



माँ शाकुम्भरी विश्वविद्यालय, सहारनपुर

(पुँवारका, सहारनपुर, उ०प्र०, पिन-247120)



वसुधा कृतमवधुतम्  
ONE EARTH - ONE FAMILY - ONE FUTURE

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पत्रांक 718-719/15/एके०/MSU/2023-24

दिनांक: 02-08-2023

सेवा में,

प्राचार्य/प्राचार्या  
समस्त सम्बद्ध महाविद्यालय

विषय: विद्यालय एवं विश्वविद्यालय में योगासन स्पोर्ट्स को प्रोत्साहित करने हेतु योगासन खेल प्रतियोगिता के आयोजन के सम्बन्ध में।

महोदय,

कृपया उपर्युक्त विषयक डिस्ट्रिक्ट योगासन स्पोर्ट्स एसोसिएशन, सहारनपुर के संलग्न पत्र दिनांक शून्य का संदर्भ ग्रहण करने का कष्ट करें। जिसके माध्यम से अवगत कराया गया है कि योगासन स्पोर्ट्स को प्रोत्साहित करने हेतु भारत सरकार के निर्देशानुसार राष्ट्रीय, प्रांतीय एवं जनपदीय स्तर पर प्रतियोगिताओं के आयोजन का निर्देश दिया गया है। जनपद स्तर पर चयनित टीम को प्रदेश में योगासन स्पोर्ट्स के लिए भेजा जाएगा।

उक्त प्रतियोगिता 09 से 28 वर्ष आयु तक के महिला व पुरुष के बीच विभिन्न वर्गों में दिनांक : 12 अगस्त शनिवार को नेशन बिल्डर्स अकादमी बेरी बाग, सहारनपुर के प्रांगण में संपन्न होगी। प्रतियोगिता के लिए प्रविष्टियां मात्र रू० 200/- प्रति प्रतियोगी प्रविष्टि शुल्क के साथ 10 अगस्त तक स्वीकार की जाएंगी। प्रतियोगिता के नियम व वर्गीकरण की विस्तृत जानकारी संलग्न है।

कृपया अपने महाविद्यालय के इच्छुक छात्र-छात्राओं के मध्य उपर्युक्त सूचना प्रसारित करते हुये अपने स्तर से भाग लेने के लिए अवगत कराने का कष्ट करें।


संलग्नक – यथोपरि।

भवदीय

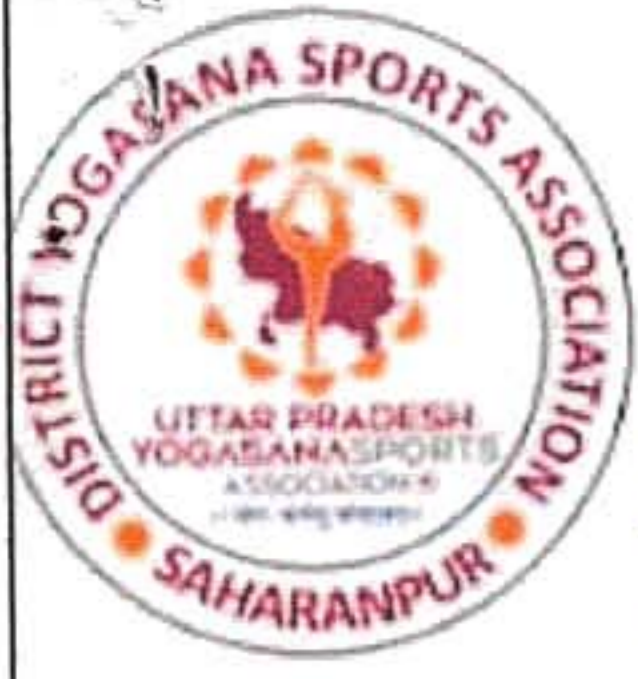
  
(वीरेन्द्र कुमार मौर्य)  
कुलसचिव

प्रतिलिपि अधोलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित—

01. अध्यक्ष, डिस्ट्रिक्ट योगासन स्पोर्ट्स एसोसिएशन, सहारनपुर।
02. कुलपति कार्यालय को कुलपति महोदय के सूचनार्थ।

  
कुलसचिव





# DISTRICT YOGASANA SPORT ASSOCIATION SAHARANPUR



S.V.C/464  
02/08/23  
Affiliated with : Uttar Pradesh Yogasana Sport Association  
Associate member : Yogasana Bharat  
Associate member : Indian Olympic Association  
Recognised by : Ministry of Youth Affairs and sports Govt. of India

**Patron**  
**Shri Dr. Ajay Singh**  
Mayor  
**Shri Subhash Choudhary**  
Educationist  
**Shri Bhavya Jain**  
Educationist

**President**  
**Nandkishor Sharma**  
M.: 9319912124

**Vice President**  
**Anita Sharma**  
M.: 9457825926

**Secretary**  
**Navneesh Kant Sharma**  
M.: 9953776638

**Joint Secretary**  
**Pradeep Kamboj**  
M.: 9758332282

**Treasurer**  
**Richa Badathwal**  
M.: 9891257074

**Member**  
**Dr. Ayush Dhawan**  
M.: 9927708292

**Seema Gupta**  
M.: 7500334464

**Dr. Ram Kewal Yadav**  
9358301122

**Narayan Verma**  
M.: 9758330245

**Puru Verma**  
M.: 8445253204

**Sumanyu Seth**  
M.: 7983161239

**Piyush Khara**  
M.: 9808829329

सेवा में

कुलपति महोदय,

माता शाकंभरी राज्य विश्वविद्यालय सहारनपुर,

विषय: विद्यालय एवं विश्वविद्यालय में योगासन स्पोर्ट्स को प्रोत्साहित करने हेतु योगासन खेल प्रतियोगिता के आयोजन के संबंध में

प्रिय महोदय,

आपको अवगत कराना है की योगासन स्पोर्ट्स को प्रोत्साहित करने हेतु भारत सरकार के निर्देशानुसार राष्ट्रीय, प्रांतीय एवं जनपदीय स्तर पर प्रतियोगिताओं के आयोजन का निर्देश दिया गया है। जनपद स्तर पर चयनित टीम को प्रदेश में योगासन स्पोर्ट्स के लिए भेजा जाएगा। यह प्रतियोगिता 9 वर्ष से 28 वर्ष आयु तक के महिला व पुरुष के बीच विभिन्न वर्गों में आयोजित की जाएगी। सहारनपुर में उक्त प्रतियोगिता 12 अगस्त शनिवार को नेशन बिल्डर्स अकादमी बेरी बाग सहारनपुर के प्रांगण में संपन्न होगी। प्रतियोगिता के लिए प्रविष्टियां मात्र रु 200/- प्रति प्रतियोगी प्रविष्टि शुल्क के साथ 10 अगस्त तक स्वीकार की जाएंगी।

प्रतियोगिता के नियम व वर्गीकरण की विस्तृत जानकारी संलग्न है जिसके अनुसार विभिन्न शिक्षण संस्थाएं अपनी टीम प्रतियोगिता के लिए पंजीकृत करा सकती हैं।

योगासन स्पोर्ट्स से युवा पीढ़ी को जोड़ने व लाभान्वित करने के उद्देश्य से कृपया अपने अधीनस्थ शिक्षण संस्थाओं को प्रतियोगिता में भाग लेने के लिए अपने स्तर से निर्देश देने का कष्ट करें।

भवदीय

नंद किशोर शर्मा

अध्यक्ष

Registered  
M. Circuler

↓  
कुलपति  
2/8/23





# UTTAR PRADESH YOGASANA SPORT ASSOCIATION



Affiliation : National Yogasana Sports Federation  
(Associate Member : Indian Olympic Association)  
Recognition : Ministry of Youth Affairs and Sports, Govt. of India  
Registration No. : LUC / 08612 / 2020-21

02-Sub clause (vi) of clause (ac) of sub-section (1) of section 12A of IT : AACAU0109RE20215  
12-Clause (iv) of first proviso to sub-section (5) of section 80G of IT : AACAU0109RF20221

President  
Rishi Pal Singh  
9412200304

Treasurer  
Sarvesh Kumar Upadhyay  
7042352550

Secretary  
Rohit Kaushik  
9759306870

## Rules & Regulations for the District Yogasana Championship 2022-2023

1. Championship will be organised in Physical form in your district.
2. Athlete must register through Hindi / English form provided by Uttar Pradesh Yogasana Sport Association.
3. Players should submit following all physical documents at their championship venue at the time of DYSA Championship.
  - 1) Aadhaar card photo copy
  - 2) Age Proof (Birth, School Living, Bonafied Certificate)
  - 3) Fitness Certificate by M.B.B.S. Doctor
  - 4) Passport size photo
  - 5) Risk Certificate
4. The championship will be conducted in 4 events in 3 different age groups. Boys' and Girls' event will be separate. The age groups are as follows:

\* The cutoff date for age calculation is 31/03/2022.

