





ASTRA2

ALL INDIA INTERCOLLEGIATE

SPORTS & CULTURAL FEST

2025 FEB 17 | 18 | 19 | 20 | 21 | 22

Yenepoya (Deemed to be University) Campus Mangalore Kartnataka











About Yenepoya (Deemed to be University)

Tempoya (Deemed to be University) achieved its university status in 2006 under section 3A of the UOC Act 1966, granted by the Ministry of Human Resource Development based on a recommendation from the University Grants Commission. The institution originated from the Islamin Academy of Education, a non-profit trum founded in 1991 by DR. Tempoya Abdulla Eunhi, dedicated to empowering minorities, particularly Mindima. It started with the establishment of a Tempoya Bental college in 1992, followed by the Tempoya Institute of Nursing Sciences (1994), Yempoya Medical College (1993), Yempoya Nursing College (2002), and Tempoya Physiotherapy College (2003). In 2007, a was formed with the goal of attaining Deemed-to-be University status. Subsequently, the Institution expanded to include the Tempoya College of Pharmacy & Research Center (2007). Tempoya Institute of Acts, Science College and Hospital (2003). Tempoya Homeopathy Medical College and Hospital (2003). Tempoya Homeopathy Medical College and Hospital (2003). Tempoya School of Allied Bealth Sciences (2007) and Tempoya School of Engineering & Technology College (2004). All these offer undergraduate prospectuate and Ph D programmes.

Today, Tenepuya (Deemed to be University) has on its rolls nearly 7000 students to Improve that Quality have been the signature of the Institutions. Tenepoya (Deemed to be University) has been accretiated by NAAC with an "A" grade. The Tenepoya has been flanked 95 among the top 100 universities in the country as per the NIBE flankings 2004 published by the Ministry of Human Resource Development, Covernment of India. Tenepoya Dental College has secured 26th rank among the top Dental Institutions in the country by NIRE.

The institution encompasses four campuses located near Mangalore, Earnstaka, each catering to specific colleges and facilities. The main campus is situated in Nithyananda Nagar, Decalakarte, spanning 36.76 acres, while other campuses house different colleges and hospitals. The institution embraces the motto "Rabbi Zidni Tima," which translates to "Lord, increase me in knowledge" from the Holy Quran.













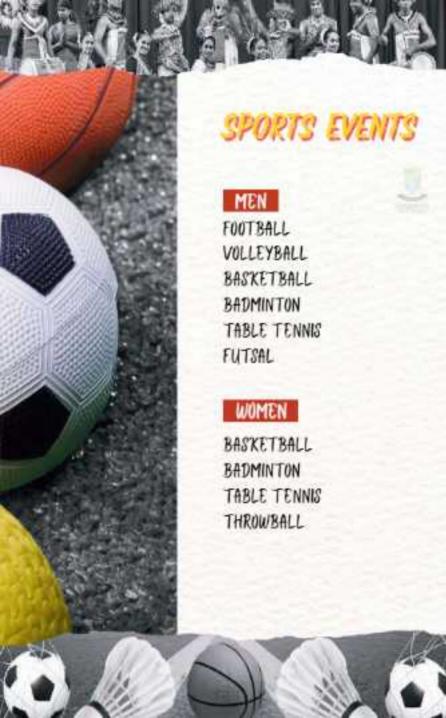


About Astra

We are delighted to served Astro 2.0—a vibrant AB ladia level. Allied and Healthcare Fest that promises an electrifying blend of sports and rultural events. This dynamic platform is designed to celebrate talent, diversity, and the spirit of student life.

Following the rescunding success of Astra 24 in May 2024, we are theiled to elevate this event to new heights. Lest your, Astra 24 brought together II esteemed institutions from Europstaka, Kerala, and Tamil Nadu, showcasing exhibitating competitions in football, vollayball, backetball, badminton, and throwball. This year, we aim to set an even higher becommand.









