

HIMACHAL PRADESH YOGASANA SPORTS ASSOCIATION

(Registered under H.P. Societies Registration Act, 2006)

Affiliated to YOGASANA BHARAT

(Earlier Known as National Yogasana Sports Federation)

Recognized by Min. of Youth Affairs & Sports, Govt. of India

Affiliated to World Yogasana and Associate Member of Indian Olympic Association

Office Address: Divya Kunj, New Totu, Shimla -171011

Website: www.himachalyogasana.com Email: officialhpysa@gmail.com

Ref. No.: HPYSA/HO/SML/2025-315

Dated: 25/07/2025

To

All Universities/Collages/Schools

Chairman/Director/Principal

Himachal Pradesh

Subject: Invitation to Participate in the 6th State Yogasana Sports Championship 2025 at Career Point University, Hamirpur (H.P.)

Respected Sir/Madam,

It gives us immense pleasure to extend a warm and earnest invitation to your esteemed institution to participate in the **6th State Yogasana Sports Championship 2025**, to be held on **16th & 17th August 2025 (Saturday & Sunday)** at **Career Point University, Bhoranj (Tikker-Kharwarian), District Hamirpur, Himachal Pradesh – 176041.**

This grand sporting event is being organized by the **Himachal Pradesh Yogasana Sports Association**, a body registered under the H.P. Societies Registration Act, 2006, and duly affiliated with **Yogasana Bharat**—recognized by the **Ministry of Youth Affairs & Sports, Government of India**, and an **Associate Member of the Indian Olympic Association**.

Yogasana is not only a timeless practice rooted in Indian culture but has now emerged as a **recognized and thriving competitive sport**. With its official inclusion in premier national sporting platforms such as the **Khelo India Youth Games, Khelo India University Games, National Games**, and the **Asmita Women's League**, Yogasana is fast gaining momentum at the state, national, and international levels. Most significantly, Yogasana has been incorporated into the list of sports disciplines for the **recruitment of meritorious sportspersons to Group 'C' posts** in the Ministries and Departments of the Government of India (Ref: MoYAS letter dated 5th September 2023, No. 26-2/2023-SP-III – enclosed herewith).

We are proud to announce that the **School Games Federation of India (SGFI)** has officially adopted the **Yogasana Bharat curriculum and syllabus**, marking a historic milestone for our sport and ensuring a unified standard of excellence across the nation.

In this light, the 6th State Championship will serve as a vital platform for young and aspiring Yogasana athletes to showcase their talent, earn recognition, and secure their place for upcoming **6th Seniors & Senior-A National Yogasana Sports Championship 2025-26 (Men & Women)** at **Bhilai, Dist. Durg, Chhattisgarh, from 11th to 14th September 2025** and **National-level championships at 6th Junior & Senior C National Yogasana Sports**

Championship 2025-26 (Men & Women) at PB Siddhartha Arts & Science College, Siddhartha Group of Institutions, Siddhartha Nagar, Vijaywada, Andhra Pradesh, from 28th September to 1st October 2025., thereby becoming ambassadors of India's ancient yet modern sporting legacy.

The upcoming State championship will be conducted as per the syllabus of esteemed and renowned **Yogasana Bharat**.

1. Registration through google form till on 13th August 2025 before 8 PM. After that link will be closed.
https://docs.google.com/forms/d/e/1FAIpQLSetlH8GFkgZTORVRTzz8IRUIL9uoWQxmWz_xbbB8fS9ZNlerA/viewform also available in www.himachalyogasana.com
2. Accommodation and Food will be provided from 06 PM onwards on 16th August 2025.
3. Departure of team should be on 18th August 2025 before 4PM.

1) Age Groups

Yogasana competitions will be held according to the following age categories:

1. **Sub Junior (10+ to 14 years of age)**
2. **Junior (14+ to 18 years of age)**
3. **Senior (18+ to 28 years of age)**
4. **Senior A (28+ to 35 years of age)**
5. **Senior B (35+ to 45 years of age)**
6. **Senior C (45+ to 55 years of age)**

Boys/Men and Girls/Women will compete in separate categories, with no mixed groups in any event.

2) Cut-off Date for Age Calculation

1. For every Championship the age calculation for athletes will be 1st January of the current year.
2. No relaxation of any hour/day will be given.
3. The age proof has to be submitted. It must be any government document of that country.