Category	Age Groups Boys & Girl	Birth Date Between for Age Group
Sub Junior	9 + Years to 14 Years	31-03-2008 To 30-03-2013
Junior	14 + Years to 18 Years	31-03-2004 To 30-03-2008
Senior	18 + Years above	30-03-2004 Before

5. The events of the championship are as follows:

Sr. No	Events
1	Traditional Individual Yogasana
2	Artistic Yogasana Single
3	Artistic Yogasana Pair
4	Rhythmic Yogasana Pair

रोहित कौशिक

सचिव / Secretary

उत्तर प्रदेश योगासन खेल संघ  
Uttar Pradesh Yogasana Sport Association  
पंजीकरण संख्या एलएचसी / 08612/2020-2021  
Registration No. LUC/08612/2020-2021  
एन-520 सेक्टर-एम, एलडीए कॉलोनी, लखनऊ 226012  
M-520 Sector-M, LDA Colony, Lucknow 226012

## UTTAR PRADESH YOGASANA SPORT ASSOCIATION

Regd. Office : M-520, Sector-M, Near Chiranjiv Bharti School, Ashiyana Colony, Kanpur Road, LDA Colony, Lucknow, UP -226012  
Branch Office : B 42, Flat no. F-1, Aliganj Plaza, Sector-J, Aliganj, Lucknow, UP -226024  
Path Kind Lab, Near Jio Office, Amba Mall, Jhajhar Road, Jewar, UP -203135,

E-mail: secretariat.upysa@gmail.com,

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# UTTAR PRADESH YOGASANASPORT ASSOCIATION



Affiliation : National Yogasana Sports Federation  
(Associate Member : Indian Olympic Association)  
Recognition : Ministry of Youth Affairs and Sports, Govt. of India  
Registration No. : LUC / 08612 / 2020-21

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7042352550

Secretary  
Rohit Kaushik  
9759306870

6. An athlete can participate in all (four) events.
7. Syllabus: Download the syllabus given on the website of NYSF  
<https://yogasanaspport.in/>
8. Selection of athlete: District Team to represent in state championship

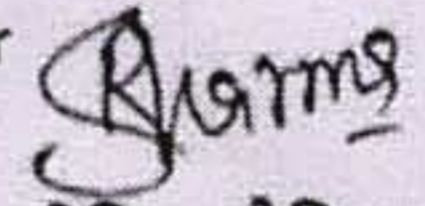
Event	Medals			Contingent
	Gold	Silver	Bronze	
Traditional Yogasana	✓	✓	✓	3
Artistic Yogasana Single	✓	✓	X	2
Artistic Yogasana Pair	✓	X	X	1+1
Rhythmic Yogasana Pair	✓	X	X	1+1
Total				9

Total Contingents	Male	Female
Sub Junior	9	9
Junior	9	9
Senior	9	9
Total	27	27

### Note:

After State championship, Artistic Group Event Team will be finalized for National Championship. The team of 5 players will be selected from 9 winners of the State with following selection criteria.

1. Gold Medalist of Artistic Yogasana Single, Artistic Yogasana Pair, Rhythmic Yogasana Pair.
2. If any seat falls vacant due to repetition of athlete or any other reason then, Silver Medalist Artistic Single, Silver Medalist Artistic pair, Silver Medalists Rhythmic pair. And still if the group of 5 is not formed then Artistic Yogasana bronze medalist.
3. If the player selected for Group event is not from team of 9, then the player will be eligible to play only group event in national Championship
4. Selection will be done by selection committee of the district.

  
रोहित कौशिक


सचिव / Secretary


उत्तर प्रदेश योगासन खेल संघ  
Uttar Pradesh Yogasana Sport Association  
पंजीकरण संख्या एलएनसी / 08612/2020-2021  
Registration No. LUC/08612/2020-2021  
एम-520 सेक्टर-एम, एलएनसी कॉलोनी, लखनऊ 226012  
M-520 Sector-M, LDA Colony, Lucknow 226012


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E-mail: [secretariat.upysa@gmail.com](mailto:secretariat.upysa@gmail.com)

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# UTTAR PRADESH YOGASANA SPORT ASSOCIATION



Affiliation : National Yogasana Sports Federation  
(Associate Member : Indian Olympic Association)  
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Registration No. : LUC / 08612 / 2020-21

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9412200304

Treasurer  
Sarvesh Kumar Upadhyay  
7042352550

Secretary  
Rohit Kaushik  
9759306870

5. Group event championship will not be organised at District and Statelevel, it be at National yogasana sports championship only. And the selection criteria will be as above from state yogasana sportschampionship.

- Consolation Certificates will be given to 4<sup>th</sup> and 5<sup>th</sup> rank holders.
- Participation Certificates will be given to all the participants performing the event properly.

### Registration fees of the Event

Age Category	Registration Fees Yearly (2022-2023)	1 Event Fees	Additional Fees Per Event
Sub Junior	200	100	50
Junior	200	100	50
Senior	200	100	50

### Example

Traditional Event  
200+100 = 300

Traditional Event and Artistic Single  
200+100+50 = 350

Traditional Event /Artistic Single/ Artistic Pair  
200+100+50+50 = 400

Traditional Event /Artistic Single/ Artistic Pair/ Rhythmic Pair  
200+100+50+50+50 = 450

**Note:** If you are in an artistic pair and a rhythmic pair, your partner will also have to pay separate fee. This is valid for 5 years. Participants will not pay any thing till 5 years.

रोहित कौशिक

सचिव / Secretary

उत्तर प्रदेश योगासन खेल संघ  
Uttar Pradesh Yogasana Sport Association  
पंजीकरण संख्या लुका / 08612/2020-2021  
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# UTTAR PRADESH YOGASANA SPORT ASSOCIATION



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President  
Rishi Pal Singh  
9412200304

Treasurer  
Sarvesh Kumar Upadhyay  
7042352550

Secretary  
Rohit Kaushik  
9759306870

6. The Athletes fee for Championship at District level to be deposited in cash in the name of District Yogasana Sports Association (in which district participant belongs) only.

(Kindly fee receipt at once before leaving the counter)

Note:

1. Judges' decisions will be final and cannot be challenged.
2. Protest can be raised only from the Individual Player (participating in the championship) and it should be made only for any technical reason.
3. Protest should be in writing with a fee deposit slip of Rs. 500/-
4. Protest should be done within 1 hour of the results declared.

\*Provide coach and manager name.

\* Contact no and email id of the school principal and coach.

रोहित कौशिक

रायिब / Secretary

उत्तर प्रदेश योगासन खेल संघ  
Uttar Pradesh Yogasana Sport Association  
पंजीकरण संख्या एल्यूसी / 08612/2020-2021  
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# NATIONAL YOGASANA SPORTS FEDERATION

## NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

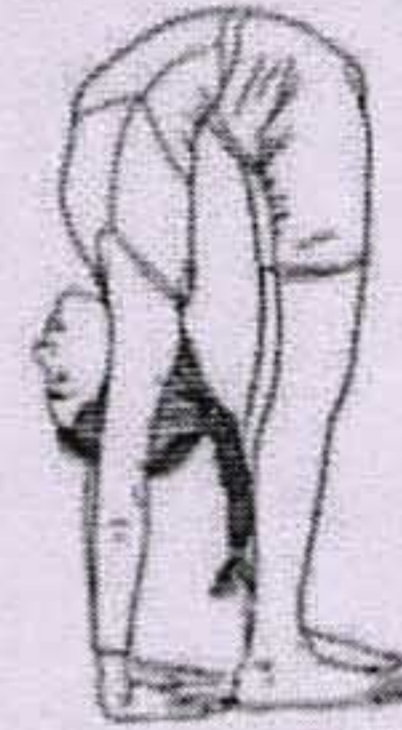
SUB JUNIOR GIRLS (Age 09+ to 14 Years)

### COMPULSORY YOGASANA CHART

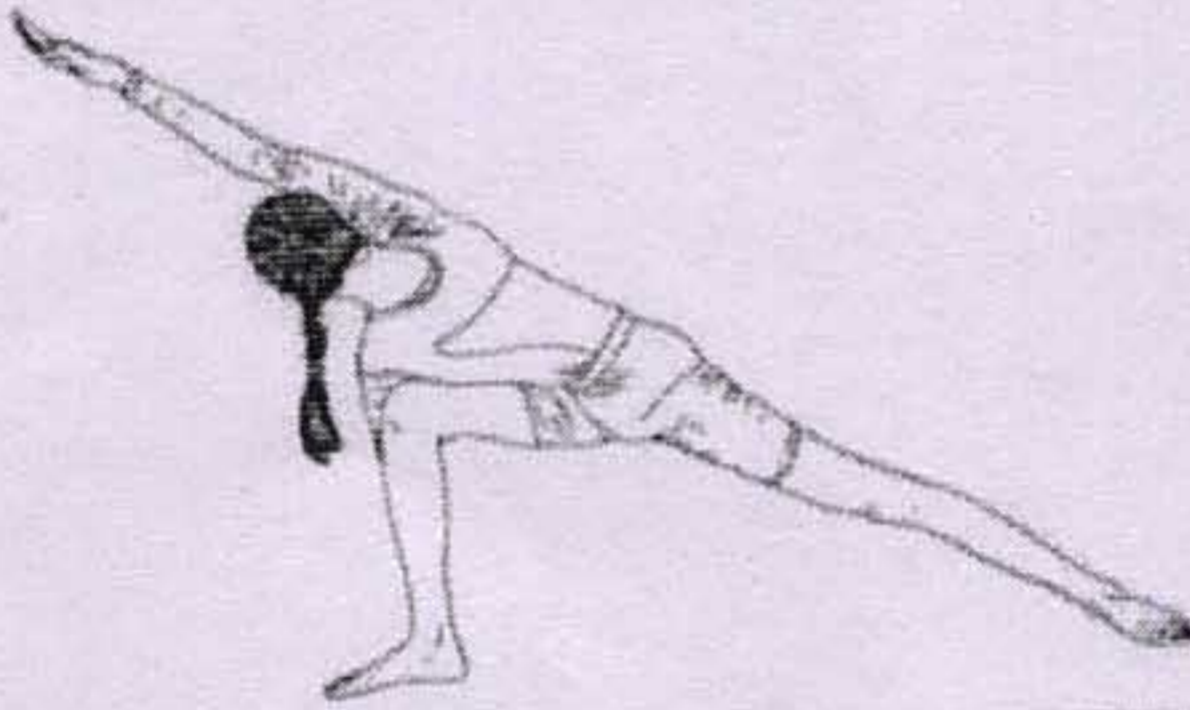
1. UPAVISHTA-KONASANA



2. PURNA-CHAKRASANA



3. PARIVRITTA PARSHVA KONASANA



4. UTTHITA-EKPADA-SKANDHASANA



5. GARUDASANA



#### Quarter Final Round (First Round)

- Competitor has to perform 5 compulsory Yogasanas and 2 optional Yogasanas in 1st round.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.

