



YENEPOYA

Allied & Healthcare
Professions



ASTRA

ALL INDIA INTERCOLLEGIATE
SPORTS & CULTURAL FEST

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

Yenepooya (Deemed to be University) Campus **Mangalore**, Karnataka





About Yenepoya (Deemed to be University)

Yenepoya (Deemed to be University) achieved its university status in 2006 under section 3A of the UOC Act 1956, granted by the Ministry of Human Resource Development based on a recommendation from the University Grants Commission. The institution originated from the Islamic Academy of Education, a non-profit trust founded in 1991 by DR. Yenepoya Abdulla Eusufi, dedicated to empowering minorities, particularly Muslims. It started with the establishment of a Yenepoya Dental College in 1992, followed by the Yenepoya Institute of Nursing Sciences (1994), Yenepoya Medical College (1999), Yenepoya Nursing College (2002), and Yenepoya Physiotherapy College (2003). In 2007, it was formed with the goal of attaining Deemed-to-be University status. Subsequently, the institution expanded to include the Yenepoya College of Pharmacy & Research Center (2007), Yenepoya Institute of Arts, Science, Commerce and Management (2017), Yenepoya Ayurveda Medical College and Hospital (2008), Yenepoya Homeopathy Medical College and Hospital (2008), Yenepoya Naturopathy & Yoga Science College & Hospital (2020), Yenepoya School of Allied Health Sciences (2020) and Yenepoya School of Engineering & Technology College (2024). All these offer undergraduate, postgraduate and Ph.D. programmes.

Today, Yenepoya (Deemed to be University) has on its rolls nearly 7000 students. To improve that quality have been the signature of the Institutions. Yenepoya (Deemed to be University) has been accredited by NAAC with an "A+" grade. The Yenepoya has been Ranked 95 among the top 100 universities in the country as per the NIRF Rankings 2024 published by the Ministry of Human Resource Development, Government of India. Yenepoya Dental College has secured 26th rank among the top Dental Institutions in the country by NIRF.