3) Events

1. There is total 12 events, divided into three types: Individual, Pair, and Group/Team events:

| Individual Events | Pair Events | Group Events/ Team Events |
|---|--|--|
| 1) Traditional Yogasana 2) Forward Bend Individual 3) Back Bend Individual 4) Leg Balance Individual 5) Twisting Body Individual 6) Hand Balance Individual 7) Supine Individual 8) Artistic Yogasana Single | 1) Kalatmak Yugal Yogasana (Artistic Yogasana Pair) 2) Talatmak Yugal Yogasana (Rhythmic Yogasana pair) | 1) Kalatmak Samuha Yogasana (Artistic Yogasana Group) 2) Traditional Yogasana Group |

"This championship will feature only 10 events, excluding Artistic Yogasana Group and Traditional Yogasana Group. The Traditional Yogasana Group will be a newly introduced demonstration event by Esteemed **Yogasana Bharat**."

This event provides a significant platform for aspiring athletes to show case their Yogasana skills, compete at a district level, and gain recognition in the field of competitive yoga.

Position holders will be awarded **Gold, Silver, and Bronze** medals, along with certificates of merit. Moreover, the winners will have the opportunity to represent their State at National Yogasana Championship 2025 organized by the Yogasana Bharat.

5. Last date of Submitting entries is 16th August 2025. The entries of athletes must be sent on prescribed format on letter head of association with sign and stamp of President/Secretary.

6. Medical Fitness Certificate and Risk Certificate is mandatory. Athletes must bring their latest Passport size photographs. The Team Manager of respective State/UT team should submit the Same at registration desk.

7. Only 3 Support staff (01 Team Manager, 01 Male Coach & 01 Female Coach) are permitted along with the State/UT team. Food and accommodation to maximum 03 support staff will be free of cost. For extra support staff beyond 03 will be chargeable.

8. Parents are not allowed along with athlete/team.

9. District Associations should bring 02 Association flags along with them (3x2 ft & 6x4 ft).

10. The Competition Director will collect the certificates/documents and then only the athletes will be allowed to participate in the championship.

11. Accommodation for athletes shall be semi furnished. Teams are advised to bring their own bedding as per the weather condition.

12. Fees per athlete per day is as under:

| Food & Accommodation for 2 days | By the Himachal Pradesh Sports Yogasana |
|--|--|
| Participation for 1 Event | 1000 |
| Participation for 2 Event | 1000 + 300 = 1300 |
| Participation for 3 Event | 1000 + 500 = 1500 |
| Participation for 4 Event | 1000 + 800 = 1800 |

The fees of athletes should be paid through State Association Bank Account only in the Himachal Pradesh Yogasana Sports Association Bank Account in a single transaction before 12th August 2025. Kindly note that, Individual fees paid by athlete will not be considered valid and will not be refunded. The proof of payment must be sent on email along athletes' entry.

Details of Bank Account are as under:

Account Name: Himachal Pradesh Yogasana Sports Association
Account No.: 0892000101110324
IFSC: PUNB0089200
Branch: Totu

13. Dress code for all the Judges will be formal dress (white Shirt and Navy-Blue Blazer). Judges should be their own laptop. Laptop is mandatory.

14. Athletes/Team Managers/ Coaches/ others are requested to refer latest rules & regulations (Code of Points) of the competition available on the website www.himachalyogasana.com

15. Contact Details for any queries:

Food & Accommodation:

Dr. Rinku : 82196-57819

Ms. Kamlesh : 82196-06126

Technical Assistance: Sh. Shashi Dogra 9418340148

16. How to reach:

Google Map Location

<https://maps.google.com/maps?q=31.6218023%2C76.6216023&z=17&hl=en>

We kindly request your support in encouraging and sending Yoga athletes from your esteemed Institutions—whether universities, colleges, schools to participate in this State championship. Online registrations are available on our official website www.himachalyogasana.com, and offline registration can also be done on-site at the venue on the day of the event.

