



POINSUR GYMKHANA

Where always Winners are Born



- ARCHERY
- ATHLETIC
- BAND
- BASKETBALL
- BOXING
- CARROM
- CHESS
- CRICKET
- FENCING
- FOOTBALL
- GYMNASTIC

- HANDBALL
- KABADDI
- KARATE
- MALLAKHAMB
- MARCH PAST
- SKATING
- SWIMMING
- TABLE TENNIS
- VOLLEYBALL
- YOGA

Uttar Mumbai
Krida
 Mahotsav
Nation Progresses when Youth Performs!
2nd Dec - 10th Dec 2023

**YOUR GOALS SHOULD BE OUT OF REACH,
BUT NEVER OUT OF SIGHT..!**

**21
GAMES**



**TO PARTICIPATE
REGISTER
NOW!**

+91 90821 44418 2808 7498 / 2808 7499

poin surgymkhana@gmail.com www.poin surgymkhana.com /poin surgymkhana

Netaji Subhash Chandra Bose Kridangan, Poin sur Gymkhana Marg, Poin sur, Kandivali (West), Mumbai - 400 067.



Taking inspiration from our visionary **Prime Minister Shri Narendra Modi ji**, who envisions India to become a Super Power in Sports and hence successfully conducted **37th National Games of India 2023 at Goa**. Maharashtra state secured 1st position amongst other states by receiving **228 medals**, in which 80 Gold, 69 Silver and 79 Bronze medals were awarded. In recently held **Asian Games 2023**, Indian Athletes made the country proud by achieving a record breaking feat of **107 medals** consisting 28 Gold, 38 Silver and 41 Bronze, in which 3 athletes from North Mumbai outshone namely Chirag Shetty by winning Gold in Badminton Men's Doubles, Mahesh Mangaonkar by winning Gold in Squash Men's Team and Aishwarya Mishra by winning Silver in Women's 4x400 mts. Relay.

PoinSUR Gymkhana, under the leadership and guidance of our **Member of Parliament Shri Gopal Shetty ji**, takes pride in hosting **Uttar Mumbai Krida Mahotsav 2023** a sports festival covering 21 games that offer our young and promising sport stars a platform to showcase their talent.

PoinSUR Gymkhana has been conducting this Mega Sports Event since last 21 years, encouraging the young talent from Mumbai. Last year participation of students in this tournament was 8129 and with every successful year the participation just keeps increasing.

Our achievement is in the parents' faith that their child's holistic development will definitely happen with PoinSUR Gymkhana's expert coaches and support staff guiding them and making them ready to perform at a professional level.

With an exceptional response received last year on the successful conduct of this sports event, PoinSUR Gymkhana's vigor in organising Uttar Mumbai Krida Mahotsav 2023 has amplified.

Vision: To provide a platform with a large magnitude to encourage talent in Mumbai Suburbs.

Mission: To host a grand Sports, Cultural & Arts Programme for all the citizens thereby evoking the idea of Leadership and Creativity.

All the school and college students are requested to participate in large numbers, utilizing this platform provided by PoinSUR Gymkhana and grow in the field of professional sports.

“ If sports do not hold significance in our life, we cannot nurture sportsman spirit as a Sanskar in our society and without such Sanskars, the society cannot flourish! ”