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





ASTRA '24

ALLIED AND HEALTHCARE FEST



ASTRA '24

ALLIED AND HEALTHCARE FEST

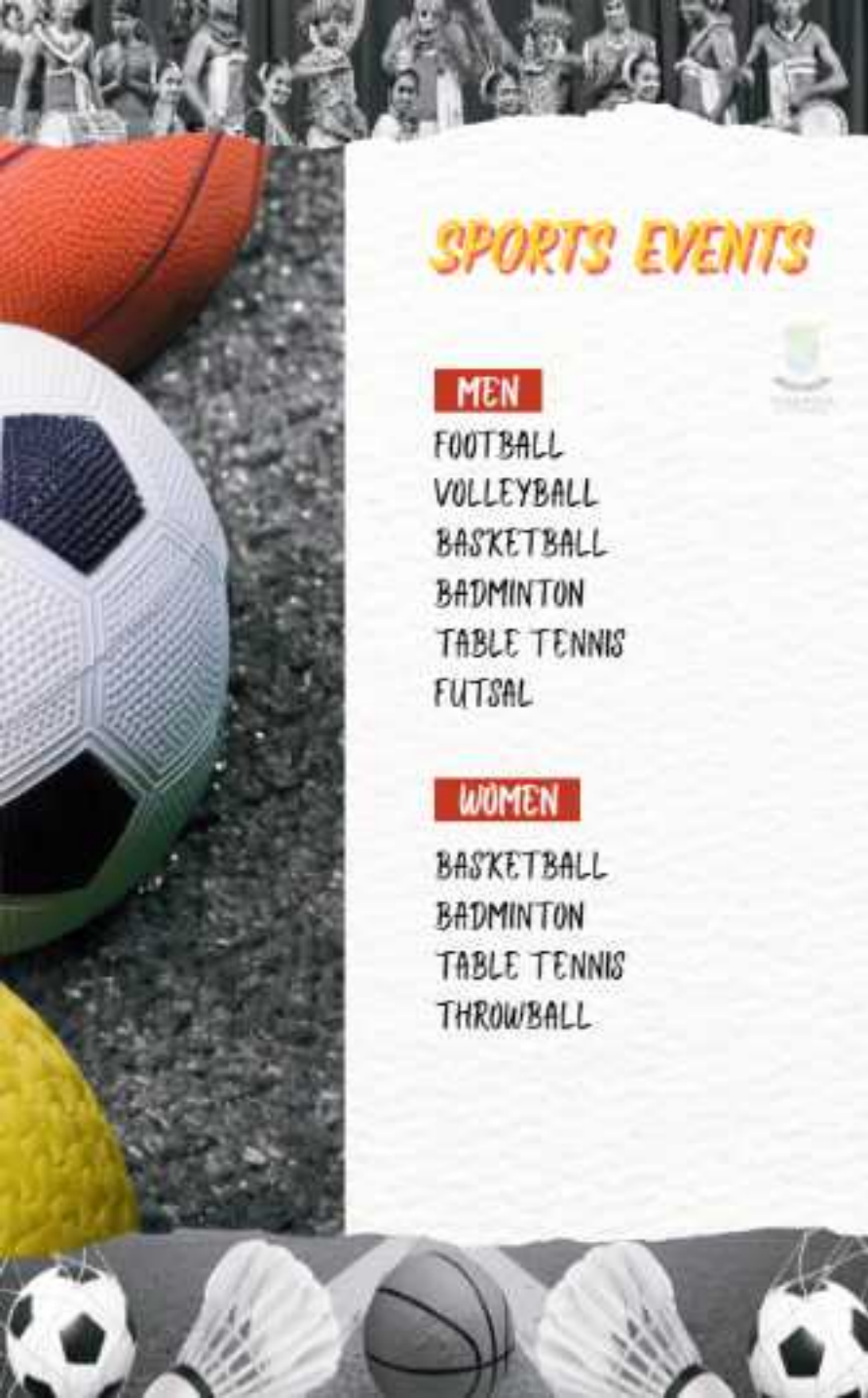


About Astra

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

Following the resounding success of Astra '24 in May 2024, we are thrilled to elevate this event to new heights. Last year, Astra '24 brought together 12 esteemed institutions from Karnataka, Kerala, and Tamil Nadu, showcasing exhilarating competitions in football, volleyball, basketball, badminton, and throwball. This year, we aim to set an even higher benchmark!





SPORTS EVENTS



MEN

FOOTBALL
VOLLEYBALL
BASKETBALL
BADMINTON
TABLE TENNIS
FUTSAL

WOMEN

BASKETBALL
BADMINTON
TABLE TENNIS
THROWBALL



CULTURAL EVENTS



1. GROUP DANCE

2. SOLO DANCE

- CLASSICAL

- SEMI CLASSICAL

3. SOLO SONG

- CLASSICAL

- SEMI CLASSICAL

4. FASHION SHOW

5. RHYTHM & RESONANCE

6. MEHENDI

7. FACE PAINTING

8. PENCIL SKETCHING

9. PHOTOGRAPHY

10. REEL COMPETITION

11. DEBATE

12. ESSAY WRITTING

13. POEM WRITTING





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 bonafide 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 Allied & Healthcare Professions (Allied, 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





ASTRA²
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, shin-guard, stockings) for the match.

PAYMENT LINK



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REGISTRATION LINK



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REG FEE : ₹3500

**PRIZE POOL UPTO
₹ 21000 /-**

For more Details
Mr. Akhil Raj : 8075160117



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/-**

For more Details
Mr Vardha : 8680075006



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.

BASKETBALL (MEN)

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BASKETBALL (WOMEN)

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REG FEE : ₹2500

**PRIZE POOL UPTO
₹ 13000/-**

For more Details
Ms. Sneha : 7420877218



BADMINTON (MEN & WOMEN)

- 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.

BADMINTON (MEN)

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BADMINTON (WOMEN)

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REG FEE : ₹1500

**PRIZE POOL UPTO
₹ 7000 /-**

For more Details
Mr Prasthakar : 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, teams found violating the rule would be disqualified.

TABLE TENNIS (MEN)

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TABLE TENNIS (WOMEN)

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REG FEE : ₹1500

PRIZE POOL UPTO
₹ 7000 /-

For more Details
Mr. Karanvish : 9791874517



FUTSAL



- Group event : the team should have minimum 5 members & maximum 10 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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REG FEE : ₹2500

**PRIZE POOL UPTO
₹ 13000 /-**

For more Details
Mr. Dani N Jijo : 9495796008



THROWBALL



- Group event: the team should have minimum 9 members & 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, teams found violating the rule would be disqualified.

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REG FEE : ₹2500

**PRIZE POOL UPTO
₹ 13000 /-**

For more Details
Ms.Spoorthi : 9882641531

ASTRA 2020

CULTURAL FEST





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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REG FEE : ₹1000

PRIZE POOL UPTO
₹ 13000 /-

For more Details
Mr. Alita Patel : 9924004378
Mr. Dnyesha : 9113404818



SOLO DANCE

(CLASSICAL & EASTERN / WESTERN)



- Individual event; **max 2 participants per college**
- 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.

