Date: 15 to 17, November, 2021

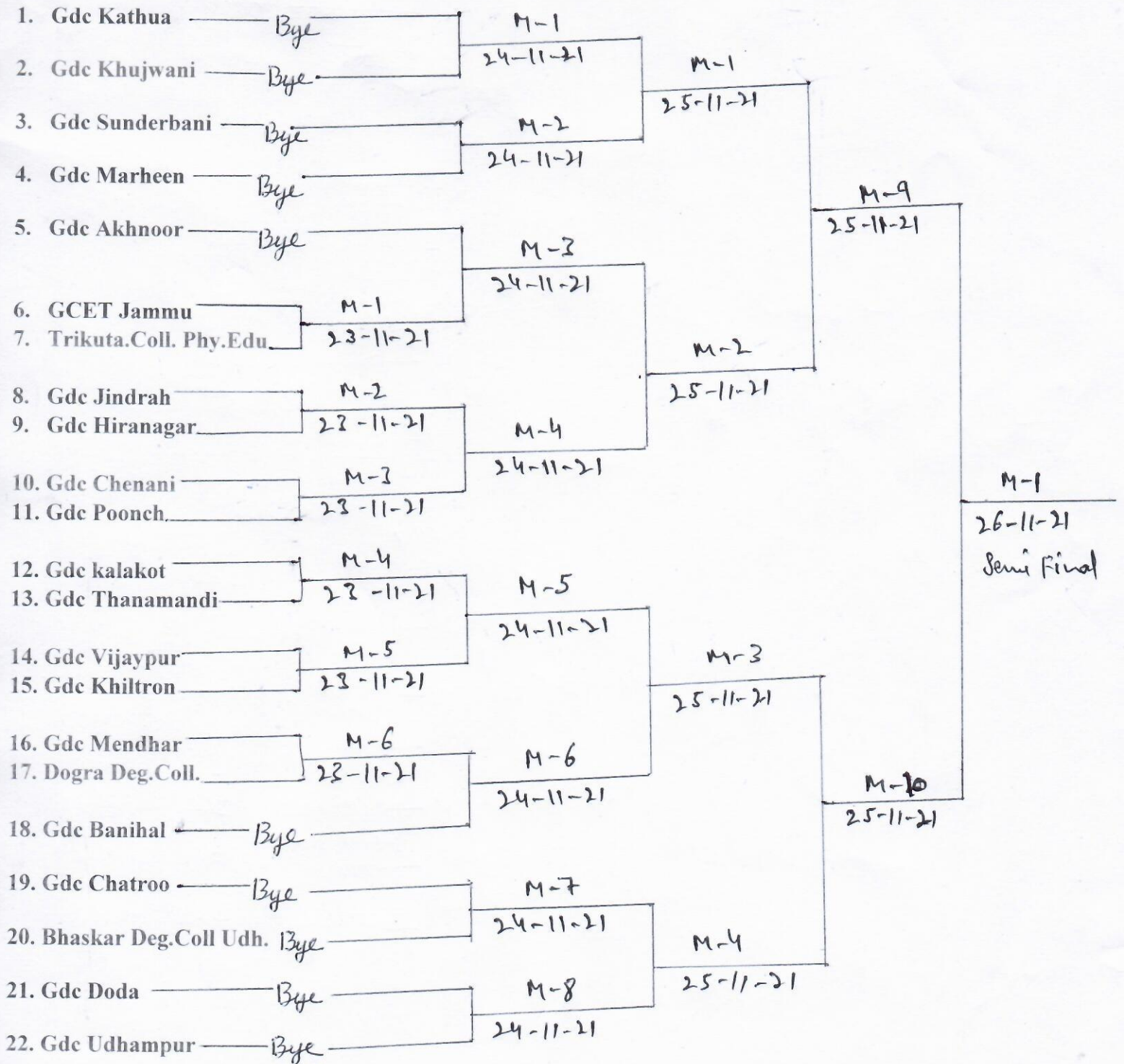
Time: 10:00 a.m.

(7)



The I/C Kabaddi Tournament will be organized as per the rules of AIU and AKFI.

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The I/C Kabaddi Tournament will be organized as per the rules of AIU and AKFI.