-Hon. PM Shri. Narendra Modi



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DATEWISE EVENT SCHEDULE

Date	Day	Event	Timing
2nd December 2023	Saturday	Opening Ceremony	8.00 am Onwards
6th, 7th, 8th, 9th, 10th, 13th, 16th, 17th, 18th, 20th, 21st November & 2nd December	Mon, Tue, Wed, Thur, Fri, Mon, Thur, Fri, Sat, Mon, Tue, & Sat	Cricket Tournament	8.30 am to 12.00 pm 12.30 pm to 5.00 pm
2nd December	Saturday	Mallakhambh Tournament (Ajinkyapadh Mallakhamb Tournament)	2.00 pm to 8.00 pm
3rd December	Sunday		8.00 am to 8.00 pm
2nd December	Saturday	Gymnastic Tournament	8.00 am to 5.00 pm
2nd December	Saturday	Swimming Competition Venue : Kamla Vihar Sports Club	11.00 am to 3.00 pm
3rd December	Sunday	Chess Tournament	8.00 am to 5.00 pm
3rd December	Sunday	Karate Tournament (Kumite Only)	8.00 am to 5.00 pm
3rd December	Sunday	Skating Tournament	7.00 am to 1.00 pm
4th, 5th December	Monday / Tuesday	Kabaddi Tournament	8.00 am to 5.00 pm
4th, 5th & 6th December	Monday / Tuesday / Wednesday	Carrom Tournament	9.00 am to 5.00 pm
4th, 5th & 6th December	Monday / Tuesday / Wednesday	Football Tournament	7.00 am to 5.00 pm
4th, 5th & 6th December	Monday / Tuesday / Wednesday	Basketball Tournament	7.00 am to 5.00 pm
4th, 5th & 6th December	Monday / Tuesday / Wednesday	Volleyball Tournament	7.00 am to 5.00 pm
4th, 5th & 6th December	Monday / Tuesday / Wednesday	Handball Tournament	7.00 am to 5.00 pm
5th December	Tuesday	Boxing Tournament	8.00 am Onwards (Weight & Medical)
6th, 7th, 8th & 9th December	Wednesday / Thursday / Friday / Saturday		3.00 pm to 9.00 pm
6th December	Wednesday	Fencing Tournament	7.30 am to 5.00 pm
7th, 8th & 9th December	Thursday / Friday / Saturday	Athletic Event	7.30 am to 5.00 pm
8th, 9th & 10th December	Friday / Saturday / Sunday	Table Tennis Tournament	9.00 am to 5.00 pm
9th December	Saturday	March Past Competition	3.00 pm to 5.00 pm
9th December	Saturday	Band Competition	3.00 pm to 5.00 pm
10th December	Sunday	Archery Tournament	8.00 am to 5.00 pm
10th December	Sunday	Yoga Competition	3.00 pm to 8.00 pm

GENERAL RULES & REGULATIONS

- The participants should properly fill up (in Capital Letters) the separate form in duplicate for each event, age group of boys & girls.
- Entry form will be accepted on first cum first serve basis.
- No entries will be accepted after the last date of entry mentioned against each game.
- Participants should bring their own sports gear.
- Any wrong information given, unsporting behavior or damage to the property shall be the responsibility of the participants/school/organizations and can lead to disqualification and cost of the damages shall be recovered from them.
- The panel of judges' decision will be final. Protest if any, should be lodged in writing within 15 minutes of the declaration of the Results of that particular game with a protest fee of Rs. 1500/-. The same will be refunded if the protest is upheld. The decision of the tournament/technical committee will be final.
- The participants can participate at their own risk to person or property.
- The organizing committee has the right to add / delete / amend any of the general & specific rules without giving prior notice to the participants/schools/ Organizations.
- Every team shall be accompanied by a sports teacher / coach, who along with the participants of the competing teams shall report to the organizers of the tournament one hour prior to their scheduled time of respective game.
- All participants should abide by the rules & regulations of the tournament / meet and request for any postponement shall not be entertained.
- All entry forms must be duly signed by an authorized person to authenticate the date of birth OR Xerox copy of Birth Certificate / Proof of age must be submitted with the entry form or carry at the time of event to produce in case demanded by any officials.
- All fees should be paid in favor of "Poinsur Gymkhana" by cash, cheque, credit / debit cards or through UPI. In case of Cheque Payment Participation will be allowed only subject of realization of cheque.
- All participants should collect their prizes on the day & time of the Prize Distribution itself or else they will be forfeited.
- All games shall be played as per the Rules prescribed by the Governing Body of the respective games.
- Please abide by the above rules and regulations (Specific & General) to enable Gymkhana to conduct each & every Tournament / Event in an orderly manner and to enable the players to play the game in the true spirit of sportsmanship with dignity and honor.



