



**YENEPOYA**  
SCHOOL OF ALLIED  
HEALTH SCIENCES



A Constituent Unit of YenePOYA (Deemed to be University)

In Association with  
**DEPARTMENT OF PHYSICAL EDUCATION**  
YenePOYA (Deemed to be University)

PROUDLY PRESENTS

# ASTRA '24



»» SOUTH INDIA INTERCOLLEGIATE ALLIED ««  
**SPORTS FEST**

**13 - 16 MAY 2024**

**YENDURANCE ZONE  
YENEPOYA SOCCER GROUND**

# About Us



Yenepoya (Deemed to be University) originated from the Islamic Academy of Education, a non-profit trust founded in 1991 by DR.Yenepoya Abdulla Kunhi has evolved through the decades serving the education sector of coastal Karnataka. Today, the institution comprises of ten constituent colleges, serving over 14000 students. The institution encompasses 6 campuses in which the main campus is situated in Deralakatte, spanning around 35 acres, while other campuses house different colleges and hospitals. Yenepoya (Deemed to be University) has earned "A+" grade accreditation from NAAC in the year 2022.



# General Rules



- All Allied Health Sciences Students are allowed to take part in the Tournament (Paramedical Courses, Physiotherapy & Hospital Administration)
- All the members of the team must be included under the same Dean.
- Team must carry a Bonafide Certificate with Dean / Principal's authorized approval letter
- All players should present a valid ID Proof. Failure to do so will result in disqualification of the team
- Registration will be based on First come First served (Only Limited Entry)
- All Teams must report to the venue 30 minutes prior to the scheduled event
- All the Participants & Team manager should maintain proper sports attire
- A Walkover will be awarded to the opposing team, if a team fails to arrive at the venue within 30 minutes of the scheduled event
- The Organising Committee decides the fixtures and the timing
- The Organising Committee may make changes in timing of the matches / events if unforeseen circumstances arise. This will be informed to the captain of the team beforehand
- The Referee / Judge and the Organising Committee's decision are final and binding
- The Team must be accompanied by permanent staff/sports staff co-ordinator of the concerned college
- No food and accommodation will be provided

# Events

**MEN**

**Football**  
**Basketball**  
**Volleyball**  
**Badminton**

**WOMEN**

**Basketball**  
**Throwball**  
**Badminton**

# Registration



- To Register, Please make the payment by scanning the QR code below.

FOOTBALL



[CLICK HERE \(or\)](#)  
SCAN QR CODE

BADMINTON MEN



[CLICK HERE \(or\)](#)  
SCAN QR CODE

BASKETBALL MEN



[CLICK HERE \(or\)](#)  
SCAN QR CODE

VOLLEYBALL



[CLICK HERE \(or\)](#)  
SCAN QR CODE

BADMINTON WOMEN



[CLICK HERE \(or\)](#)  
SCAN QR CODE

BASKETBALL WOMEN



[CLICK HERE \(or\)](#)  
SCAN QR CODE

THROWBALL



[CLICK HERE \(or\)](#)  
SCAN QR CODE

EVENTS	REGISTRATION FEE
FOOTBALL	₹3000
BASKETBALL	₹2000
VOLLEYBALL	₹2000
TROWBALL	₹2000
BADMINTON	₹1000

**Note:**

1. Ensure your payment first. Read the rules and fill the form after making the payment.
2. First Come First Served , Limited entry only.Organised by Sports committee - YSAHS

# Rules & Regulations **BADMINTON**



- Only one team from each college permitted to participate for the event.
- Minimum 2 members and maximum 4 Members.
- 1st Singles, then Doubles and if you Lose First Singles or Doubles, then you need to Play Reverse Singles. If you win Singles and Doubles, you are through the next round.
- The Same First Single Player can't play again the Reverse Single.
- Best of 3 sets of 21 Points each.

## **BADMINTON MENS**



**CLICK HERE (or)  
SCAN QR CODE**

## **BADMINTON WOMENS**



**CLICK HERE (or)  
SCAN QR CODE**

# Rules & Regulations

# **BASKETBALL**



- Standard **FIBA** rules to be followed.
- Format of the match: knockout
- Duration of the match:
  - Boys- Four quarters of 10 minutes Each.
  - Girls- Four quarters of 8 minutes Each.
- Maximum players: 12 (Boys) and 12 (Girls)
- All General rules mentioned in the brochure will be applied.
- Participants are liable to be disqualified for any Charge of Misconduct.
- FIBA Rules Dress Code is Compulsory (Jersey Number 00-99).