Gyan  
Tiwari

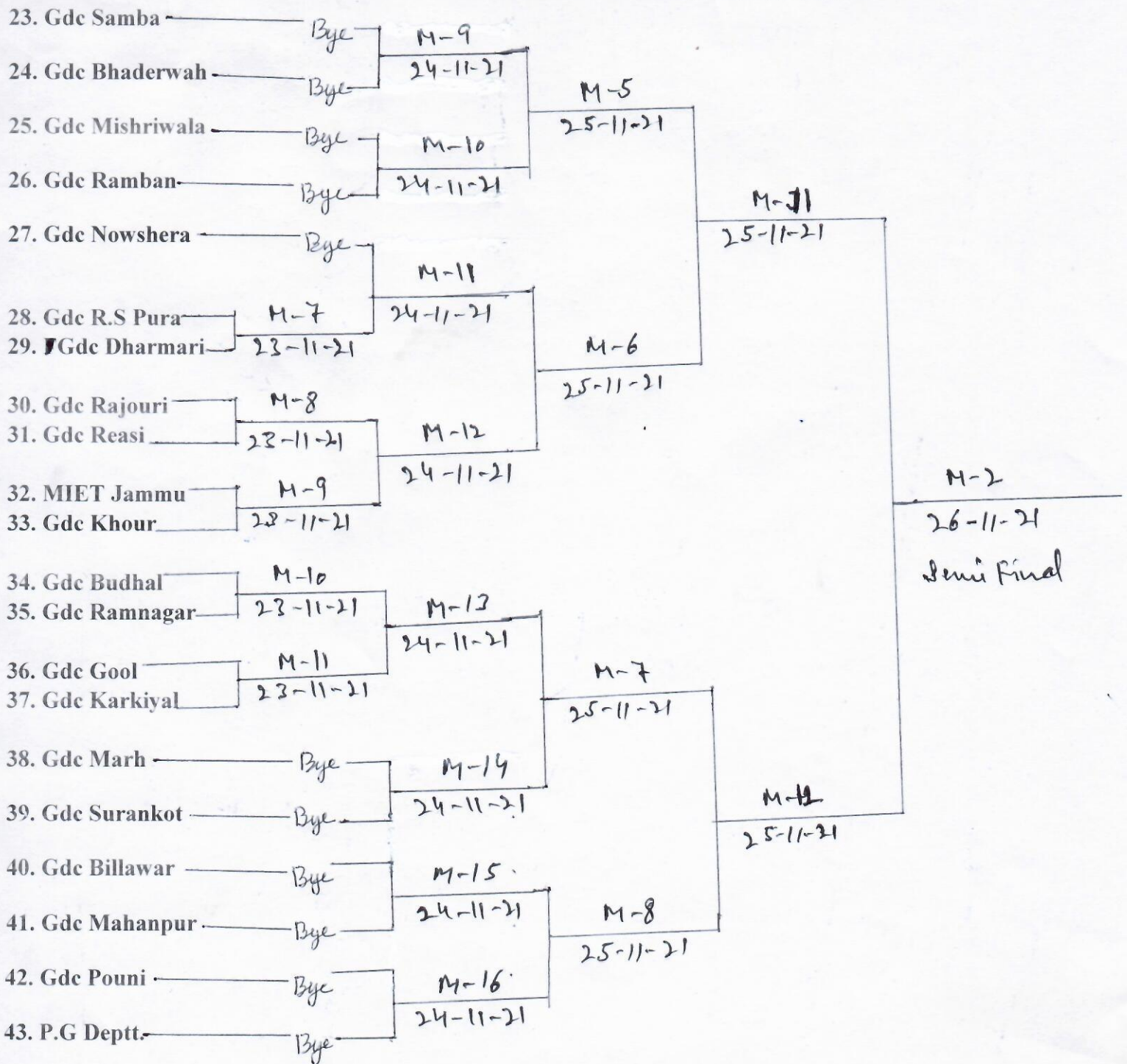


Kabaddi (Men) (Pool B)

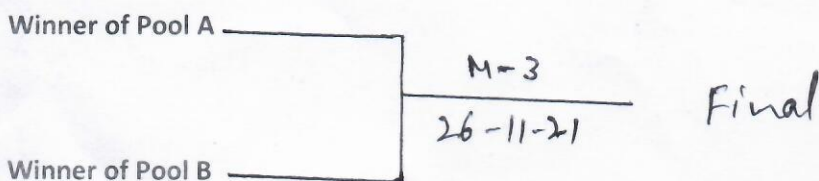
Date: 23 to 26, November, 2021

Time: 10:00 a.m.

9



The I/C Kabaddi Tournament will be organized as per the rules of AIU and AKFI.