The details of the championship are as follows:

Day: Sunday & Monday

Date: 17th to 18th August 2025

Time: 9 am to 6:30 pm

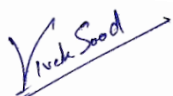
Venue: Carrier Point University - Hamirpur

For any inquiries, please feel free to contact:

- 1. Nodal Officer Sh. Vinod: 98054-30990**
- 2. Competition Director: Ms. Swati Sharma: 98051-41407**
- 3. Organizing Secretary: Sh. Ajay Sharma: 70186-14715**
- 4. Event Manager: Sh. Nek Ram Walia: 9882604022**

We sincerely hope for your positive response and cooperation in making this event a success by motivating and sending deserving participants to this championship.

Thanking you in anticipation.


Vivek Sood
State Secretary General
Himachal Pradesh Yogasana
Sports Association

Copies to:

- 1. Dr. Jaideep Arya ji**, Honorable Secretary General, Yogasana Bharat, Guru Gorakhnath Mandir Campus, Phase-1 Pocket-3, Sector-7, Dwarka, New Delhi.
- 2. Sh. Sukhvinder Singh Shukhu ji**, Honorable Chief Minister of Himachal Pradesh.
- 3. Sh. Yadvinder Gomma ji**, Honorable Minister of Ayush, Youth Services & Sports of Himachal Pradesh, Shimla.
- 4. Sh. Prabodh Sexana ji**, Chief Secretary of Himachal Pradesh, Shimla.
- 5. Sh. Rohit Thakur ji** Honrable Education Minister, Himachal Pradesh
- 6. Sh. Rakesh kanwar IAS** Secreatry (Education) to the Government of Himachal Pradesh
- 7. Sh. Vivek Bhatia ji (IAS)** Director Youth Services & Sports Himachal Pradesh
- 8. Sh. Anurag Verma ji, DYSSO (HQ)** Directorate/IGSS Director Youth Services & Sports Himachal Pradesh.
- 9. Director Ayurveda department**, Block no. 26, SDA Complex Kasumpti, Shimla.
- 10. Sh. Vinay Singh (IAS)** Chairman Board of Ayurvedic & Unani System of Medicine.
- 11. Smt. Nisha Singh, IAS** Director General H.P. institute of public Administration Fair lawns Shimla.
- 12. Dr. Amarjeet K Sharma** Director of Hr. Education Shimla Himachal Pradesh
- 13. Sh. Ashish Kholi (HPAS) Director Elementry Education Himachal Pradesh**
- 14. All Deputy Commissioner of Himachal Pradesh**
- 15. President, School Games Federation of India.**
- 16. All Vice Chancellor** of all Universities Himachal Pradesh.
- 17. All Principal of Collages/ Schools** Himachal Pradesh.
- 18. Registrar** Indian Institute of Technology Mandi kamand Mandi

Registration No :



HPCD-11369

Certificate of Registration of Societies




Himachal Pradesh Societies Registration Act 2006 (Act No. 25 of 2006)

This is certified that the **HIMACHAL PRADESH YOGASANA SPORTS ASSOCIATION** located at **DIVYA KUNJ, NEW TOTU, SHIMLA, H.P. 171011** has been registered under the provisions of the Himachal Pradesh Societies Registration Act, 2006 (Act No. 25 of 2006) on the **13th day of December 2022** (13/12/2022).

Given under my hand and seal at **Directorate of Cooperation, SHIMLA, Himachal Pradesh.**




Registrar of Societies

Himachal Pradesh

**Registrar of Societies,
Himachal Pradesh
Shimla-171009**

F.No: 8-6/2020-SP.III
Government of India
Ministry of Youth Affair and Sports
Department of Sports

Shastri Bhavan, New Delhi
Dated: 27th November, 2020

To

The President / Secretary General
National Yogasana Sports Federation
68, Ashoka Road,
Near Gole Dak Khana,
New Delhi - 110 001, India.

Sub: Grant of Government recognition to National Yogasana Sports Federation as the National Sports Federation for promotion and development of Yogasana as a competitive sport in the country – reg.

Sir,

Reference is invited to National Yogasana Sports Federation's letter No. NYSF/01/2020-21/GA dated 21.10.2020 requesting therein for recognition of National Yogasana Sports Federation (NYSF) for promotion and development of Yogasana as a competitive sport in India.

2. The matter for granting recognition to a national level sports body for the sport of Yogasana has been deliberated at length taking into account all the relevant factors including developing Yogasana as a competitive sport. On recommendation of the Ministry of AYUSH, it has been decided to recognize National Yogasana Sports Federation as a National Sports Federation with immediate effect for promotion and development of Yogasana as a competitive sport in the country. National Yogasana Sports Federation has affiliation of International Yogasana Sports Federation.