- Holding time of Compulsory Yogasana is 45 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

Secretary General  
National Yogasana Sports Federation  
Registration No. S-HDI/042/2020  
68 Ashoka Road New Delhi-110001

SYLLABUS ©NYSF





# NATIONAL YOGASANA SPORTS FEDERATION

## NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

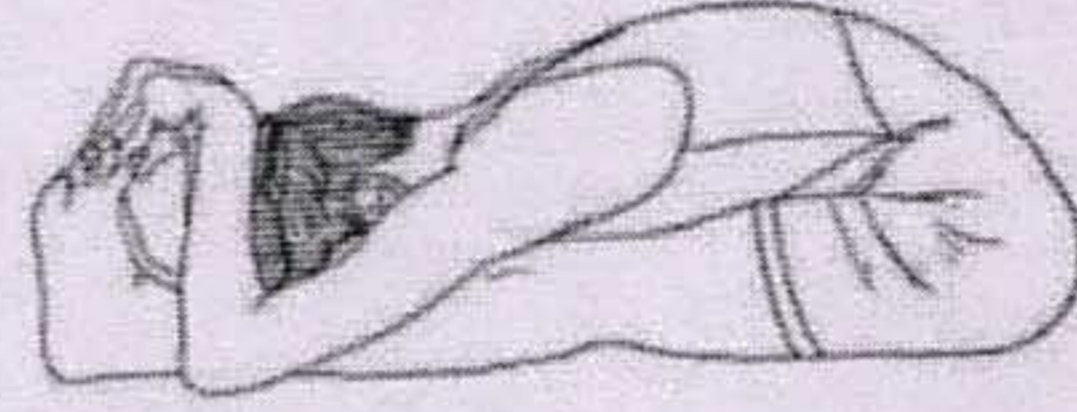
SUB JUNIOR BOYS (Age 9+ to 14 Years)

### COMPULSORY YOGASANA CHART

1. EKA-PADA-SKANDHASANA



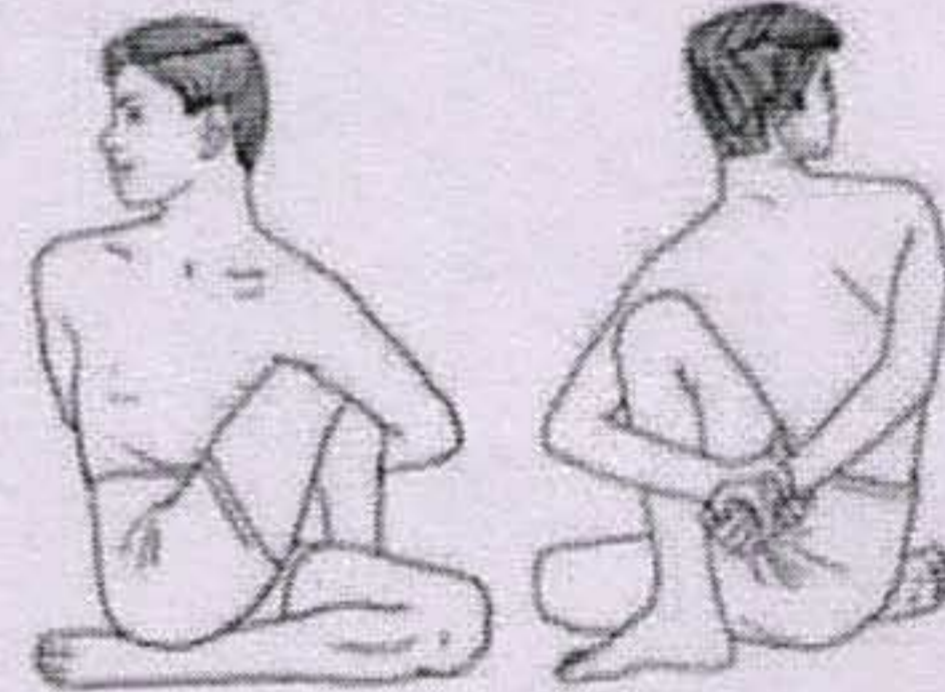
2. PASCHIMOTTANASANA



3. KAPOTASANA



4. ARDHA-MATSYENDRASANA -I



5. KUKKUTASANA



#### Quarter Final Round (First Round)

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- Always start and end your Yogasana performance with Namaste Mudra.

Secretary General  
National Yogasana Sports Federation  
Registration No. S/NDR/042/2020  
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SYLLABUS ©NYSF