Gyan  
Taru

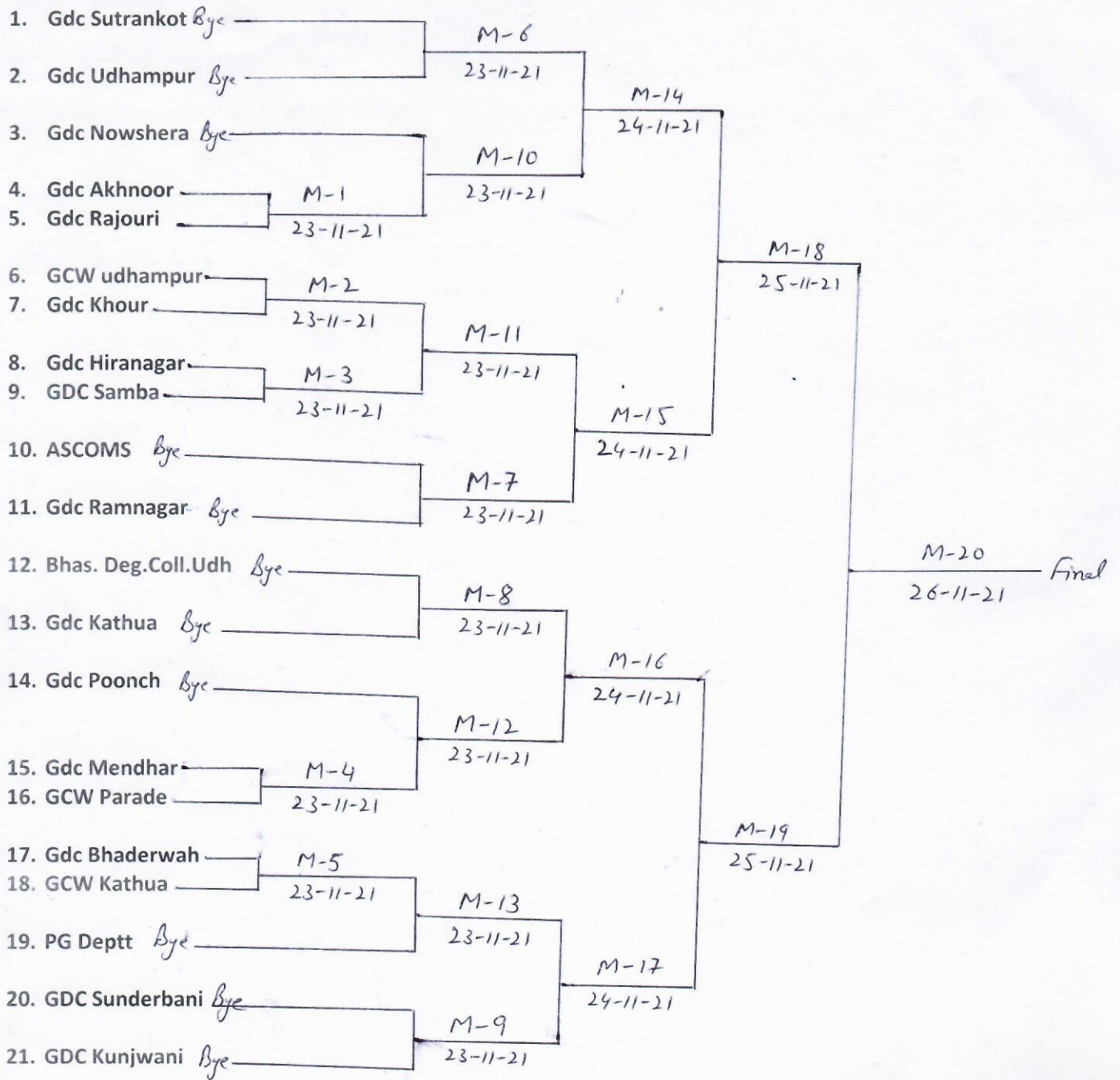
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Volleyball (Women)

Date: 23 to 26 November, 2021

Time: 10:00 a.m.