GENERAL INSTRUCTIONS

- Online registration: All Event Registration must be done through online is mandatory
 post the Payment of Registration fee of respective events
- Onsite registration: Participants must bring a bosafide certificate (attested by the Principal/Dean), valid institutional ID cards, and ensure no manipulation in documents.
- Entry Pass: ASTRA 2.0 entry passes will be issued to all participants and accompanying faculty, verified at events.
- Rules & Regulations: Participants must adhere to General rules & Regulations & maintain decorum all time
- Team Composition: For group events, 70% of participants must be from Alfied & Healthcare Professions (Alfied Physiotherapy & Hospital Administration); up to 30% is permissible from the same organization (Medical).
- Team Check; Colleges must verify their participant list with the event in-charge before
 the event starts.
- Event Schedule: Event timings and slots will be provided at least 1 hour prior and organizing committee may cancel or reschedule events; changes will be communicated.
- Arrival Time. Teams must arrive 30 minutes before the event, late arrivals may face disqualification/walkover
- Judgment: The decision of judge's / Referee's is final.
- Prohibited Items: Cigarettes, tobacco, alcohol, and derogatory items are prohibited on campus and at events. Violations may lead to disqualification
- Behavior: Any form of violence, aggression, or misconduct will lead to disqualification.
- . Organising committee has an authority to change the sequence of the fixture



SPORTS FEST



FOOTBALL

- Group event : the team should have minimum 11 members & maximum 18 members (Including 5 substitutes). With 3 intervals
- · Matches will be played as per the rules of FIFA
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time
- · Tournament type; Knockout or League
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year
- Referee decision will be final. The teams found violating the rule would be disqualified.
- Every player must come in proper playing kit (same jersey, studs, shinguard, stockings) for the match.

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VOLLEYBALL

- Group Event : Maximum 12 players (6+6) per team with substitutes
- · All rules will be followed as per FIVB Guidelines
- Every Player must come in Proper Playing Kit (Jersey, Stockings) for the Match.
- · Non marking shoes is mandatory inside the court.
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time
- Tournament type: knockout, 3 sets (25,25,15)
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year.
- Referee decision will be final during matches, teams found violating the rule would be disqualified.

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REG FEE: ₹2500

PRIZE POOL UPTO ₹ 13000/-

Mr Vanhist 806897500



BASKETBALL (MEN & WOMEN).

- · Group Event : Maximum 12 players with substitutes
- All rules will be followed as per FIBA Guidelines
- Every Player must come in Proper Playing Kit (Jersey Number 00-99, Stockings & shoes) for the Match.
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time
- · Tournament type : knockout, 4 quarters of 10 Minutes/8 minutes
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year.
- Referee decision will be final during matches, teams found violating the rule would be disqualified.

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BASKETBALL (WOMEN)

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- Group event : A minimum 2 members and maximum 4 members can form a team
- All rules will be followed as per BWF 2021 Guidelines.
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time
- Tournament type: 21 points game (Best of 3 sets).
 singles, doubles and reverse singles will be played the first single player can't play again the reverse single.
- Every Player must come in Proper Playing Kit (Jersey, Equipment's, Indoor Badminton shoes) for the Match.
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year
- Referee decision will be final during matches, teams found violating the rule would be disqualified.

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For more Decade Mr Prahaskar 7996803361

TABLE TENNIS (MEN & WOMEN)

- Group event : only one team from each college permitted to participate for the event
- A minimum 2 members and maximum 4 members can form a team.
- · All rules will be followed as per table tennis Guidelines
- Tournament type knockout or league, Best of 3 sets (11 points)
 singles, doubles and reverse singles will be played the first single
 player can't play again the reverse single.
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time.
- Every Player must come in Proper Playing Kit (Jersey, Equipment's, Indoor shoes) for the Match
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year
- Referee decision will be final during matches, teamsfound violating the rule would be disqualified.

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REG FEE: ₹1500 PRIZE POOL UPTO ₹7000 /-

For more Decade Mr Karnalesh 9791874617



FUTSAL

- Group event: the team should have minimum Smembers & maximum 1D members (Including substitutes).
- Matches will be played as per the rules of FIFA Futsal rules as adopted by AIM.
- Every player must come in proper playing kit (dress code, studs, shin-guard, stockings) for the match.
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time
- · Tournament type; Knockout or leagues
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year
- Referee decision will be final during matches, teams found violating the rule would be disqualified.

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- Group event: the team should have minimum 9members & maximum 12 members (Including substitutes).
- Matches will be played as per the rules of FIFA Futsal rules as adopted by AIM.
- Every player must come in proper playing kit (dress code, studs, shin-guard, stockings) for the match.
- Players should reach 30 minutes before their scheduled match. Walkover will be given if team does not arrive within 10 minutes of scheduled time
- · Tournament type; Knockout or leagues, best of 3 sets (15 points)
- The manager & all the players must present Astra 2.0 pass issued by the college for the current year
- Referee decision will be final during matches, teamsfound violating the rule would be disqualified.