3. The recognition of Government to National Yogasana Sports Federation is subject to continued observance of the following terms and conditions:-

- a) The Office bearers of the Federation shall invariably be appointed by election as per the Model Election Guidelines issued by the Ministry. The various instructions issued by the Ministry, from time to time, including the age and tenure criteria, for holding the elective offices of the Federation shall be scrupulously followed.
- b) The Federation shall give at least two months' advance notice to the Government for any change in its Constitution. The copy of the existing Constitution and the proposed changes should invariably be sent along with the notice.
- c) The Federation must maintain its accounts as per the Mercantile System of accounting. The Accounting year should be from 1st April to 31st March. The books of accounts shall always be open to inspection by authorized representatives of the Government.



- 4
- d) The accounts of the Federation must be audited by a practicing Chartered Accountant. Audited Statement of account should be sent to the Union Government within six months from the date of expiry of the accounting year.
 - e) The Federation must scrupulously abide by the guidelines of the Govt. issued from time to time, for the conduct of national Championships, drawing of advance calendar for holding National Championships, players' grievance system in the management of the federations, etc.
 - f) The Federation shall have corresponding State/UT bodies affiliated to it in all the State/UTs within two years from the date of this recognition.
 - g) The Federation should also abide by the directions of the Government issued, if any, in the interest of promotion of Yogasana sport among its players or Public in general.
 - h) The recognition can be reviewed by the Govt. in case Memorandum of Association (MoA) of the Federation or its practices come into conflict with the Govt. Guidelines as amended from time to time.
 - i) The Ministry's Guidelines for selection procedure shall be followed by National Yogasana Sports Federation. The tournaments shall be held for Men & Women at all levels i.e. National, State, District level for Senior, Junior and Sub-Junior categories.
 - j) The Federation shall scrupulously follow the Ministry's guidelines on RTI applicability and suo-moto disclosure of information on its website and appointment of a Public Information Officer and an Appellate Authority.
 - k) The Federation shall ensure strict compliance of the Government guidelines to prevent unethical practices in sports such as age fraud, prevention of sexual harassment of women in sports, Anti-doping, issuance of identify cases to sportspersons etc.
4. National Yogasana Sports Federation is also required to make categorical affirmation of the provisions of the Sports Code in its constitution within 6 months so as to bring the same in line with the Sports Code.
5. The recognition may be withdrawn if:
- a) any of the terms and conditions of the recognition are violated;
 - b) its own Constitution is violated;
 - c) directions issued by the Union Govt. are not complied with as required;
 - d) in the opinion of the Union Govt., the Federation is not functioning properly;
 - e) the recognition has been obtained by submitting false information or by misrepresentation of fact;
 - f) the concerned international Federation cancels affiliation or derecognizes or disaffiliates the Federation.
6. A copy of the National Sports Development Code of India, 2011, currently in force is available on the website of this Ministry i.e. <https://yas.nic.in>.



7. The requests for financial assistance and clearance of proposals must be submitted in the prescribed manner. Assistance may be provided to the Federation subject to the availability of funds, submission of the relevant documents, fulfillment of the terms and conditions/ guidelines etc., as may be prescribed from time to time.

This issues with the approval of competent authority.

Yours faithfully,



(S.P.S. Tomar)

Deputy Secretary to Government of India
Tel No. 011-24361819 Email: spstomar@nic.in

Copy to:-

1. Secretary, Ministry of AYUSH, Ayush Bhawan, B-Block, GPO Complex, INA, New Delhi - 110023.
2. Director General, Sports Authority of India, JLN Stadium, New Delhi-110003.
3. Secretary General, Indian Olympic Association, New Delhi.
4. ED (Teams), SAI, Stadium, New Delhi-110003.
5. Joint Director, Traffic Commercial (R-II), Railway Board, Ministry of Railways, Rail Bhawan, New Delhi - with the request to include the name of this Federation in the list of recognized National Sports Federations.
6. Department of Personnel & Training (Under Secretary, Pay-I), North Block, New Delhi - with the request to include the name of this Federation in the list of recognized National Sports Federations.