10



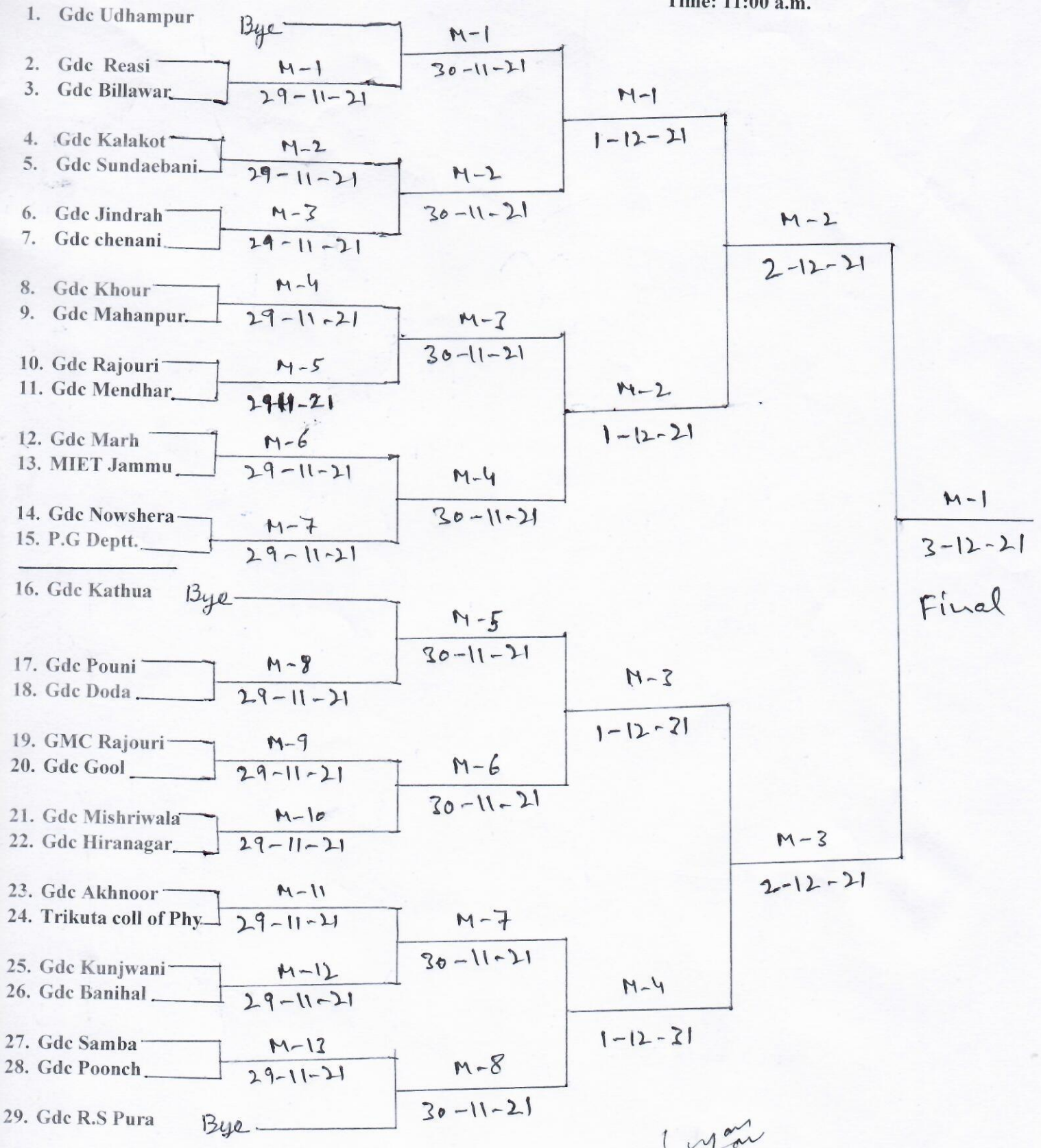
The I/C Volleyball Tournament will be organized as per the rules of AIU and VFI.