**BASKETBALL  
WOMENS**



**CLICK HERE (or)  
SCAN QR CODE**

**BASKETBALL  
MENS**



**CLICK HERE (or)  
SCAN QR CODE**

# Rules & Regulations

# **VOLLEYBALL**



- **Maximum 12 players (6+6) per team**
- **All rules will be followed as per FIVB Guidelines**
- **Tournament type : knockout**  
**3 sets (25,25,15)**
- **Referee decision will be final during matches**
- **In case of any disputes, the Organising committee's decision will be considered final**

**VOLLEYBALL  
MENS**



**CLICK HERE (or)  
SCAN QR CODE**



# Rules & Regulations **FOOTBALL**



- **Matches will be Played as per the Rules of FIFA as Adopted by AIU**
- **Every Player must come in Proper Playing Kit (Dresscode, Studs shin-guard, Stockings) for the Match. Umpires Decision will be the Final**
- **The Team and Respective Incharge Requested to Present Identity Card of the Participants Issued by the College for the Current year**
- **All Round Discipline and Decorum Should be Maintained at all Times**
- **Anyone found Violating the Above Rule would be Automatically Disqualified**
- **The Decision of the Convener of the Tournament shall be Final in all the matter Pertaining to the Tournament**
- **The Team Should have minimum 11 Members & maximum 20 Members. 5 Substitutes. With 3 Intervals**

**FOOTBALL MENS**



**CLICK HERE (or)  
SCAN QR CODE**

# Rules & Regulations **THROWBALL**



- **Minimum 9 members**
- **Maximum 12 members**
- **Best of 3 sets of 15 points each**

**THROWBALL  
WOMENS**



**CLICK HERE (or)  
SCAN QR CODE**

# Organising Members



**ORGANISING CHAIRPERSON**  
**Dr. Sunita Saldanha**  
DEAN YENEPOYA ALLIED & HEALTHCARE PROFESSIONALS



**ORGANISING SECRETARY**  
**Mr. Sujith K V**  
DIRECTOR DEPARTMENT OF PHYSICAL EDUCATION



**ORGANISING CONVENOR**  
**Mr. Mohideen Sharfan S A**  
ASSISTANT PROFESSOR YSAHS



**TREASURER**  
**Mr. Uvais S P**  
TUTOR YSAHS

**ORGANISING MEMBERS**

**Sports Committee Yenepoya School of Allied Health Sciences**

# Contact Details



## ORGANISING MEMBERS

Mr.Mohideen Sharfan S A : 7022209977

Mr.Uvais S P : 7012476116

Mr.Adithya G Rao : 8971132104

## BASKETBALL INCHARGE

Mr.Muhammed Shahid CK : 7025718827

Ms.Swati Kumari : 7420872218

## FOOTBALL INCHARGE

Mr.Akshay V Sojan : 7559909937

Mr.Tony Jose : 9446172694

## BADMINTON INCHARGE

Ms.Aysha Areeba : 8078327648

Mr.Karthik S : 9789557128

## VOLLEYBALL INCHARGE

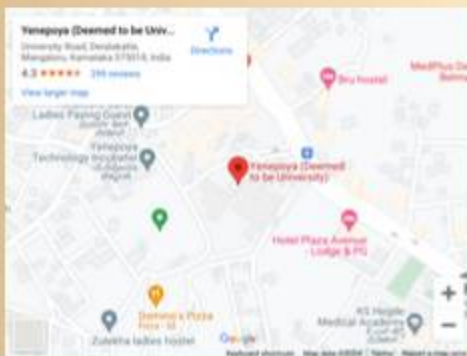
Mr.Vashist Mhalsekar : 8668955086

## THROWBALL INCHARGE

Ms.Spoorthi : 9482441537

# How to Reach

## LOCATION



Yendurance Zone / Soccer Ground  
 Yenepoya (Deemed to be University)  
 University road, Deralakkatte  
 Mangalore, Karnataka - 575018

<b>Mangalore Central Railway Station</b>	<b>13 KM</b>
<b>Mangalore Junction Railway Station</b>	<b>12 KM</b>
<b>Mangalore Private Bus Stand</b>	<b>13 KM</b>
<b>Mangalore KSRTC Bus Stand</b>	<b>14 KM</b>

# EXPLORE MANGALORE



## ADAYAR WATERFALLS

The waterfalls here come with primary trees and fresh air. It is great place to visit on any given day.

10 km from Tatyapaya University



## SOMESHWAR BEACH

The name 'Someshwar Beach' is derived from the name of Lord Someshwar, whose temple is located on the sea shore during beach activities.

8.8 km from Tatyapaya University



## TANNIRBAVI BEACH

Tannirbavi beach is a small in Mangalore, Karnataka, India. It is one of the most popular tourist destinations in coastal Karnataka.

23km from Tatyapaya University



## ST. MARY'S ISLAND

St. Mary's Island, also known as Coconut Island and Thonsepur, is a set of four small islands in the Arabian Sea off the coast of Mangalore in India.

27 km from Tatyapaya University



## KADRI PARK

Kadri Park is a park located in Kadri. It is one of the largest parks in Mangalore. The park contains a natural fountain and has hosted the National U-16 Football tournament.

12 km from Tatyapaya University



## PILIKULA BIOLOGICAL PARK

Pilikula Mangrove Division is a major Eco-Subsistence and Tourism Development Project initiated by the Joint Administration of Cochin, Kerala to the largest city of Mangalore in Karnataka State, India.

9.2 km from Tatyapaya University



## MANGALORE NEW SEA PORT

10 km from Tatyapaya University



## SARIPALLA VIEW POINT

Located in the Western Ghats of Karnataka, Saripalla Viewpoint is a hidden gem that offers breathtaking panoramic views of the picturesque Mangalore city.

17 km from Tatyapaya University



@ASTRA.2K24



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