



YOGASANA BHARAT

(Earlier Known as National Yogasana Sports Federation)

Registration No. S/ND/1042/2020

Recognized by Ministry of Youth Affairs and Sports, Government of India

Affiliated to World Yogasana

Associate Member : Indian Olympic Association

Udit Sheth
President

Dr. Jaideep Arya
Secretary General

Rachit Kaushik
Treasurer



Guinness World Record Holder Organization

File No. YB/10/2025-26/06/NC- Sr. & Sr. A

Date: 26.06.2025

Dr. Sanjay Malpani
Vice President

Dr. Anada Balayogi Bhawanani
Vice President

Rakesh Kumar
Vice President

Dr. M Niranjana Murthy
Vice President

Ved Prakash Sharma (Retd. IPS)
Joint Secretary

Dr. Aarti Pal
Joint Secretary

Dr. C V Jayanth
Joint Secretary

Nandanam Krupakar
Joint Secretary

Rohit Kaushik
Member

Bikas Goswami
Member

Shyamal Ta
Member

Pukhrambham Birpradash
Member

CIRCULAR

To,

1. All State President/ Secretary,
State/UT Yogasana Sports Association
2. The Assistant Secretary,
All India Police Sports Control Board.
3. The Dy. Secretary (Sports & Academics),
Central Board of Secondary Education
4. The Chief Executive & Secretary,
Council for the Indian Certification Examinations

Subject: 6th Seniors & Senior A National Yogasana Sports Championship 2025-26 (Men & Women) at Bhilai, Dist. Durg, Chhattisgarh, from 11th to 14th September 2025.

Dear Brothers & Sisters,

We are glad to inform you that, 6th Seniors & Senior A National Yogasana Sports Championship 2025-26 (Men & Women) will be hosted by '**Chhattisgarh Yogasana Sports Association**' from 11th to 14th September 2025 at Agrasen Bhawan, Sector 6, Bhilai, Dist. Durg, Chhattisgarh.

You are requested to confirm the participation of Athletes, Team Manager and Coaches at Bhilai, Dist- Durg, Chhattisgarh for the above said championship. The guidelines/instructions for the above said championship is as under:

1. Reporting & physical verification of the documents at the registration desk is on 10th September 2025 before 3 PM. Accommodation will be provided from 10 AM onwards on 10th September 2025.
2. Departure of team should be on 15th September 2025 before 12 noon.
3. Last date of Submitting entries is 25th August 2025. The entries of athletes must be sent on prescribed format on letter head of association with sign and stamp of President/Secretary.
4. It is mandatory that Athletes & Judges to have Yogasana Bharat I'd Card. Athletes/ Coaches/Judges can generate I'd card from www.yogasanabharat.com. (Please use computer/laptop for generating I'd Card).
5. 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.



In campus of Guru Gorakhnath Mandir, Phase 1, Pocket 3, Sector 7, Dwarka, New Delhi-110075, India.

T: +91(11)42636206 | E: secretariat@yogasanabharat.com

गुरु गोरखनाथ मंदिर परिसर, पेज 1, पॉकेट 3, सेक्टर 7, द्वारका, नई दिल्ली -110075, भारत.



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6. The competition will be held in following events:

Sr. No.	Event	Senior	Athletes	Senior A	Athletes
1.	Traditional Yogasana	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
2.	Forward Bend Individual	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
3.	Back Bend Individual	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
4.	Twisting Body Individual	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
5.	Hand Balance Individual	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
6.	Leg Balance Individual	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
7.	Supine Individual	<input checked="" type="checkbox"/>	1	<input checked="" type="checkbox"/>	1
8.	Kalatmak Ekal Yogasana (Artistic Yogasana Single)	<input checked="" type="checkbox"/>	1	<input type="checkbox"/>	0
9.	Kalatmak Yugal Yogasana (Artistic Yogasana Pair)	<input checked="" type="checkbox"/>	1 Pair	<input type="checkbox"/>	0
10.	Talatmak Yugal Yogasana (Rhythmic Yogasana Pair)	<input checked="" type="checkbox"/>	1 Pair	<input type="checkbox"/>	0
11.	Kalatmak Samuha Yogasana (Artistic Yogasana Group)	<input checked="" type="checkbox"/>	1 Group	<input type="checkbox"/>	0
12.	Traditional Yogasana Group	<input checked="" type="checkbox"/>	1 Group	<input checked="" type="checkbox"/>	1 Group

7. One athlete can participate in maximum 4 events including Artistic Yogasana Group & Traditional Yogasana Group. It becomes mandatory responsibility of every athlete to play in team events if selected by state authority as they are representing state team.