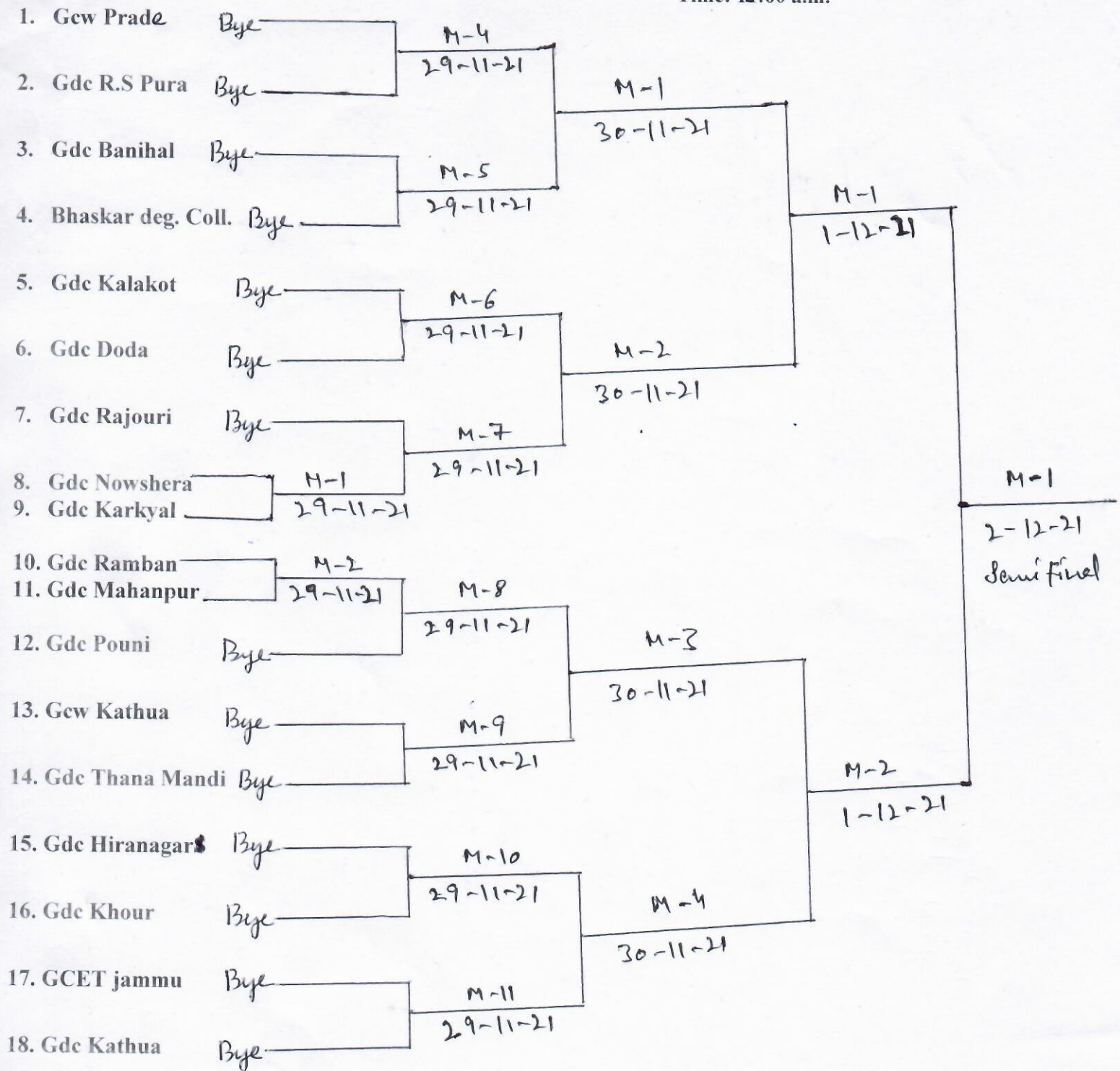
*Pardeep*

Kho-Kho (Men)

Date: 29 Nov. to 03 Dec, 2021  
Time: 11:00 a.m.