SOLO DANCE (CLASSICAL)

REGISTRATION LINK

PAYMENT LINK



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SOLO DANCE (EASTERN / WESTERN)

REGISTRATION LINK

PAYMENT LINK



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REG FEE : ₹250

PRIZE POOL UPTO
₹ 5000 /-

For more Details

Mr. Alita Patel : 9924064378

Mr. Deepika : 9113694818



SOLO SONG

(CLASSICAL & EASTERN/WESTERN)



- Individual event; **max 2 participants per college**
- 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.

SOLO SONG (CLASSICAL)

SOLO SONG (EASTERN / WESTERN)

REGISTRATION LINK

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REG FEE : ₹250

**PRIZE POOL UPTO
₹ 5000 /-**

For more Details
Mrs. Shifali - 9253899252



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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REG FEE : ₹2500

**PRIZE POOL UPTO
₹ 19000 /-**

For more details
Mr. Anshu : 9440724133
Mr. Rudra : 9400862624



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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REG FEE : ₹1000

**PRIZE POOL UPTO
₹ 13000 /-**

For more details
Mr. Divya : 7912476116
Mr. Karthik : 9780557128



MEHENDI



- 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/-**

Mrs. Sabra : 9790742981
Mr. Prayag : 8034100005



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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REG FEE : ₹250

**PRIZE POOL UPTO
₹ 1500/-**

For more details

Mrs. Sahas : 9799747981

Mr. Prayag : 8934198905



PENCIL SKETCHING



- Individual event; Max 2 entries per college. Topic will be announced one week prior to competition; 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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REG FEE : ₹250

**PRIZE POOL UPTO
₹1500/-**

For more details

Mrs. Sabra : 9799747981

Mr. Prayag : 8934198905



PHOTOGRAPHY



- Individual event; Max 2 entries per college.
- Topic will be announced **on spot**.
- Entries must be original, created independently using 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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REG FEE : ₹250

**PRIZE POOL UPTO
₹1500/-**

For more details

Mr. Mehan : 7694492980

Mr. Abubacker : 8086709717



REEL COMPETITION



- Individual event; Max 2 entries per college.
- Topic will be announced **on spot**
- No language restrictions; time limit 30-60 seconds.
- Original work only; Use of offensive, copyrighted and plagiarised materials will result 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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REG FEE : ₹250

**PRIZE POOL UPTO
₹ 1500/-**

For more details

Mr. Mehan : 7694492980

Mr. Abubacker : 8086309717



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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REG FEE : ₹250

PRIZE POOL UPTO
₹ 1500/-

FOR MORE DETAILS

Mr. Kavita Jena : 9620192874

Mrs. Neha : 7815259514



ESSAY WRITING



- 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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REG FEE : ₹250

**PRIZE POOL UPTO
₹ 1500/-**

FOR MORE DETAILS

Mr. Kavita Jena : 9620192874

Mrs. Neha : 7815259514



POEM WRITTING



- 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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REG FEE : ₹250

**PRIZE POOL UPTO
₹ 1500/-**

FOR MORE DETAILS
Mr. Laxmi Jena : 9620192874
Ms. Neha : 7815259514



OUR PATRONS



**DR. Yenepoya
Abdulla Kunhi**

Chairman
Venepoya Committee of the University



**Mr. Mohammed
Farhaad Yenepoya**

Mr. President
Venepoya Committee of the University



Dr. M Vijayakumar

Chairman
Venepoya Committee of the University



Dr. Sripathi Rao

Mr. Vice Chairman
Venepoya Committee of the University



**Dr. K.S Gangadhara
Somayaji**

President
Venepoya Committee of the University



Dr. B.T Nandish

Chairman of Management
Venepoya Committee of the University



Mr. Abdul Mohsin

President of the
Venepoya Committee of the University





ORGANISING MEMBERS



Dr. Sunita Saldanha

Dean
Faculty of Health Sciences
University of Kerala



Prof. Lourdhuraj I

Associate
Professor
Faculty of Health Sciences
University of Kerala



**Mr. Mohiddeen
Sharfan S.A**

Assistant Professor
Faculty of Health Sciences
University of Kerala



Ms. Akshitha

Assistant Professor
Faculty of Health Sciences
University of Kerala



Mr. Uvais S.P

Assistant Professor
Faculty of Health Sciences
University of Kerala



Mr. Vinn K Varghese

Assistant Professor
Faculty of Health Sciences
University of Kerala



**Ms. Shifali Abhilash
Poojary**

Assistant Professor
Faculty of Health Sciences
University of Kerala



Mr. Sujith K.V

Assistant Professor
Faculty of Health Sciences
University of Kerala





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**

Mr. Noushad : 9740722715

- 4. Plaza Avenue**
- 5. Hotel Mansion**

Mr. Hafeez : 9169169791

- 6. Swarnagiri**

Mr. Raviraj : 9449923916

**In-house
accommodation
(Limited)**

**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





YENEPPOYA

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Professions