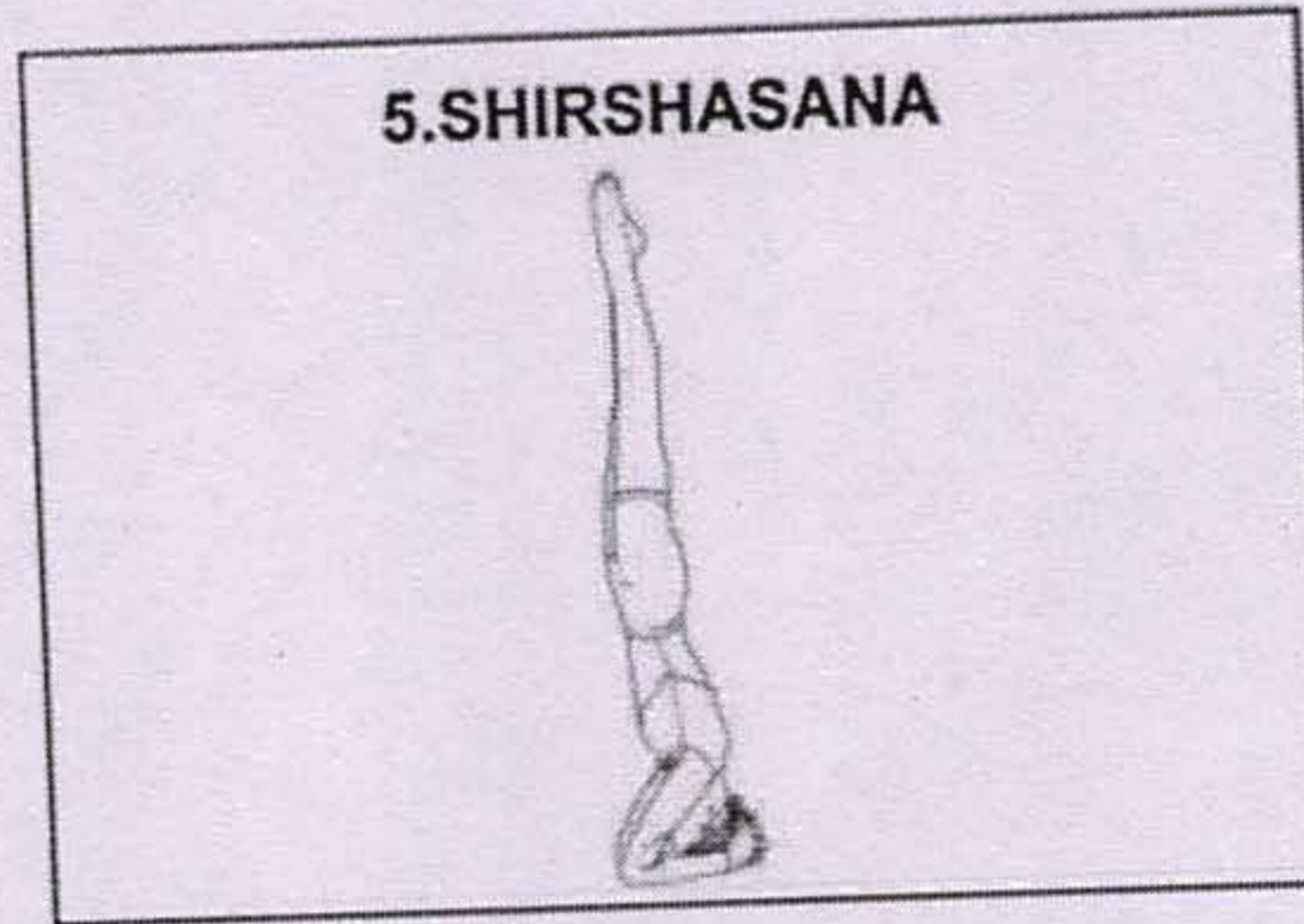
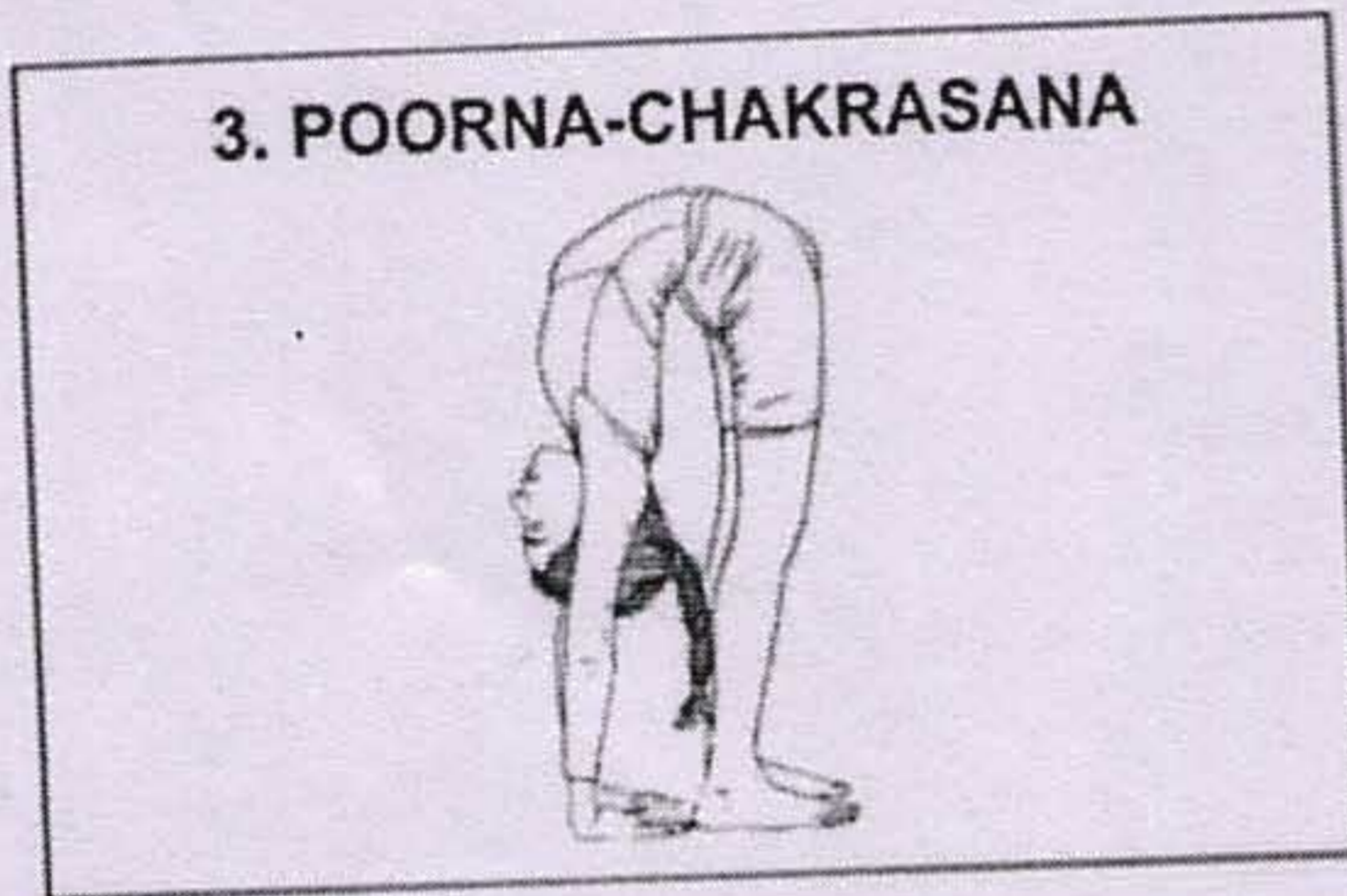
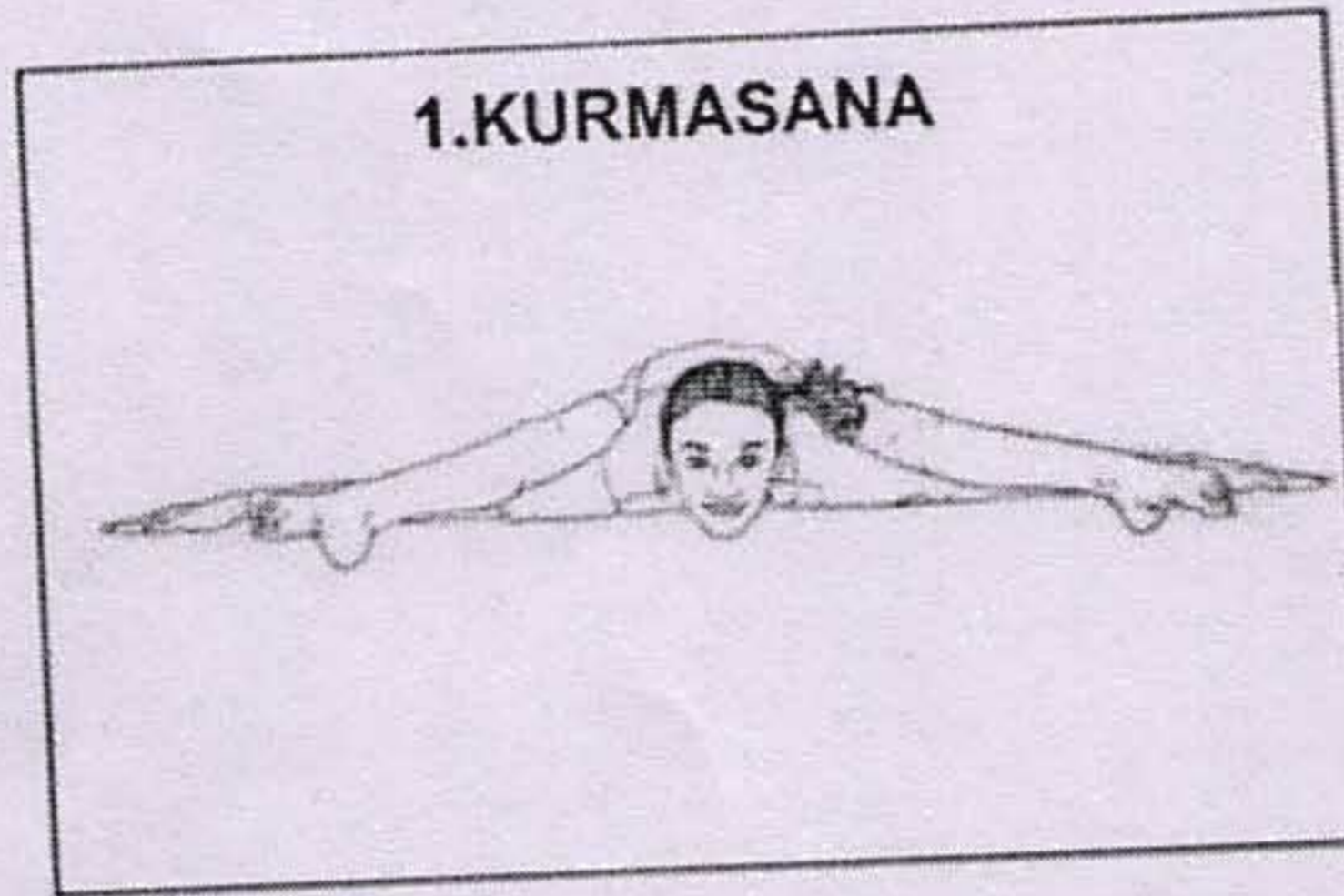


# NATIONAL YOGASANA SPORTS FEDERATION

## NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

SENIOR GIRLS (Age 18+ and Above)

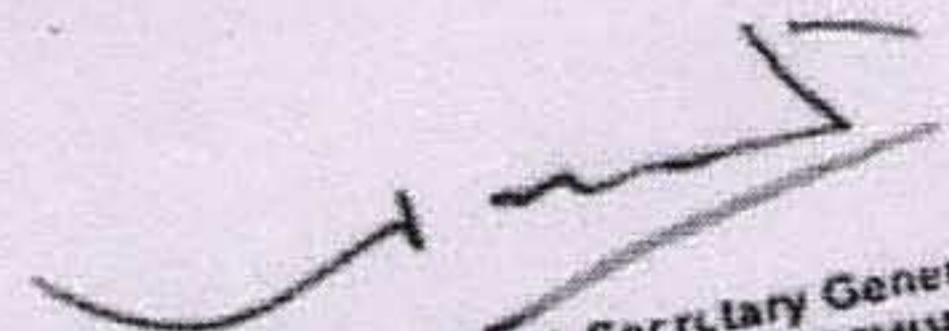
### COMPULSORY YOGASANA CHART



#### Quarter Final Round (First Round)

- Competitor has to perform 5 compulsory Yogasanas and 2 optional Yogasanas in 1st round.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance / Leg Balance.

- Holding time of Compulsory Yogasana is 90 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

  
Secretary General  
National Yogasana Sports Federation  
Registration No. SINDY/042/2020  
68, Ashoka Road, New Delhi-110001  
SYLLABUS © NYSF