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GROUP DANCE



- Group event, Max 1 entry per college; each team can have 5-15 members.
- Performance time: 6 minutes limit (5+1)(negative points for exceeding time limit).
- · Submit song to event in charge a day prior.
- No theme or language restrictions; cinema songs allowed.
- Props allowed; no fire, cigarettes, or derogatory acts on stage.
- · Obscene, Vulgar or offensive music/lyrics is prohibited.
- Dress appropriately; indecent exposure or gestures will lead to disqualification.
- Judging will be based on choreography, expression, formation, costume, visual presentation and overall impact.

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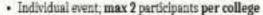
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SOLO DANCE

(CLASSICAL & EASTERN / WESTERN)



- Performance time: 4-minute limit (3+1) (negative points for exceeding time limit).
- · Submit song to event in charge a day prior.
- No theme or language restrictions; Music and style should follow respective competition of choice (Classical/Western).
- · Bring your own props, inform the coordinator.
- No use of fire, cigarettes, or any derogatory acts on stage.
- Dress appropriately; indecent exposure or gestures will lead to disqualification.
- · Song choice open, cinema songs allowed with fusion.
- · No obscene or offensive music/lyrics permitted.
- Judging based on choreography, expression, costume, visual presentation and overall impact.

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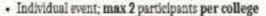
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SOLO SONG

(CLASSICAL & EASTERN/WESTERN)



- Performance time: 5-minute limit (4+1)(negative points for exceeding time limit).
- No karaoke or background music allowed Singing style should follow respective competition of choice (Classical/Western).
- · Any language and genre permitted.
- Musical instruments allowed (optional, no extra points).
- · No obscene or offensive songs/lyrics permitted.
- Judging based on voice, pitch, timbre, expressiveness, song choice, confidence and audience appeal.

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FASHION SHOW



- Group event, Max 1 entry per college; each team can have 10-20 members including 1 MC).
- Time limit: 30 minutes (including setup); warning bell at 25 minutes (negative points for exceeding time limit)
- Submit background music to event in charge a day prior in MP3 format.
- · Theme : Elements
- Inappropriate, vulgar, or disrespectful presentations including disrespect to any religion and/or religious believes are prohibited and may lead to disqualification.
- · No fire, vehicles, or harmful props allowed
- · Violating rules may result in sound and lights being turned off.
- Team Head must report 1 hour prior to secure a slot; all teams should arrive 30 minutes early

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RHYTHM & RESONANCE

- Group event, Max 2 entry per college; each team can have 5-15 members (Max 8 members allowed on stage at a time).
- Performance time: 15 minutes limit (13+2)(negative points for exceeding time limit).
- Musical Instruments have to be brought by participants. A standard 5 piece drum kit and microphones will be provided (other equipment's are available on rent upon request).
- No theme or language restrictions, cinema songs allowed Music and style should follow respective competition of choice (Classical/Western) Fusion is permitted.
- · Props allowed; no fire, cigarettes, or derogatory acts on stage.
- · Obscene, Vulgar or offensive music/lyrics is prohibited.
- Dress appropriately, indecent exposure or gestures will lead to disqualification.
- Judging based on musicality, harmony, originality, performance quality of song and lead singer voice, confidence and stage presence and audience appeal.

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- Group event, Max 2 teams per college, each team can have 2 participants (1 artist, 1 model; same gender).
- Design should be creative, unique, and cover one hand (both palm and back of the hand).
- · Participants bring their own materials.
- · No tattoo-style designs, stickers or ready made designs permitted.
- · Time limit: 1 hr. (45 minutes + 15 mins for drying)
- · No electronic device or reference materials allowed.
- Judging based on creativity, neatness, symmetry, presentation, and aesthetic appeal.