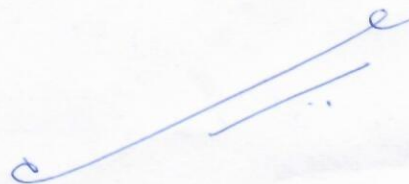
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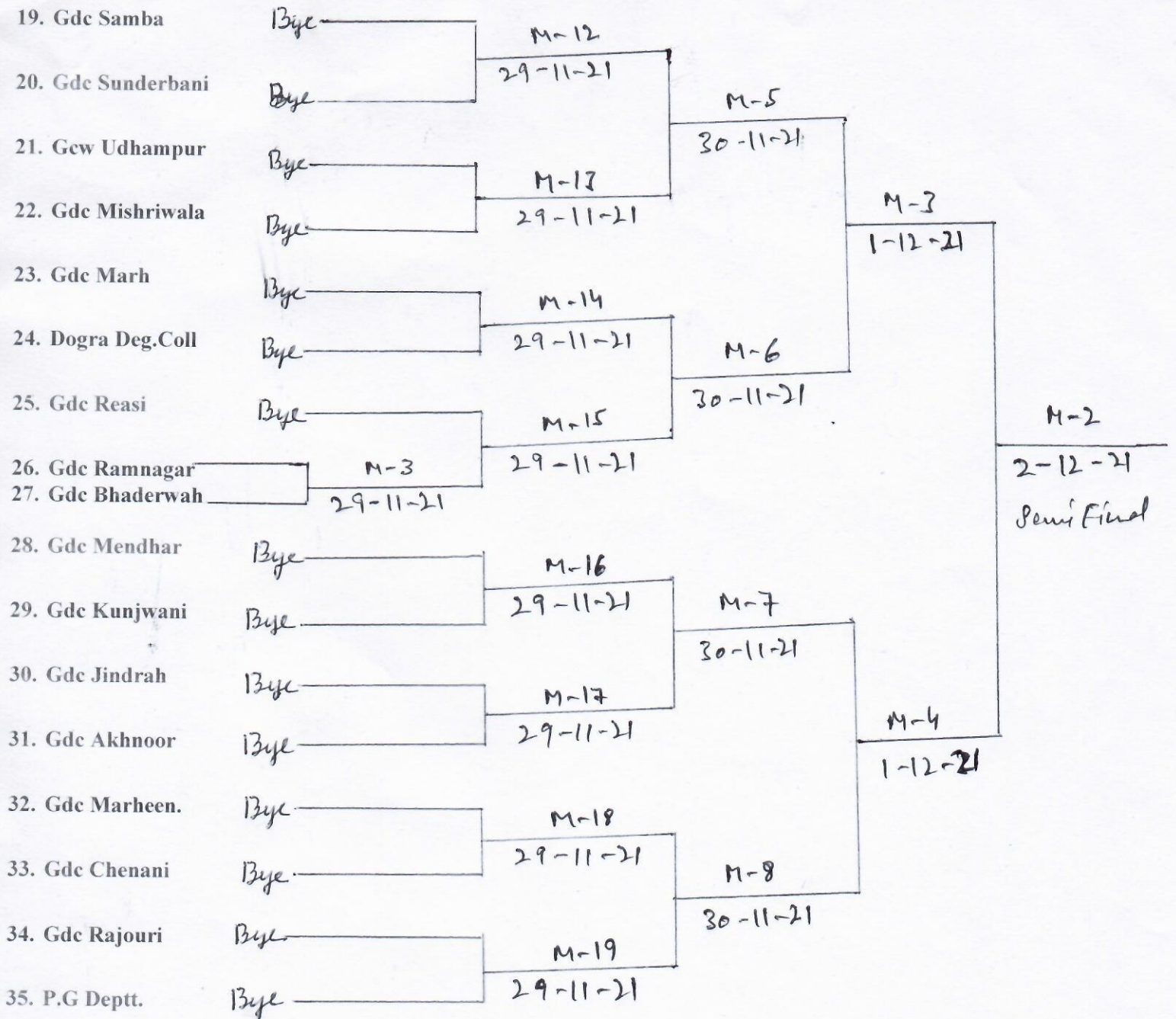




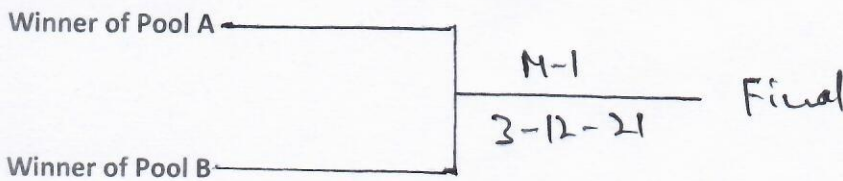
Gagan  
I an

The I/C Kho-Kho Tournament will be organized as per the rules of AIU and KKFI.





The I/C Kho-Kho Tournament will be organized as per the rules of AIU and KKFI.



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Date: - 29 Nov to 01 Dec,2021

Timing: - 10.00 a.m.

14

Judo (Men)

Weight Category

1. GDC Paloura (Mishriwala)	56 Kg
2. GDC R.S. Pura	60 Kg
3. GDC Rajouri	66 Kg
4. P.G Deptt	73 Kg
5. GCET	81 Kg
6. GDC Mahanpur	90 Kg
7. GDC Bhaderwah	100 Kg
8. GDC Sunderbani	+ 100 kg
9. GDC Karkyal	
10. MIET Jammu	
11. GDC Akhnoor	
12. GDC Khour	
13. GDC.Jindrah	
14. GDC Vijaypur	
15. GDC Kathua	
16. GDC Kunjwani	
17. GDC.Samba	

Judo (Women)

Weight Category

1. GDC Paloura (Mishriwala)	44 kg
2. GDC Rajouri	48 kg
3. P.G Deptt	52 kg
4. GCET	57 kg
5. GCW Udhampur	63 kg
6. GCW Kathua	70 kg
7. GCW Parade	78 kg
8. GDC Khour	Above 78 kg Open
9. GDC.Jindrah	
10. GDC Kathua	
11. GDC Kunjwan	
12. GDC.Samba	

Note: The Fixture for the Individual Events will be drawn on the spot Tournament will be conducted as per AIU and Judo (IJF) Federation of India rules.