Copy also to:-

1. PS to Hon'ble MOS (I/C) Youth Affairs & Sports
2. Sr. PPS to Secretary (Sports)
3. PS to Joint Secretary (Development)
4. Director (MDSD), Department of Sports.
5. Director (CDN), Department of Sports
6. US (SP-I)/US (SP-II)/US (SP-III)/US (SP-IV)/US (SP-V)/ US (SP-VI)/US (CDN)
7. NIC, MYAS for placing the same on the website of this Ministry



**AMENDED CERTIFICATE OF REGISTRATION
UNDER SOCIETIES REGISTRATION ACT XXI OF 1860**

**Registration No. S/ND/1042/2020
(Date of Registration 21/08/2020)**

**I hereby certify that in pursuance of Section 12 and 12A, the name of
the Society has been changed from**

"NATIONAL YOGASANA SPORTS FEDERATION"

To

"YOGASANA BHARAT"

**Located at CAMPUS OF GURU GORAKHNATH MANDIR, NIRMAN SAMITI HAF,
POCKET-3, Phase-I SECTOR-7, DWARKA NEW DELHI 110075**

w.e.f. 04.07.2023 under the SOCIETIES REGISTRATION ACT XXI OF 1860

**Given under my hand at Delhi on this 04 day
of July 2023.**

AMENDMENT FEE OF Rs. 50/- RECEIVED



**VINAY KUMAR MONGIA
REGISTRAR OF SOCIETIES
DWARKA**

Seal

* This document certifies registration under the society Registration Act, 1860. However, any Govt. department or any other association/Person may kindly make necessary verification.

F. No. 8-6/2020-SP-III (Vol IV)
Government of India
Ministry of Youth Affairs & Sports
Department of Sports
.....

Hall No. 103, Jawaharlal Nehru Stadium,
Lodhi Road, New Delhi.
Dated: 25 July, 2023

To

President/Secretary General,
Yogasana Bharat,
In Campus of Guru Gorakhnath Mandir,
Nirman Samiti Haf, Pocket 3, Phase 1,
Sector 7, Dwarka, New Delhi - 110075.

Subject: – Name Change of National Yogasana Sports Federation (NYSF) to YOGASANA BHARAT-regarding.

Sir,

I am directed to refer to NYSF's letter No. NYSF/84/2023-24 dated 05.07.2023 informing regarding change the name of National Yogasana Sports Federation (NYSF), which was granted recognition as National Sports Federation (NSF) for the sports of Yogasana vide this Department's letter No. 8-6/2020-SP-III dated 27.11.2020, to YOGASANA BHARAT and to convey that the same has been taken on records of this Ministry and accordingly henceforth, recognized NSF for Yogasana will be 'Yogasana Bharat'.

Yours faithfully



(SPS Tomar)
Director

Copy to:

1. Director General, Sports Authority of India, C.G.O Complex, Lodhi Road, New Delhi.
2. President/CEO/Joint Secretary/Indian Olympic Association.
3. The Joint Director, Traffic Commercial -II, Railway Board, Ministry of Railways, Rail Bhawan, New Delhi - 110 001.
4. Secretary, Department of Personnel & Training, North Block, New Delhi.
5. Secretary, Department of Revenue, Ministry of Finance, North Block, New Delhi.

1cc
17/7/2023

Copy for information to:

1. PS to Hon'ble Minister (YA&S)
2. PS to Hon'ble MOS (YA&S)
3. PPS to Secretary (Sports).
4. PS to Joint Secretary (Sports).

F. No. 14034/1/2013-Estt(D)
Government of India
Ministry of Personnel Public Grievances & Pensions
Department of Personnel & Training

North Block, New Delhi
Dated: 17.06.2022

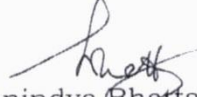
OFFICE MEMORANDUM

Sub:- Inclusion of sports disciplines in the list of games for recruitment of meritorious sports persons to any post in Group 'C' in Ministries/Department of Government of India - regarding.

The undersigned is directed to refer to this Department's OMs of even number dated 01.09.2020 and 29.01.2021 and to say that a proposal has been received from Department of Sports for inclusion of one more discipline in the list of sports disciplines for recruitment of sportsperson to any Group 'C' post in Ministries/Departments of Government of India.