Managing and Sports Committee

Neha Sapte Chairperson Sports Committee	Mukesh Bhandari President	Harshad Mehta Imm. Past President	Karunakar Shetty Vice President	Jayesh Modi Vice President	Sanjay Shah Vice President	Nishad Kora General Secretary
Manan Parekh Secretary	Raju Ahya Secretary	Nilesh Shah Member-Sports Committee	Hasmukh Makwana Member-Sports Committee	Kishore Shetty Member-Sports Committee	Manish Pawar Member-Sports Committee	Litesh Surti Member-Sports Committee

Sports	Coaches	Contact Nos.	Sports	Coaches	Contact Nos.
Archery	Milind Panchal	9969507526	Handball	Cyril Dsouza	9820034675
Athletic	Kishore Shetty	9820095537	Karate	Manoj Hate	9967385166
Band/March Past	Kishore Shetty	9820095537	Kabaddi	Bhushan Mhatre	9821940492
Basketball	Abhay Ingle	8793571103	Mallakhamb	Moreshwar Ingole	9004006189
Boxing	Vimlesh Singh	9892639021	Skating	Raj Singh	9320840280
Carrom	Santosh Chavan	9769292926	Swimming	Kishore Shetty	9820095537
Chess	Vishwanath Madhav	9820121241	Table Tennis	Navin Varghese	8369706011
Cricket	Hitendra Jadhav	9867436311	Volleyball	Ronny Dsouza	9820450690
Football	Harish Rao	9892249036	Fencing	Kedar Dhawle	8097332936
Gymnastic	Chanda Kadam	9757229555	Yoga	Manasi Bhingarde	9029213384



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YOGA

UNDER THE AUSPICIOUS OF BTYM

Age Group (Boys & Girls)	:	U/8 (Born on or After 01.01.2016) U/10 (Born on or After 01.01.2014) U/12 (Born on or After 01.01.2012) U/14 (Born on or After 01.01.2010)
Event Day, Date & Timing	:	Sunday, 10 th December 2023 Boys & Girls U/8 & U/10 - 3.00 pm to 5.00 pm Boys & Girls U/12 & U/14 - 5.00 pm to 8.00 pm
Last Date & Time for Submission of Entry Form	:	5 th December 2023 till 6.00 pm
Entry Fees	:	Rs. 200/- Per Participant
Prizes	:	<ul style="list-style-type: none"> 1st, 2nd, 3rd, 4th, 5th & 6th Prizes Trophy will be awarded with Honour Certificate in each age category of Boys & Girls. Winner & Runner Up trophies will be awarded to each age group as an overall championship. Participation Certificate will be awarded to all the Participants.
Prize Distribution	:	Sunday, 10 th December 2023 at 8.00 pm onwards



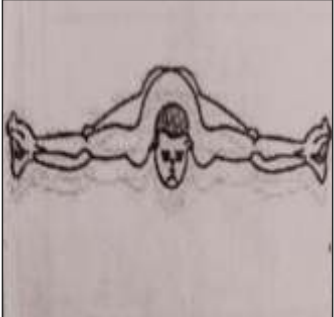

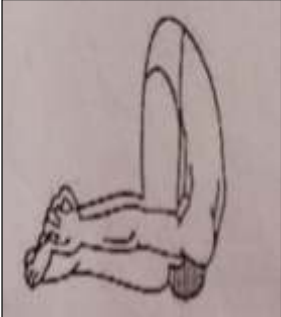
RULES & REGULATIONS :

- Participants of U/10, U/12 & U/14 have to perform a total of 5 asanas, of which 3 compulsory asanas from the respective syllabus and the remaining 2 optional asanas of their own choice. (Lottery system will be used for choosing compulsory asanas) (Optional asanas should be selected apart from the respective syllabus chart)
- Participants of the U/8 category need to perform all steps of Suryanamaskar and participants should hold each step for 10 seconds.
- Dress - Shorts for boys and yoga costumes for girls are mandatory.
- Competitors should hold each Compulsory Asana for 30 Seconds & Optional Asana for 15 Seconds.
- Maximum 10 Marks will be given for each Asana.
- This Event is conducted as a Promotional Event, hence State & National Players are not allowed to Participate in this tournament.
- The Points for overall Championship will be considered if minimum 5 Participants are participating in a team.
- Please read General Rules & Regulation mentioned on our brochure.