8. The cut-off date for calculating age is 1st January 2025. The age groups are as under:

Sr. No.	Age Group	Age Between
i.	Senior (18+ to 28 years)	31.12.2006 to 01.01.1997
ii.	Senior A (28+ to 35 years)	31.12.1996 to 01.01.1990

9. 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.
10. Parents are not allowed along with athlete/team.
11. State/UT Associations should bring 02 Association flags along with them (3x2 ft & 6x4 ft).
12. The Competition Director will collect the certificates/documents and then only the athletes will be allowed to participate in the championship.
13. Accommodation for athletes shall be semi furnished. Teams are advised to bring their own bedding as per the weather condition.
14. Fees per athlete per day is as under:

Per Athlete per Day	Food & Accommodation	500/-
	TOTAL for 5 days	2500/-



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Joint Secretary

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Joint Secretary

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Member

Bikas Goswami
Member

Shyamal Ta
Member

Pukhrambam
Birpradash
Member

The fees of athletes should be paid through State Association Bank Account only in the Chhattisgarh Yogasana Sports Association Bank Account in a single transaction before 25th 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 is as under:

Name: Chhattisgarh Yogasana Sports Association
Account No.: 10149042528
IFSC Code: IDFB0060562
Bank: IDFC First Bank
Branch: Bhilai Branch

15. Athletes/Team Managers/ Coaches/ others are requested to refer latest rules & regulations (Code of Points) of the competition available on the website <https://yogasanasport.in/code-of-point/> .

16. Contact Details for any queries:

Food & Accommodation: Mr. Shailendra Vishi (9406100143), Mr. Parul Sharma (9289429991)
Technical Assistance: Mr. Bhojendra Kumar Sahu (7000631938),
Transportation: Mr. Mejar Singh (9691756789), Mr. Domendra (9098122254)

17. How to reach:

- Nearest Railway Station: Durg (8 kms).
- Nearest Bus Stand: Durg (8 km)
- Nearest Airport: Swami Vivekananda Airport, Raipur (50 kms)
- The arrival departure timing must be provided in advance at least 48 hours.

Encls:

- Format of Risk Certificate.
- Format of Medical Fitness Certificate
- Format for Athletes Entry



Sincerely,
-sd-

Dr. Jaideep Arya
Secretary General

Copy, for information to:

- Secretary (Sports), Department of Sports, Ministry of Youth Affairs & Sports, Government of India, Shastri Bhawan, New Delhi.
- Secretary, Ministry of AYUSH, Ayush Bhawan, B Block, GPO Complex, INA, New Delhi.
- Director General, Sports Authority of India, Jawaharlal Nehru Stadium, New Delhi.
- Director (Sports), Department of Sports, Ministry of Youth Affairs & Sports, Government of India, Jawaharlal Nehru Stadium, New Delhi.

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- 5) Executive Director (TEAMS Division), Sports Authority of India, JNS, New Delhi.
- 6) Executive Director, Netaji Subhas National Institute of Sports, Patiala, Punjab.
- 7) Project Officer- Yogasana, TEAMS Division, Sports Authority of India, JNS, New Delhi.
- 8) President, Indian Olympic Association, Olympic Bhawan, Qutub Institutional Area, New Delhi.
- 9) Director General, National Anti Doping Agency, Hall No. 103-104, Jawaharlal Nehru Stadium, New Delhi.
- 10) Director, Morarji Desai National Institute of Yoga, Ashoka Road, New Delhi.
- 11) Joint Secretary (Sports), Association of Indian Universities, New Delhi.
- 12) The President/ Secretary General, School Games Federation of India.
- 13) Secretary, Railway Sports Promotion Board, New Delhi.
- 14) Secretary, National Council of Educational Research & Training, New Delhi.
- 15) Secretary, Services Sports Control Board, New Delhi.
- 16) Secretary, Civil Services Cultural & Sports Board, New Delhi.
- 17) President/Secretary General, World Yogasana.
- 18) President/ Secretary General, Asian Yogasana.
- 19) Executive Council, Yogasana Bharat, New Delhi.
- 20) The President/ General Secretary, Chhattisgarh Olympic Association
- 21) The Director, Department of Sports & Youth Welfare, Government of Chhattisgarh.
- 22) The Chairman, Games Technical Conduct Committee, Yogasana Bharat.
- 23) The Competition Director, 6th Senior & Senior A National Yogasana Sports Championship 2025-26 (Men & Women).
- 24) The Competition Manager, 6th Senior & Senior A National Yogasana Sports Championship 2025-26 (Men & Women).
- 25) The Director, Organizing Committee, Yogasana Bharat.
- 26) All Directors of Standing Committees, Yogasana Bharat.
- 27) The TSR Team, Yogasana Bharat

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महासचिव / Secretary General
योगासन भारत / Yogasana Bharat
पंजीकरण संख्या एस/एन डी/1042/2020
Registration No. S/ND/1042/2020
परिसर: गुरु गोरखनाथ मंदिर, पैकेट-1,
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