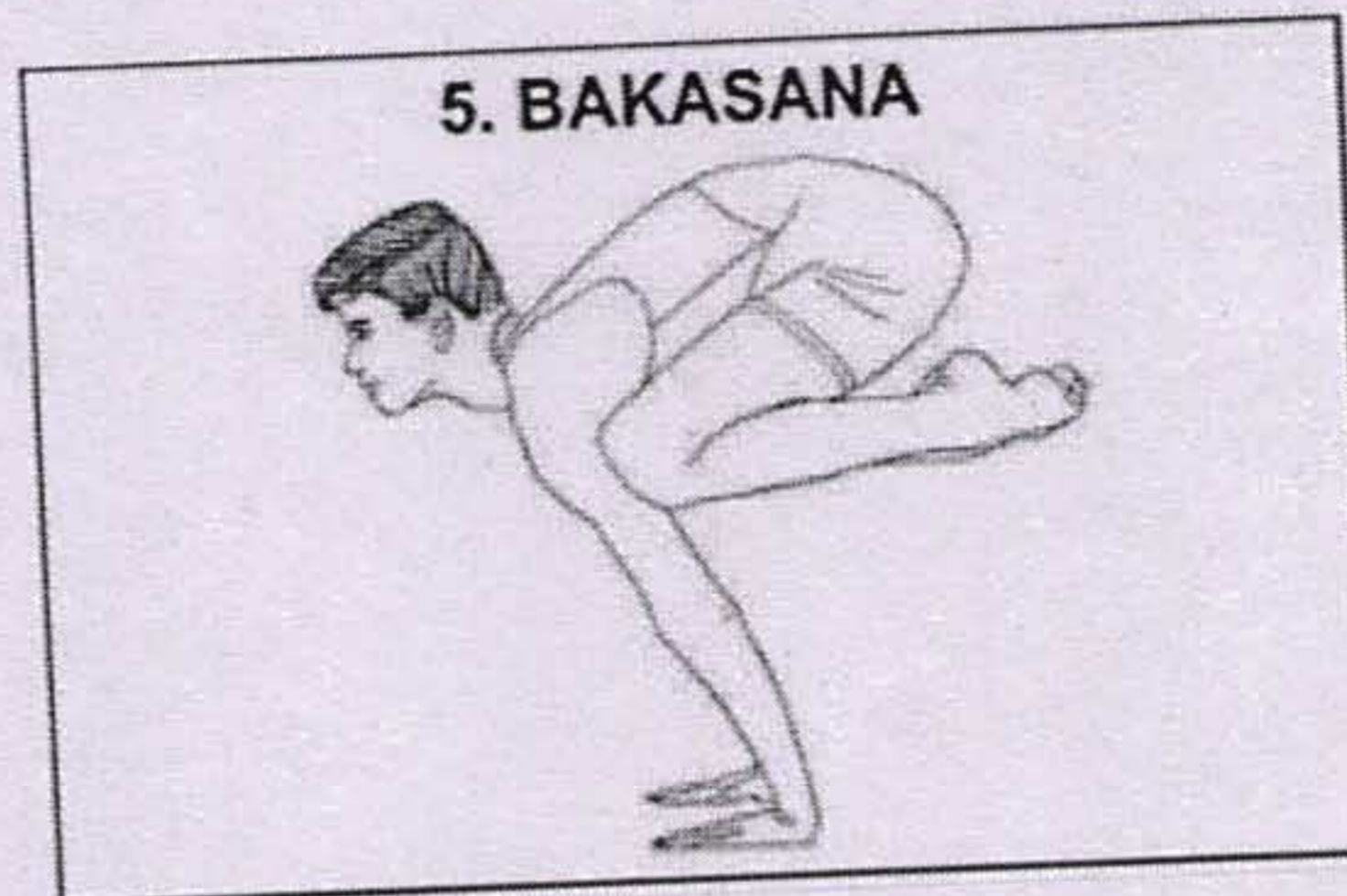
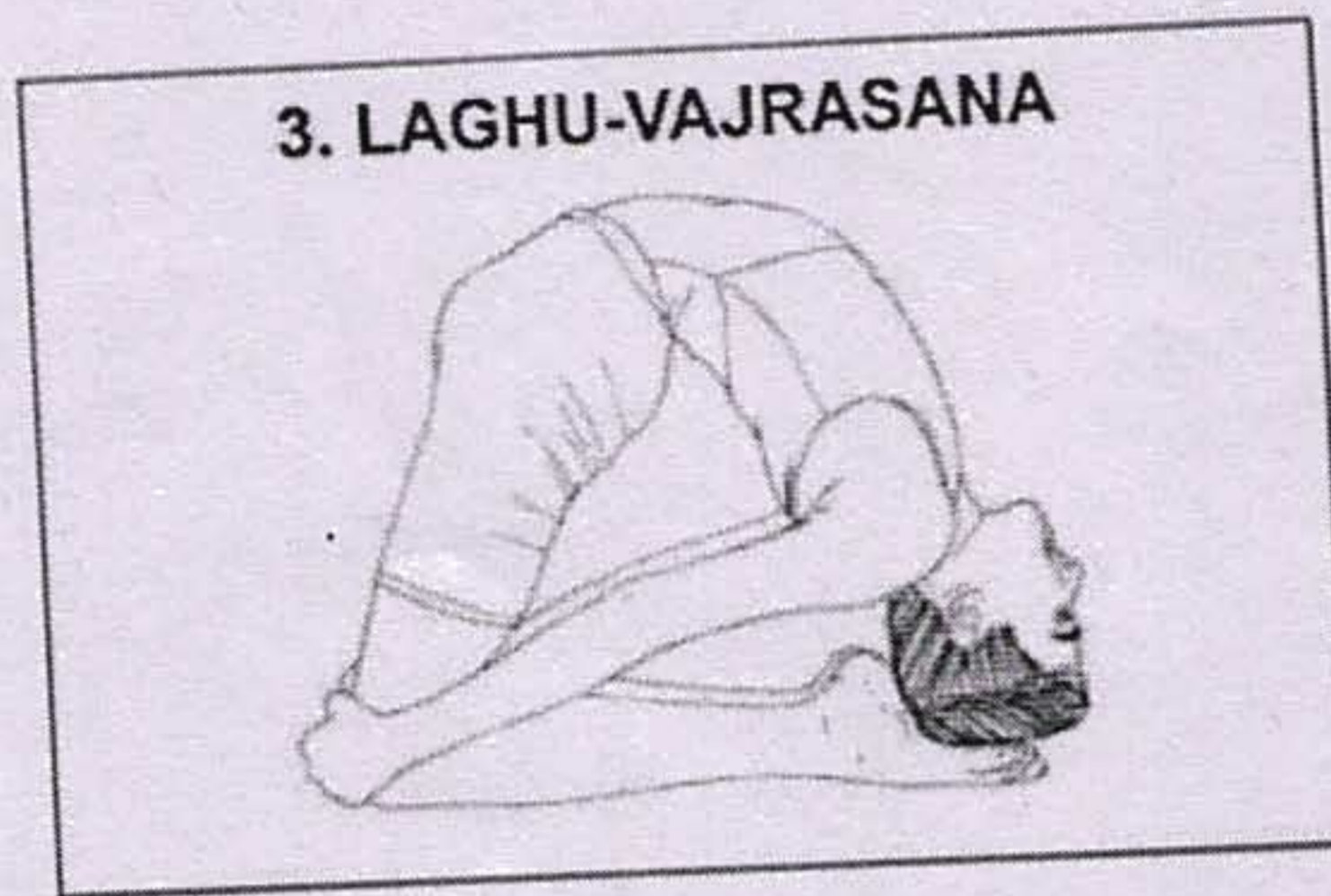
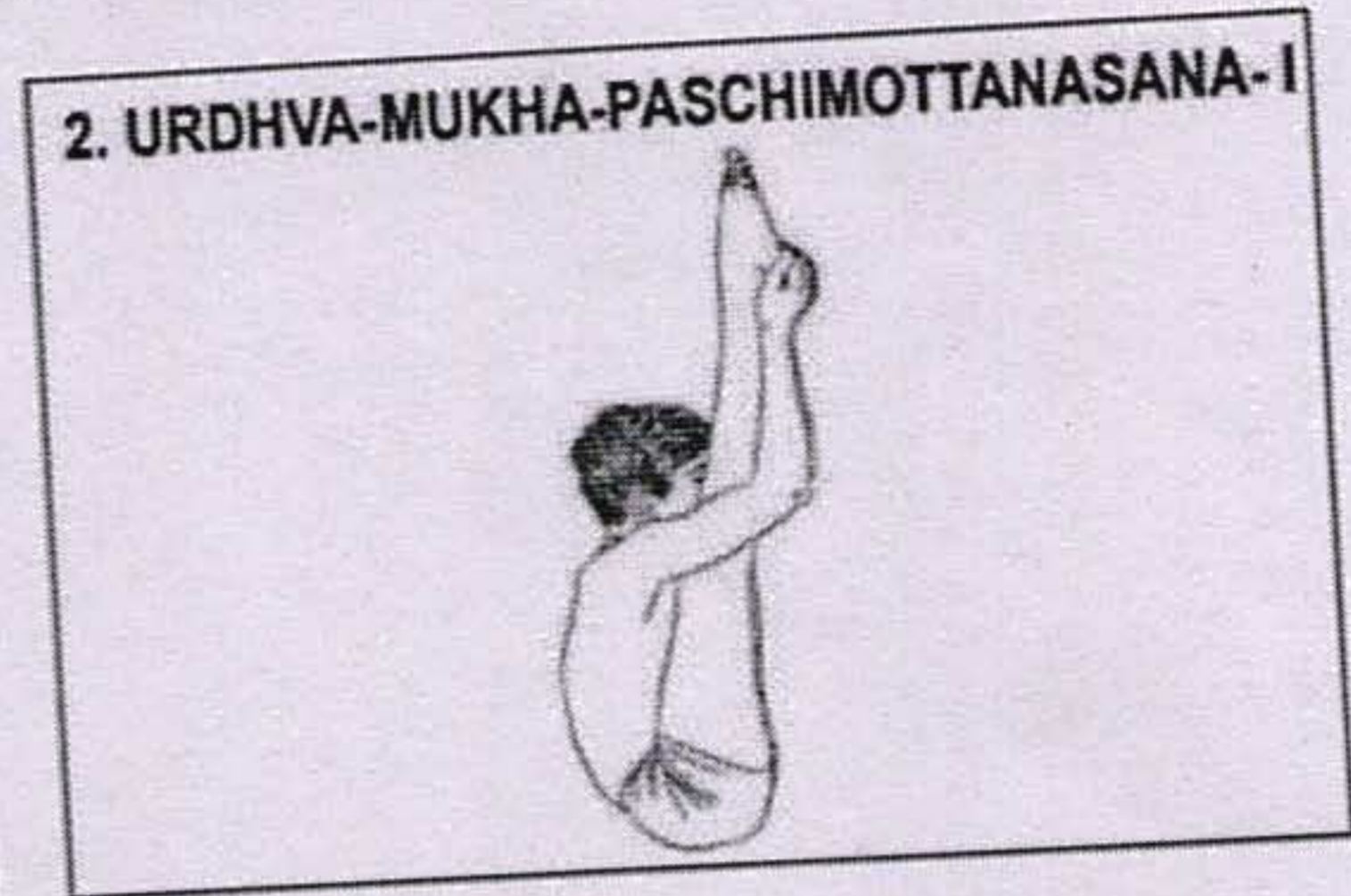
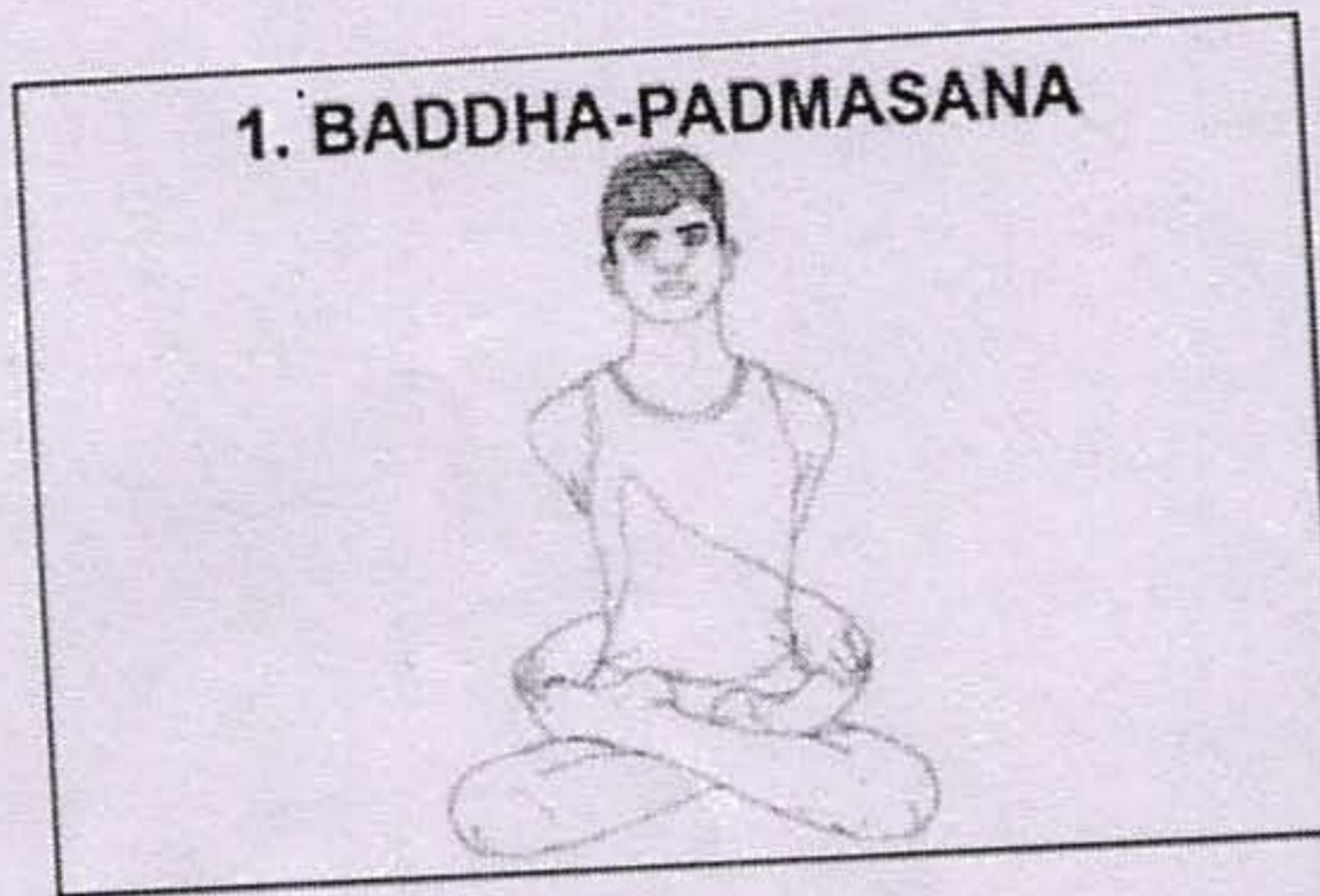