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YOGA ASAN SYLLABUS

<p>U/10 Girls & Boys</p>		
	<p>Trikonasana</p> <ol style="list-style-type: none"> 1. Waist to be parallel to the ground. 2. Both arms in a straight line. 3. Position of hand adjacent to heel. 4. Face towards the sky. 	<p>Ushtrasana</p> <ol style="list-style-type: none"> 1. Thighs perpendicular to the ground. 2. Palms on the heels. 3. Knees, heels, and toes together. 4. Ankles touching the ground.
		
<p>Bhumasana</p> <ol style="list-style-type: none"> 1. Toes pointing upward. 2. Knees on the ground. 3. Gripping of toes with thumb and index finger. 4. Chest, shoulder, and chin should touch the ground. 	<p>Eka Pad Sikandhasana</p> <ol style="list-style-type: none"> 1. Back, neck, and head to be maximum straight. 2. Heel touching opposite side shoulder. 3. Toe of the stretched leg pointing up. 4. Hands folded in front of the chest. 	<p>Shashankasana</p> <ol style="list-style-type: none"> 1. Thighs are perpendicular to the ground. 2. Forehead touching knees. 3. Palms on the heels from the side. 4. Toes, heels & knees together.



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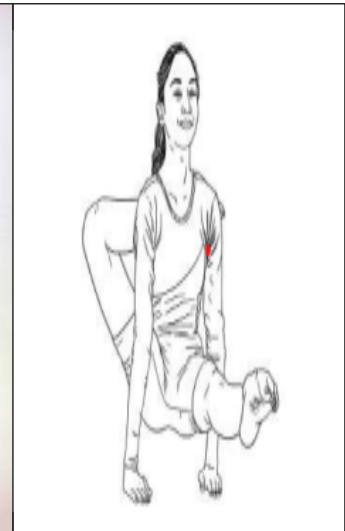
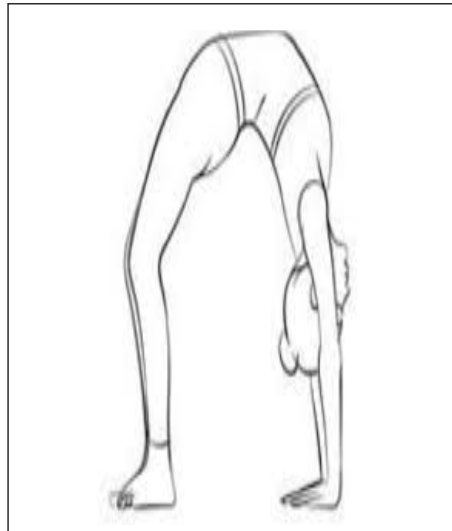
YOGA

U/12 Girls & Boys		
	<p style="text-align: center;">Kurmasana</p> <ol style="list-style-type: none"> 1. 45-degree angle in both legs. 2. Extended hands should stretch under the legs 3. Knees straight, toe pointing forward, back in line. 4. Hip muscle in contact with the floor. 5. Face in the forward direction, palms on the ground. 	<p style="text-align: center;">Matsyasana</p> <ol style="list-style-type: none"> 1. Both knees on the ground. 2. Both elbows touching the ground. 3. Gripping of toes with thumb and index finger. 4. Cranium of the head touching ground, not the forehead.



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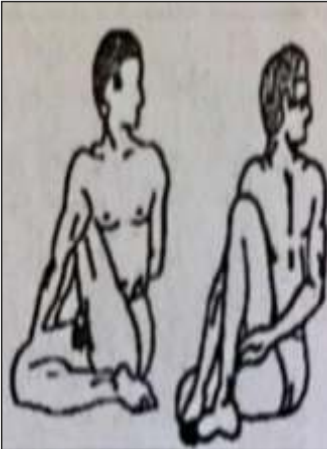
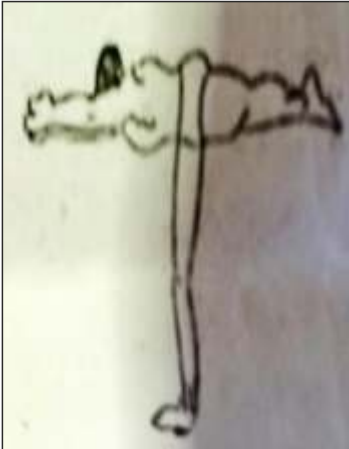
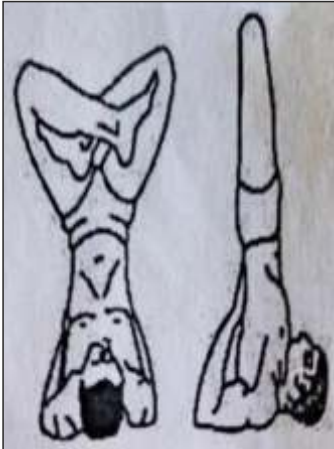