15

Date: - 02 to 04 Dec,2021

Timing: - 10.00 a.m.

Wrestling (Men)

Weight Category

1. G.D.C Reasi	57 kg
2. GDC Ramban	61 kg
3. GDC Vijaypur	65 kg
4. GDC Paloura (Mishriwala)	70 kg
5. GDC R.S Pura	74 kg
6. GDC Nowshara	79 kg
7. GDC Dharmari	86 kg
8. GDC Billawar	92 kg
9. GDC Udhampur	97 kg
10. GDC Rajouri	125 kg
11. P.G Deptt	
12. GCET	
13. GDC Marh	
14. GDC Mahanpur	
15. GDC Doda	
16. GDC Chenani	
17. Trikuta Degree Coll P.E	
18. GDC Bhaderwah	
19. GDC Sunderbani	
20. MIET Jammu	
21. GDC Sidhra	
22. GDC Akhnoor	
23. GDC Hiranagar	
24. GDC Khour	
25. GDC Jindhrah	
26. GDC Ramnagar	
27. GDC Pouni	
28. GDC Kilhotran	
29. GDC Kathua	
30. GDC Kunjwani	
31. GDC Samba	

Note: The Fixture for the Individual Events will be drawn on the spot Tournament will be conducted as per AIU and Wrestling (FILA) Federation of India rules.

84



Date: - 06 to 07 Dec,2021

Timing: - 10.00 a.m.

Wrestling (Women)

Weight Category

1. GDC Paloura (Mishriwala)	50 kg
2. GDC R.S Pura	53 kg
3. GDC Nowshara	55 kg
4. GDC Rajouri	57 kg
5. P.G Deptt	59 kg
6. GCW Udhampur	62 kg
7. GCW Kathua	65 kg
8. GCW Parade	68 kg
9. GDC Khour	72 kg
10. GDC.Jindrah	76 kg
11. GDC Kathua	
12. GDC Kunjwani	
13. GDC Samba	

Note: The Fixture for the Individual Events will be drawn on the spot Tournament will be conducted as per AIU and Wrestling (FILA) Federation of India rules.



Yoga (Men) Date: - 06 Dec,2021 Timing: - 10.00 a.m.

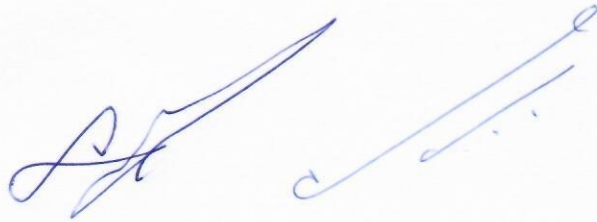
Yoga (Women) Date: -07 Dec,2021-Timing: -10.00 a.m.

Yoga (Men)

1. GDC Paloura (Mishriwala)
2. GDC Marheen
3. GDC Udhampur
4. GDC Thanamandi
5. GDC Rajouri
6. P.G Deptt
7. GCET
8. GDC.Jindrah
9. GDC Mahanpur
10. GDC Akhnoor
11. GDC Hiranagar
12. Trikuta Degree Coll P.E
13. GDC Bhaderwah
14. GDC Kishtwar
15. GDC Sidhra
16. GDC Khour
17. GDC Vijaypur
18. GDC Kathua
19. GDC Kunjwani

Yoga (Women)

1. GDC Vijaypur
2. GDC Paloura (Mishriwala)
3. GDC Rajouri
4. P.G Deptt
5. GCET
6. GDC Marh
7. GDC Rajouri
8. GDC.Jindrah
9. GDC Mahanpur
10. GCW Kathua
11. GDC Akhnoor
12. GDC Hiranagar
13. GDC Chenani
14. GDC Kishtwar
15. GDC Bhaderwah
16. GCW Parade
17. GDC Sidhra
18. GDC Khour
19. GCW Udhampur
- 20 GDC Kathua
- 21 GDC Kunjwani



**DIRECTORATE OF SPORTS AND PHYSICAL EDUCATION, UNIVERSITY OF JAMMU, JAMMU**

**SYLLBUS FOR INTER- COLLEGE YOGA (MEN & WOMEN) CHAMPIONSHIP 2020-21**

PART-A (COMPULSORY ASANA : HOLD THE POSITION FOR 45 SECONDS EACH ASANA)