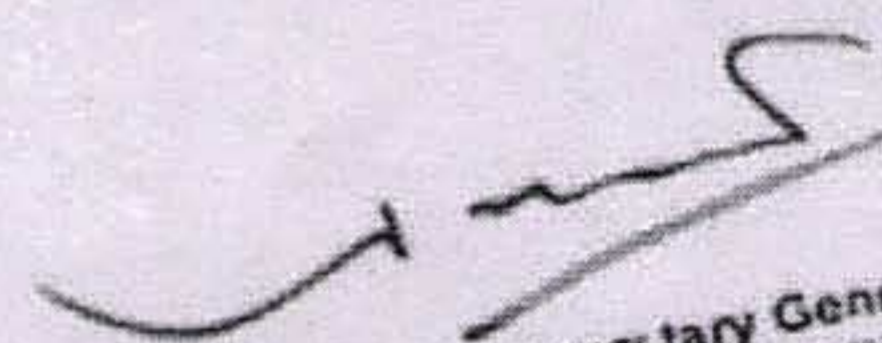
# NATIONAL YOGASANA SPORTS FEDERATION

## NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

SENIOR BOYS (Age 18+ and Above)

### COMPULSORY YOGASANA CHART



  
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National Yogasana Sports Federation  
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#### Quarter Final Round (First Round)

- Competitor has to perform 5 compulsory Yogasanas and 2 optional Yogasanas in 1st round.
- Optional Yogasana charts are available on Website of NYSE. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.

- Holding time of Compulsory Yogasana is 90 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.





# NATIONAL YOGASANA SPORTS FEDERATION

## NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

JUNIOR BOYS (Age 14+ to 18 Years)

### COMPULSORY YOGASANA CHART

1. VIRANCHYASANA - I



2. UPAVISHTA-KONASANA



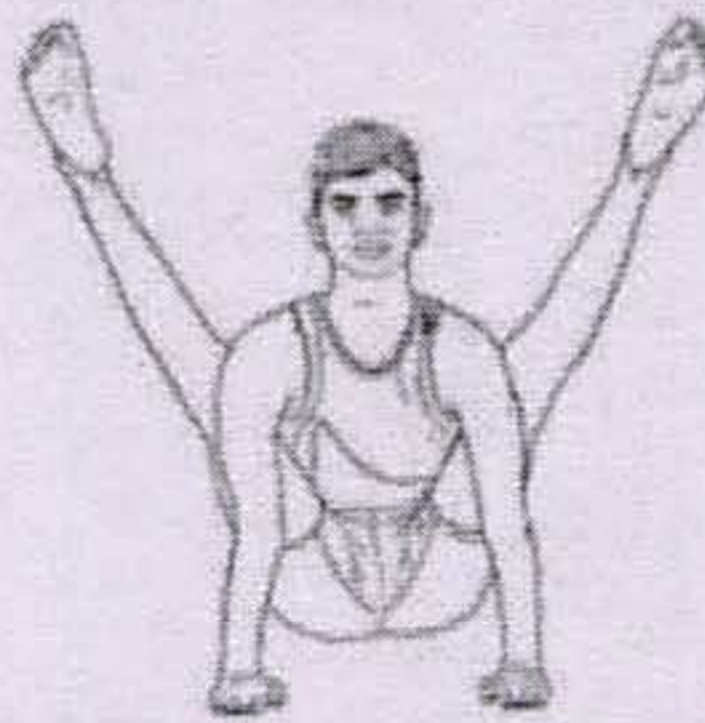
3. POORNA-SHALABHASANA



4. PARIPURNA-MATSYENDRASANA



5. TITTIBHASANA



#### Quarter Final Round (First Round)

- Competitor has to perform 5 compulsory Yogasanas and 2 optional Yogasanas in 1st round.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance / Leg Balance.

- Holding time of Compulsory Yogasana is 60 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

  
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# NATIONAL YOGASANA SPORTS FEDERATION

## NATIONAL INDIVIDUAL YOGASANA SPORTS CHAMPIONSHIP SYLLABUS

JUNIOR GIRLS (Age 14+ to 18 Years)

### COMPULSORY YOGASANA CHART

1. UPAVISHTA-KONASANA



2. POORNA-MATSYASANA



3. PARIPURNA-MATSYENDRASANA



4. KUKKUTASANA



5. VATAYANASANA



- Competitor has to perform 5 compulsory Yogasanas and 2 optional Yogasanas.
- Optional Yogasana charts are available on Website of NYSF. There are each 2 charts of 5 different varieties. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance / Leg Balance.