Chakrasana	Garudasana	Utthit Eka Pada Sikandhasana
<ol style="list-style-type: none"> 1. Gap in the hands and legs with each other at shoulder width. 2. Arms and legs to be perpendicular to the ground. 3. Neck in between two arms. 4. Thighs, hips, and back making a maximum arch 	<ol style="list-style-type: none"> 1. Back, neck, and head to be, straight. 2. Hands together in front of the nose. 3. If right the arm is above the left arm, then the left thigh is on the right thigh. 4. Ankle completely touching calf, shoulder maximum straight. 	<ol style="list-style-type: none"> 1. Back maximum Straight 2. Heel touching opposite side shoulder. 3. Lifted leg straight. 4. Hands-on side winds- placed on the ground up to the shoulder width.



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U/16 Girls & Boys		
	<p>Paschimotanasana</p> <ol style="list-style-type: none"> 1. Knees on the ground. 2. Toes pointing up to be gripped with thumb and index finger. 3. Back maximum stretched with abdomen, chest, and forehead touches to knees 4. Elbows on the ground. 	<p>Parivartit Parshvakonasana</p> <ol style="list-style-type: none"> 1. Leg, waist, and head in a straight line and twisting body. 2. The other leg is perpendicular to the ground, thigh is parallel to the ground. 3. The wrist of the hand on the back to be gripped by hand on the frontside. 4. Gaze in front.
		
<p>ArdhaMatsyendrasana</p> <ol style="list-style-type: none"> 1. Both buttocks on the ground. 2. Shoulder and head in the same line. 3. The thigh is to be gripped by hand after twisting the trunk portion. 4. Knee on the ground. 	<p>Virbhadrāsana</p> <ol style="list-style-type: none"> 1. Leg on the ground must be straight. 2. Both arms, back and leg in a straight line with the maximum stretched toe. 3. Head in between both arms. 4. Hands folded together. 	<p>Padma Sarvangasana</p> <ol style="list-style-type: none"> 1. Knees, hips and back up to shoulders maximum straight. 2. Palms are placed on the back parallel to each other. 3. Chin touching chest. 4. Padmasana to be assumed after going into the position of sarvangasana.



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ENTRY FORM

YOGA

Name of the School / Institution : _____

Location _____ Land Line No. _____ Email Id _____

Name of the Coach / Sports Incharge : _____

Cell No. _____ Email Id : _____ Age Group _____

Participants name to be filled in block letters with surname last in duplicate.

Sr. No.	Name of the Participant	Gender M/F	Date of Birth	Entry Fees	Chest No.
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

We/I hereby certify that all the participants who have entered as per details above are bonafide members of our institution and are amateurs. They are in perfect health, free from diseases and physically fit to compete in the event indicated against their name. They are competing entirely at their own risk and responsibility and POINSUR GYMKHANA is not in anyway, responsible for any injury or mishap that may befall them or for any loss of or damage to their property and personal possessions. The games shall be played as per the Rules Prescribed by the governing body of the respective games and abide by the decisions of the referee's/officials and follow the instructions that may be given during the competition. We/I hereby certify that the date of birth as mentioned against the name of each participant has been verified by us/me and found to be correct. The rules attached to the event list have been read by us/me as well as by the participants and we promise to abide by them.

Date :

Signature of
Principal / Sports Teacher / Parents
with Rubber Stamp

**NOTE: Please download this PDF, take a print of this entry form,
fill & submit it at PoinSUR Gymkhana's office and get yourself registered.**