2. It has now been decided to accept the recommendation of Department of Sports. Accordingly, in partial modification of this Department's OMs of even number dated 01.09.2020 and 29.01.2021, one more discipline namely "**Yogasana**" is added at Sr. No. 65 in the list of sports disciplines for recruitment of sportsperson to any Group 'C' post in Ministries/Departments of Government of India.

3. All other conditions relating to eligibility, appointment, seniority etc. laid down in the OM dated 03.10.2013 and other related OMs, as amended from time to time, shall remain unaltered.


(Anindya Bhattacharya)
Deputy Secretary to Govt. of India
Telephone No. 23094072

To,
All Ministries/Departments of Government of India

Copy to:

1. President's Secretariat, New Delhi
2. Vice President's Secretariat, New Delhi
3. The Prime Minister's Office, New Delhi
4. Cabinet secretariat, New Delhi
5. Rajya Sabha Secretariat/Lok Sabha Secretariat, New Delhi
6. The Registrar General, The Supreme Court of India, New Delhi.
7. The Registrar, Central Administrative Tribunal, Principal Bench, New Delhi.
8. The Comptroller and Auditor General of India, New Delhi.
9. The Secretary, UPSC, New Delhi.
10. The Secretary, SSC, New Delhi.

11. All attached/subordinate offices under the Ministry of Personnel, Public Grievances and Pensions.
12. National Commission for Scheduled Castes, New Delhi
13. National Commission for Scheduled Tribes, New Delhi
14. National Commission for OBCs, New Delhi
15. Secretary, National Council (JCM), 13, Ferozshah Road, New Delhi.
16. All officers and sections in the Department of Personnel and Training.
17. Hindi Section, DOPT for Hindi version.
18. NIC (DOPT) for placing this OM on the website of DOPT.
19. Establishment Section (100 copies).



(Anindya Bhattacharya)

Deputy Secretary to Govt. of India
Telephone No. 23094072

OFFICE OF THE PRESIDENT
SCHOOL GAMES FEDERATION OF INDIA

Chamber No. 704-05, Akriti Tower (7th Floor), 19B,
Vidhan Sabha Marg, Lucknow (U.P) – 226001
e.mail: info23-27@sgfi.org.in

F.No/2043 /SGFI/Rules/2025-26/

31st July, 2025

All Affiliated Units

School Games Federation of India

Sub: Implementation of rules and regulations of Specific Sports of SGFI

Dear Sir/Madam,

During the Annual General Body Meeting of SGFI held under the Chairmanship of President, at Constitution Club of India, New Delhi on 14th June, 2025, it was decided to adopt the latest feasible rules and regulations of National Sports Federations for the future events conducted by the School Games Federation of India (SGFI).

Accordingly, this Federation had conducted meetings with various National Sports Federations under the Chairman of Technical Committee- SGFI to implement the latest rules and regulations adopted by their International Sports Federations.

As suggested by the Chairman, Technical Committee, henceforth this Federation will be implementing the latest rules and regulations of the following sports:

- 1) Archery
- 2) Wushu
- 3) Yogasana
- 4) Weightlifting

Since the SGFI will be implementing the latest rules and regulations for the forthcoming 69th National School Championships, you are also requested to implement the latest rules and regulations for your state and district level championships. (Same are updated on SGFI Website)

Thanking you,

Yours sincerely,



Parth Suresh Doshi
Chief Executive Officer
School Games Federation of India



Encl: Latest Rules and Regulations

1. President, SGFI,
2. All Executive Committee Members, SGFI,
3. Chairman, Technical Committee, SGFI

SCHOOL GAMES FEDERATION OF INDIA

Guidelines for Rules, Regulation & Syllabus

Yogasana

1. The Yogasana competition will be held for Boys and Girls section separately.
2. The age groups in both the section of Boys & Girls are as under:
 - 1) Under 14 years
 - 2) Under 17 years
 - 3) Under 19 years
3. The competition will be held as per latest Code of Points attached on the website www.sgfi.org.in
4. The competition will be conducted in 4 events as under:
 - 1) Traditional Yogasana Single
 - 2) Artistic Yogasana Single
 - 3) Artistic Yogasana Pair
 - 4) Rhythmic Yogasana Pair