1. PASHIMOTASSANA
2. SARVANGASNA
3. PURN DHANURASNA
4. KARNA PIDASANA

PART-B **SURYNAMASKAR** (FOR MEN AND WOMEN IN TWEELEVE COUNTS)

PART-C ( OPTIONAL ASNAS- SELECT ANY THREE ASNAS: HOLD POSITION FOR 30 SECONDS)

FOR MEN

1. MAYURASANA
2. PADMABAKASANA (URDHAVA KUTUTASANA)
3. HANUMAN ASANA
4. TITIABHASANA
5. PURN CHAKARASAN
6. SETUBANDHASANA
7. VRICHIKASANA
8. PURN SHALABHASAN
9. EKAPAD RAJKAPOTASANA
10. PURNA BHUJANGASAN

FOR WOMEN

1. VATAYASANA
2. PURNA BHUJANGASAN
3. PURNA MATSENDRASANA
4. EKAPAD SHIRASANA
5. ARDHA BADH PADMOTANASANA
6. VIBAKTHA PASCHIMOTTASANA
7. NATARAJASNA
8. EKAPAD RAJKAPOTASANA
9. PURN CHAKARASAN
10. TRIVIKRAMASANA

PART- D (SHAT KARMAS FOR BOYA AND WOMEN : PERFORM IN 2 MINUTES)

- I. SHIT KARM KAPAL BHATI (JAL KAPAL BHATI)
- II. JAL NETI/ RUBBER NETI

Note:

1. Inter college Yoga Championship shall be held for both boys and Girls Sections separately in the Asanas and Kriyas (Exercises).
2. A team may consists maximum of five competitors .
3. If team less than five competitors than their performance will be considered for individual.
4. Dress: The men and women competitors will wear the following dresses

Men - Short and Vest/Sports shirt

Women - Short and Sports shirts/Gymnastic costume

## INSTRUCTIONS:

The competing team shall have to report at least half an hour before the start of match at the venue of competition.

1. A typed Eligibility Proforma of players duly signed by the Physical Director/Incharge Sports and countersigned by the Principal of concerned college will be accepted.
2. Decision of Umpire /Referee will be final and binding to all the teams, if there is any doubt regarding the decision of Umpire / Referee the concerned Team Manager will have to submit protest in writing along with Protest Fee of **Rs.1000/-** within 2 hours to the organizing secretary.
3. The Organizing Committee reserves the right to change the venue, timing and duration of the game, if required.
4. In knock-out Tournament if the Tie occurs, the match shall be decided through Tie- Breaker (Penalty Stroke/Penalty Shot) especially in Hockey and Football.
5. All the Team Incharge/Managers accompanying Mufassil College Teams are required to submit their authority letter/deputation to the Directorate of Sports & Physical Education, University of Jammu on reaching Jammu.
6. Rules of the AIU and the concerned National Federation shall be applicable in the Inter- Collegiate Competitions.
7. No team shall be allowed to take part in the Inter- Collegiate Competitions with incomplete eligibility Performa and players ID card duly issued by the college.

## ELIGIBILITY RULES:

1. Age limit of the student shall be minimum 17 years and maximum up to 25 years.
2. Only a bonafide full time student, who is enrolled for a course, which is of a minimum duration of one academic year and whose examination is conducted by the university, shall be eligible to participate in the Inter-Collegiate Tournament.
3. Not more than 8 years have elapsed since a students passed the examination qualifying for first admission to a University or college affiliated with the University.

(Dr. Daud iqbal Baba)

Director

Directorate of Sports & Physical Education

Directorate of Sports &  
Physical Education  
University of Jammu



**DIRECTORATE OF SPORTS & PHYSICAL EDUCATION**  
**UNIVERSITY OF JAMMU**

("A"+ Grade University-Accredited by NAAC)

**JAMMU-180 006**

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2479 / 2491

Ref. No. PE/21/7592

Dated. 05-11-2021

The Principal,  
Affiliated colleges of the University of Jammu

Subject: Postponement of the Inter-Collegiate Basketball (M&W) Tournament 2021-22.

Sir/Madam

It is to inform you that the Inter-Collegiate Basketball (M&W) Tournament 2021-22 scheduled to be held w.e.f 29<sup>th</sup> Nov. to 1<sup>st</sup> Dec 2021 has been postponed due to clash of dates with the Senior National Basketball (M&W) Tournament and fresh dates of the Inter-Collegiate Basketball (M&W) Tournament 2021-22 will be communicated to your office as and when decided.

Thanking You,

Yours sincerely,

(Dr. Daud Iqbal Baba)

Director