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REG FEE: ₹250 PRIZE POOL UPTO ₹1500/-

> for rose bears drs. Salves : 9799747981 dr Prayan : 8914191905



FACE PAINTING



- Group event, Max 2 teams per college, each team can have 2 participants (1 artist, 1 model; same gender).
- Use only face-safe paints and materials; no stencils, masks, or prosthetics allowed.
- · Participants bring their own colors, brushes, and materials.
- · Time limit: 1 hr; no specific theme.
- Face should be clean-shaven, painting may cover full or half of the face, and
 optionally half of the neck.
- Prosthetic pieces, false eyelashes, special effects contact lenses, novelty eyeglasses or sunglasses not permitted.
- Judging based on creativity, innovation, neatness, presentation, and appropriate title

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- Individual event; Max 2 entries per college. Topic will be announced one
 week prior tocompetition; bring your own materials.
- · Paper size: A3 (73-130gsm) will be provided.
- Time limit: 1 hour 30 mins; theme given on the spot.
- Use of only HB pencils and charcoal pencils are allowed.
- Original work only; copying leads to disqualification.
- Judging based on originality, artistic composition, creativity and relevance to theme

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PHOTOGRAPHY



- · Individual event; Max 2 entries per college.
- · Topic will be announced on spot.
- Entries must be original, created independentlyusing smartphones only;
 DSLR, digicams, or handycams not permitted
- Inappropriate content or excessive violence results in disqualification.
- Submit two photographs for theme in digital format with good resolution.
- Minimal digital editing is allowed, image overlaying, sharpness, filters, colour grading and other methods not mentioned are prohibited.
- Judging based on originality, framing, composition, creativity, lighting and relevance to theme.

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- Individual event; Max 2 entries per college.
- · Topic will be announced on spot
- No language restrictions; time limit 39-60 seconds.
- Original work only, Use of offensive, copyrighted and plagiarised materials willresult in disqualification.
- Submission; MP4/MOV portrait format and follow Instagram reel format.
- Judging based on originality, grammar, rhyming scheme and relevance to theme

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DEBATE



- Group event, Max 2 teams per college; each team can have 2 members.
- Topic will be given on spot; 15 minutes of preparation time will be given for each team.
- Debate against teams will be assigned based on lot method, with one team.
 For the motion and other team Against the motion.
- · Each speaker shall speak for 2 minutes with grace period of 1 minute.
- Questions will be asked by judges if deemed necessary.
- · Standard debate rules applicable.
- Judging based on Content, research, grammar, clarity, fluency and relevance to topic

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- Individual event, Max 2 entries per college, topic will be announced on the day of competition.
- · Time limit: 1 hour, word limit: 1200-1500 words
- · Language: English
- · No electronic devices allowed.
- Judging based on originality, grammar, creativity, eloquence and relevance to theme

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Mr Louis Jose : 9520192076 Mr Neha : 7875259514





- Individual event; Max 2 entries per college, topic will be announced on the day of competition.
- · Time limit: 1 hour, word limit: 100-200 words.
- · Language: English
- · No electronic devices allowed.
- Judging based on originality, grammar, rhyming scheme and relevance to theme

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OUR PATRONS



DR. Yenepoya Abdulla Kunhi



Mr. Mohammed Farhand Yenepoya



Dr. M Vijayakumar



Dr. Sripati Rao



Dr. K.S Gangadhara Somayaji



Dr. B.T Nandish



Mr. Abdul Mohsin



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ORGANISING MEMBERS



Dr. Sunita Saldanha



Prof. Lourdhuraj I



Mr. Mohidheen Sharfan S.A



Ms. Akshitha



Mr. Uvan &P



Mr. Vinn K Varghese



Ms. Shifali Abbilash Poojary



Mr. Sujith K.V





LOCATION





Yenepoya (Deemed to be University) University Road, Deralakatte Mangalore, Karnataka -575018

Mangalore International Airport	22 KM
Mangalore Central Railway Station	13 KM
Mangalore Junction Railway Station	12 KM
Mangalore KSRTC Bus Stand	13 KM
Mangalore Private Bus Stand	14 KM





For any queries or further assistance regarding accommodation, please contact the numbers mentioned below.

1. Metro guest line

2. Grand hotel

3. Palace Lodge

4. Plaza Avenue

5. Hotel Mansion

6. Swarnagiri

In-house accommodation (Limited) Mr. Noushad: 9740722715

Mr. Hafeez: 9169169791

Mr. Raviraj: 9449923916

Mr. Akhil Francis: 7306657533 Ms. Anjali : 9071063531





For any queries contact

SPORTS

Mr.Sharfan : 7022209977 Mr.Adithya : 8971132104

CULTURALS

Mr.Uvais S.P: 7012476116 Mr.Karthik: 9789557128