5. The contingent of athletes in each event will be as under:

| Sr. No. | Event | Boys | Girls |
|---------|-----------------------------|---------------------|---------------------|
| 1. | Traditional Yogasana Single | 1 | 1 |
| 2. | Artistic Yogasana Single | 1 | 1 |
| 3. | Artistic Yogasana Pair | 1 Pair (2 athletes) | 1 Pair (2 athletes) |
| 4. | Rhythmic Yogasana Pair | 1 Pair (2 athletes) | 1 Pair (2 athletes) |
| | Total | 6 | 6 |

6. One athlete can participate in maximum 3 events.
7. Cut-off date for age calculation will be as per SGFI norms.
8. Number of rounds in each event will be as under:

| Sr. NO. | Event | Round 1 (Quarter Round) | Round 2 (Semi Final Round) | Round 3 (Final Round) |
|---------|-----------------------------|----------------------------|----------------------------|-----------------------|
| 1) | Traditional Yogasana Single | ✓ | ✓ | ✓ |
| 2) | Artistic Yogasana Single | X | ✓ | ✓ |
| 3) | Artistic Yogasana Pair | X | ✓ | ✓ |
| 4) | Rhythmic Yogasana Pair | X | ✓ | ✓ |

Note: The number of rounds depends upon total number of participants in an event as per Code of Points, Chapter 1, Point 4 (page13).



9. Medal Count & Medal Tally is as under:

| Sr. No. | Event | Medal Tally | | | Medal Count | | |
|---------|-----------------------------|-------------|----------|----------|-------------|----------|----------|
| | | Gold | Silver | Bronze | Gold | Silver | Bronze |
| 1) | Traditional Yogasana Single | 1 | 1 | 1 | 1 | 1 | 1 |
| 2) | Artistic Yogasana Single | 1 | 1 | 1 | 1 | 1 | 1 |
| 3) | Artistic Yogasana Pair | 1 | 1 | 1 | 2 | 2 | 2 |
| 4) | Rhythmic Yogasana Pair | 1 | 1 | 1 | 2 | 2 | 2 |
| | Total | 4 | 4 | 4 | 6 | 6 | 6 |

10. Event wise syllabus is as under:

Event wise syllabus as under:

| Sr. No. | Events | Details | | | | |
|-------------------|-----------------------------|--|-------------------|--------------|--------------|--------------|
| 1) | Traditional Yogasana Single | <ol style="list-style-type: none"> This is an individual event. There are compulsory and optional asanas to be performed. Syllabus for following age group will be followed: <table> <tr> <th>SGFI age category</th></tr> <tr> <td>For Under 14</td></tr> <tr> <td>For Under 17</td></tr> <tr> <td>For Under 19</td></tr> </table> For more details refer Code of Points, Chapter 5, Point 1 (Page 47-51) | SGFI age category | For Under 14 | For Under 17 | For Under 19 |
| SGFI age category | | | | | | |
| For Under 14 | | | | | | |
| For Under 17 | | | | | | |
| For Under 19 | | | | | | |
| 2) | Artistic Yogasana Single | <ol style="list-style-type: none"> This is an individual event. The rules are mentioned at Chapter 5, Point 2 (Page 52-60) of Code of Points | | | | |
| 3) | Artistic Yogasana Pair | <ol style="list-style-type: none"> This is a pair event. Two athletes form the pair. The rules are mentioned at Chapter 5, Point 3 (Page 61-69) of Code of Points. | | | | |
| 4) | Rhythmic Yogasana Pair | <ol style="list-style-type: none"> This is a pair event. Two athletes form the pair. The rules are mentioned at Chapter 5, Point 4 (Page 70-78) of Code of Point. | | | | |

11. Other necessary rules and regulations will be as per Code of Points of Yogasana .



NATIONAL SPORTS GOVERNANCE BILL, 2025

● A BILL BUILT FOR THE ATHLETE ●



➤ MANDATORY REPRESENTATION OF SPORTSPERSONS OF
OUTSTANDING MERIT IN GOVERNING BODIES

➤ DIRECT VOTING RIGHTS FOR ATHLETE-ELECTED
REPRESENTATIVES IN EXECUTIVE COMMITTEES

➤ PROTECTION OF ATHLETES

➤ ATHLETE-FIRST DEVELOPMENT ETHOS EMBEDDED ACROSS
THE FRAMEWORK