- Holding time of Compulsory Yogasana is 60 seconds.
- Holding time of Optional Yogasanas is 15 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

श्रीत नरिण / Secretary General  
श्रीत नरिण / श्रीत नरिण  
National Yogasana Sports Federation  
श्रीत नरिण / श्रीत नरिण / श्रीत नरिण  
Registration No. SINDR/042/2020  
श्रीत नरिण / श्रीत नरिण / श्रीत नरिण  
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# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

• FB-1 •

### Forward Bend Standings (FBS)

(Regd.)  
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 Registration No. NYSD/042/2020  
 88 Ashoka Road New Delhi-110001

	FBS-A Mark - 0.6	FBS-B Mark - 0.7	FBS-C Mark - 0.8	FBS-D Mark - 0.9	FBS-E Mark - 1.0
1	 Uttanasana - II	 Padapasha-Parshvottanasana	 Adhomukh Tittibhasana	 Kardalikasana - I	 Urdhvamukha Tittibhasana
2	 Malayasana	 Prasarit-pash padottanasana	 Skandha-Pada-Adhomukh-Shwanasana	 Kardalikasana - II	 Sheersha-Kurmasana
3	 Parshvottanasana	 Put-Pada-Shwanasana	 Paripurna-Tittibhasana	 Panavasana	 Adhomukh-Skandhapadasana
4	 Prasarit Padottanasana-1	 Prapada-Uttana-Prushthasana	 Suptakonasana	 Ardha Baddha Padmottanasana	 Utthit-Padamula Tittibhasana
5	 Prasarit Padottanasana-2	 Padahastottanasana	 Samatvasana	 Skandha-Pada-Dandasana	 Shatapadyasana





# NATIONAL YOGASANA SPORTS FEDERATION

(Regd.)

## Optional Yogasana Charts

### FB-2 Forward Bend Floor (FBF)

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 राष्ट्रीय योगसना खेल संघ  
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 लक्ष्मण नगर एन / ईटी / 1042 / 2020  
 Registration No. SINDI/042/2020  
 68 Ashoka Road New Delhi-110001

	FBF-A Mark - 0.6	FBF-B Mark - 0.7	FBF-C Mark - 0.8	FBF-D Mark - 0.9	FBF-E Mark - 1.0
1	 Paschimottanasana	 Upavishta-Konasana	 Saralahasta-Pinda-Padmasana	 Urdhvamukha-Paschimottanasana - 1	 Supta Tittibhasana
2	 Halasana	 Krounchasana	 Karna-Peetasana	 Timayasana	 Utthit-Ekpada-Hasta-Prushtasana
3	 Ardha-baddha-Padma-Paschimottanasana	 Salamb-Sarvangasana-1	 Baddha-Viparit-Kurmasana	 Parshva-Pindasana-Yukta-Sarvangasana	 Yoga-Nidrasana
4	 Marichyasana - 1	 Marichyasana - 2	 Pindasanayukta-Sarvangasana	 Urdhva-Padapadma-Sarvangasana	 Saraghasana
5	 Skandasana - 1	 Urdhavamukha-Paschimottanasana - 2	 Bhrunasana	 Ramadootasana	 Pingalāsana





NATIONAL  
YOGASANA SPORTS  
FEDERATION  
॥ सर्व योगे शान्ति ॥

# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

BB-1

Back Bend Standing (BBS)

(Regd.)

भारतीय योग / Secretary General  
भारतीय योग संघ / National Yogasana Sports Federation  
Registration No. SINDI/642/2020  
88, Ashoka Road New Delhi-110001

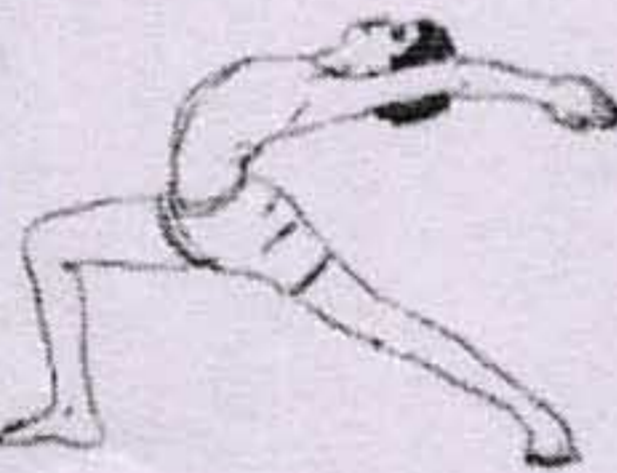



BBS-A  
Mark - 0.6

BBS-B  
Mark - 0.7

BBS-C  
Mark - 0.8

BBS-D  
Mark - 0.9

BBS-E  
Mark - 1.0

1	 Ardha-Chandrasana	 Nandighoshasana	 Tryanga-Mukhotanasana	 Eka-Pada-Urdhva-Dand-Dhanurasana	 Urabhrasana
2	 Bheemasana	 Veernilasana	 Sooryanamaskarasana	 Mahakarnasana	 Mahaneelasana
3	 Chamatkarasana	 Darukasana	 Poorna-Chakrasana	 Konarkasana	 Dimbasana
4	 Chitroshtakasana	 Gajanasana	 Chakra-Garudasana	 Eka-Pada-Lambakona-Chakrasana	 Dhwaja Dwarasana
5	 Eka-Pada-Setubandha-chakrasana	 Girijasana	 Chakravayuvhasana	 Kambalāsana	 Kosha Krumikasana





# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

BB-2

### Back Bend Floor (BBF)

(Regd.)  
 National Yogasana Sports Federation  
 Registration No. SINDI/042/2020  
 68 Ashoka Road New Delhi-110001





BBF-A  
Mark - 0.6

BBF-B  
Mark - 0.7

BBF-C  
Mark - 0.8

BBF-D  
Mark - 0.9

BBF-E  
Mark - 1.0

1	 Ushtrasana	 Laghu-Vajrasana	 Purna-Chakrabandhasana	 Shankhapalāsana	 Chitrapatāngāsana
2	 Ekapada-Rajakapotānāsana-3	 Govardhānāsana	 Ardha-Kapota-Vamadevasana	 Ekapada-Viparit-Shalbasana	 Mriga-Mukhasana
3	 Sharāngāsana	 Mahaveerāsana	 Vayuputrasana	 Sugreevasana	 Viparita-Valkhilyāsana
4	 Ekapada-Viparit-Dandasana - 1	 Padmanabhasana	 Padangushtha-Dhanurasana	 Padma-Jhashāsana	 Prajaktāsana
5	 Shivadhanushyāsana	 Poorna-Matsyāsana	 Gandabherundasana	 Supta-Dimbasana	 Vibhakta-Viparita-Shalabhasana





# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

### TB-1 Twisting Body Floor (TBF)

(Regd.)  
 National Yogasana Sports Federation  
 Registration No. SIND/042/2020  
 68 Ashoka Road New Delhi-110001

	TBF-A Mark - 0.6	TBF-B Mark - 0.7	TBF-C Mark - 0.8	TBF-D Mark - 0.9	TBF-E Mark - 1.0
1	 Parivritta - Padmasana	 Parivritta-Janu-Shirshasana	 Ardha-Matsyendrasana - I	 Parivritta-Ramadootasana	 Parivritta Upavishta-Konasana
2	 Ardha-Matsyendrasana - IV	 Shoolpashasana	 Kesarisutasana	 Parivritta-Ushtrasana	 Katipada-Matsyendrasana
3	 Parighasana	 Maricheyasana-III	 Parivritta-Paschimottanasana	 Marichyasana - 4	 Parivritta-Eka-Pada-Shirasana
4	 Ranaveerasana	 Uddalakasana	 Trishoolpashasana	 Ardha-Padma-Shoolpashasana	 Pushpadantasana
5	 Baddhapada-Matsendrasana	 Amit-Vikramasana	 Padaputa-Parivritta-Janu-Shirasana	 Paripurna-Matsyendrasana	 Utthit-Pada-Parivritta-Janu-Shirasana










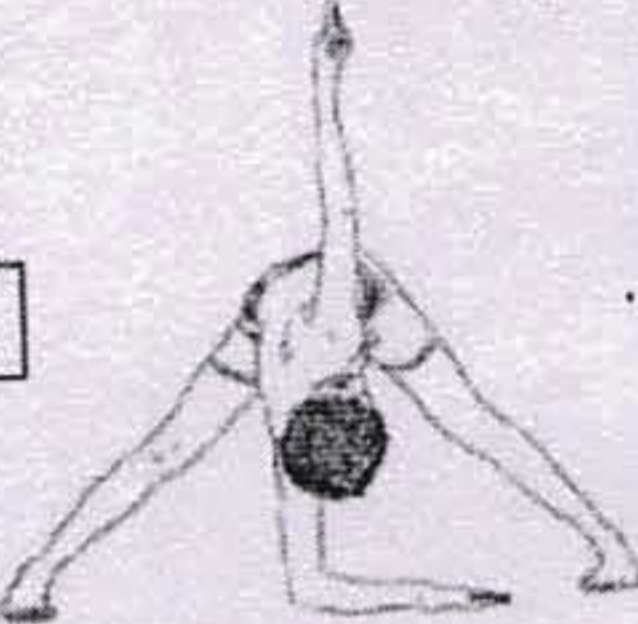
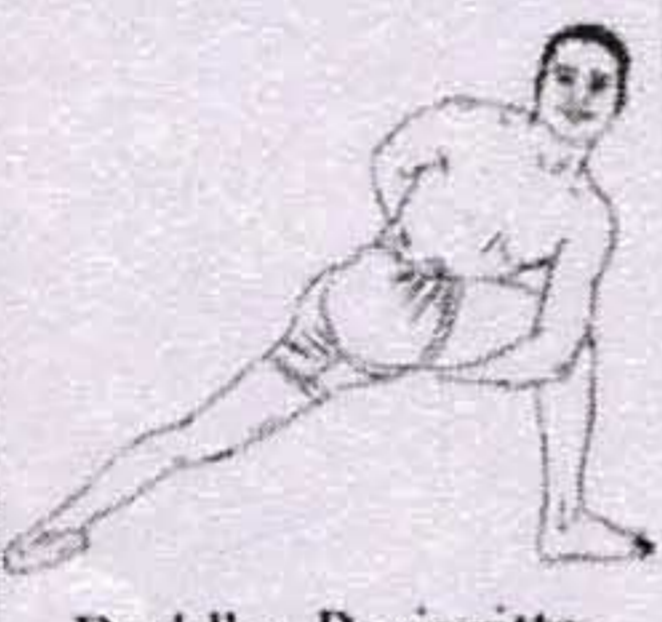




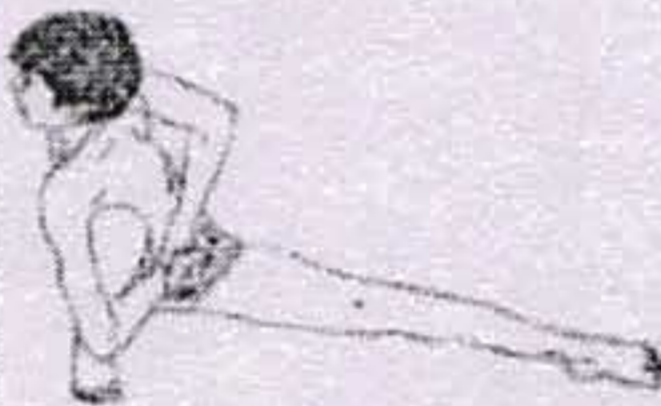











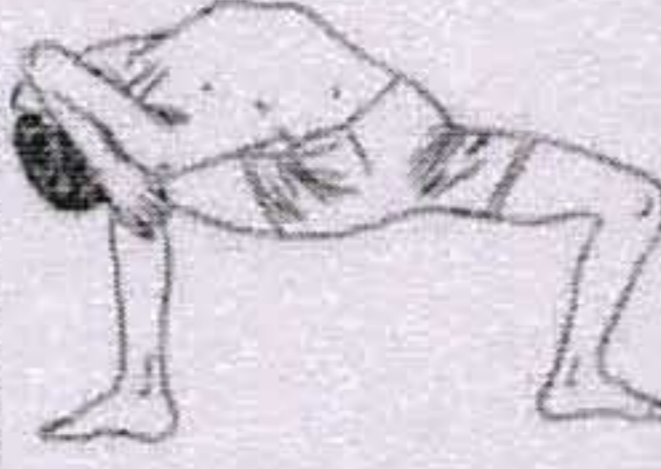

# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

• TB-2 •

### Twisting Body Balance (TBB)

(Regd.)  
 ॥ श्री गणेशाय नमः ॥ Secretary General  
 National Yogasana Sports Federation  
 Registration No. SIND/042/2020  
 68 Ashoka Road New Delhi-110001

	TBB-A Mark - 0.6	TBB-B Mark - 0.7	TBB-C Mark - 0.8	TBB-D Mark - 0.9	TBB-E Mark - 1.0
1	 Parivrutta-Namanasana	 Shrugalāsana	 Parivritta-Uttanasana	 Maroodāsana-1	 Malayāsana
2	 Himavānasana	 Baddha-Parivritta-Parshva-Konasana	 Mahendrasana	 Kanchangangāsana	 Kailāsana
3	 Parivritta-Utkāsan	 Baddhapada-Parivritta-Upveshasana	 Angushta-Padottanasana	 Maheshwarāsana	 Parivritta-Vishwāmitrasana
4	 Parivritta-Parshva-Konasana	 Parivritta-Trikonasana	 Ardhapadma-Parivritta-Parighāsana	 Nishigandhasana	 Putpada-Vishwāmitrasana
5	 Vindhyaśana	 Parivritta-Padottanasana	 Parivritta-Kallyāsana	 Parshva-Kallyāsana	 Vetalāsana





# NATIONAL YOGASANA SPORTS FEDERATION

Optional Yogasana Charts

## LB-1 Leg Balance Backward Bend (LBB)

(Regd.)  
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 राष्ट्रीय योगा / National Yogasana Sports Federation  
 Registration No. SIND/542/2020  
 68 Ashoka Road New Delhi-110001

	LBB-A Mark - 0.6	LBB-B Mark - 0.7	LBB-C Mark - 0.8	LBB-D Mark - 0.9	LBB-E Mark - 1.0
1	 Saral-Natrajasana	 Natarajasana	 Dwihastapada-Natarajasana	 Urdhvamukha-Veerabhadrasana	 Kunjarasana
2	 Hastapada-Lasyasana	 Muktahast-Marutsakhasana	 Anta-Gulfa-Hasta-Natarajasana	 Greevapada-Natarajasana	 Viparit-Dandayaman-Tripurasana
3	 Baddha-Natrajasana	 Lasya-Natrajasana	 Yoganandasana	 Sundara-Vimanasana	 Vamdeva-Tripurasana
4	 Hastanka-Lasyasana	 Raj-Vimanasana	 Shikhapada-Natrajasana	 Pratyanchyasana	 Ekapada-Tryanga-Mukhottanasana
5	 Pratiruddhasana	 Vayu-Rathasana	 Skandhapada-Natrajasana	 Tandavasana	 Mohini-Astrasana





# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

LB-2

### Single Leg balance Forward Bend (LBF)

(Regd.)  
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 भारतीय योगसना संघ / National Yogasana Sports Federation  
 Registration No. SNO/042/2020  
 68 Ashoka Road New Delhi-110061

LBF-A  
Mark - 0.6

LBF-B  
Mark - 0.7

LBF-C  
Mark - 0.8

LBF-D  
Mark - 0.9

LBF-E  
Mark - 1.0

1	 Urdhva-Prasarita-Lambakonasana	 Dandayamana-Janushirasana	 Dhwajadandasana	 Ruchikasana-2	 Muktahasta-Trivikramasana
2	 Swarga-Dwijasana	 Veerbandhasana-III	 Parivrutta-Baddha-Ardhachandrasana	 Vamanasana	 Urdhva-Prasarit-Eipadasana - II
3	 Pasha-Lamba-Konasana	 Parivrutta-Swarga-Dwijasana	 Utkata-Dandayamana-Janushirasana	 Pakshikasana	 Kanishasana
4	 Garudasana	 Pashstrasana	 Niralamba-Vatayanasana	 Sankhyasana	 Trishoolasana
5	 Vrukshasana (Namaskara)	 Pushpakasana	 Garuda-Vimanasana	 Bhingyasana	 Sarasasana





# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

### HB-1 Hand Balance Forward Bend (HBF)

(Regd.)  
 ॥ श्री गणेशाय नमः ॥  
 National Yogasana Sports Federation  
 Registration No. NYSD/042/2020  
 68 Ashoka Road New Delhi-110001





















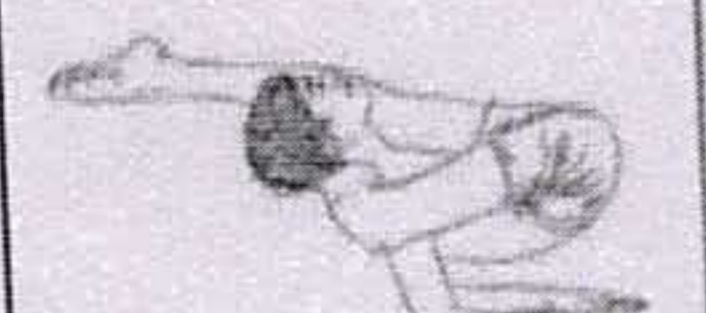
HB-F-A  
Mark - 0.6

HB-F-B  
Mark - 0.7

HB-F-C  
Mark - 0.8

HB-F-D  
Mark - 0.9

HB-F-E  
Mark - 1.0

1	 Brahmacharyasana	 Urdhva-Kukkutasana	 Adhomukh-Vrukshasana	 Dand-Tolan-Paschimottanasana	 Urdhvamukha-Hasta-Padmasana
2	 Kukkutasana	 Mayoorasana	 Ekapada-Vaksha-Mayoorasana	 Chakorasana	 Adhomukha-Utthit-Koormasana
3	 Bakasana	 Ashtavakrasana	 Koundinyasana	 Parivrutta-Tittibhasana	 Bramhastrasana
4	 Dwipada-Koundinyasana	 Padma-Mayoorasana	 Tittibhasana	 Fanindrasana	 Ekahasta-Padma-Mayoorasana
5	 Bhallukasana	 Makshikasana	 Ekapada-Prushtha-Tittibhasana	 Utthit-Ekpada-Prushtha-Sheershasana	 Parashupashasana





# NATIONAL YOGASANA SPORTS FEDERATION

## Optional Yogasana Charts

• HB-2 •

### Hand Balance Backward Bend (HBB)

(Regd.)  
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 68 Ashoka Road New Delhi-110001

	HBB-A Mark - 0.6	HBB-B Mark - 0.7	HBB-C Mark - 0.8	HBB-D Mark - 0.9	HBB-E Mark - 1.0
1	 Pinch-Mayurasana	 Padanka-Vrshikasana - II	 Ekipad-Vrushik-Shiva-Linkarasana	 Nagastrasana	 Parivrutta-Shiva-Lingakarasana
2	 Eka-Pada-Pinch-Mayoorasana	 Vruschikasana - II	 Karkotasana	 Padma-Vruschikasana	 Kakmukta-Hastasana
3	 Vruchikasana - I	 Adhomukh-Vrikshasana	 Paripurnasana	 Ekipad-Kokilasana	 Dwipad-Kokilasana
4	 Jatukasana	 Padma-Pada-Vruschikasana - II	 Shiv-Lingakarasana	 Putpada-Kokilasana	 Hast-Samkonasana
5	 Ardha-Padma-Pincha-Mayoorasana	 Ekapada-Skandha-Shiva-Lingakarasana	 Ekipad-Kokila-Vruschiksana - I	 Utthit-Lamb-Konasana	 Vibhakt-Pada-Shiva-Lingakarasana