



# 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/05/2024-25

Date: 10.07.2024

Dr. Sanjay Malpani  
Vice President

Dr. Ananda Balayogi  
Bhawanani  
Vice President

Rakesh Kumar  
Vice President

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Member

Pukhrambam  
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Member

## NOTIFICATION

**Subject: Collection of Weight, height and age data of athletes.**

Dear Brother/Sister,

It is hereby informed that the Research & Development Committee is conducting research for the inclusion of weight categories in the Yogasana Sport. Therefore, data on the weight, height, and age of athletes is required for the above research.

In view of the above, it is mandatory to all the affiliated units to collect details of athletes participating in the State and District competitions via the attached Google Form link:

<https://forms.gle/9U2eePmksdsRqxW98>

While collecting the details, the following points should be taken into consideration:

- 1) The weight and height of the athlete must be measured properly, when athlete is in the costume.
- 2) The height should be measured in centimetres only.
- 3) Weight should be measured in kilograms only. Use digital scale. Avoid using bathroom scales that are spring loaded. Place the scale on the firm flooring such as tile or wood rather than carpet.
- 4) It is advised to the local organizing team of the competition to arrange weighing machine and height measuring tape at the competition venue so that measurements can be taken before athlete performing on the FOP.

Sincerely,

  
Dr. Jaideep Arya  
Secretary General

To,

1. The President/Secretary,  
State/UT Yogasana Sports Association
2. The Assistant Secretary,  
All India Police Sports Control Board
3. The Dy. Secretary (Academics),  
Central Board of Secondary Education

  
Dr. Jaideep Arya  
Secretary General

महासचिव / Secretary General  
योगसन भारत / Yogasana Bharat  
पंजीकरण संख्या एस/एन डी/1042/2020  
Registration No.S/ND/1042/2020  
परिसर: गुरु गोरखनाथ मंदिर, पॉकेट-1,  
द्वारका-7, नई दिल्ली-110075  
Campus of Guru Gorakhnath Mandir, Pocket-1  
Sector 7, Dwarka, New Delhi-110075

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

T: +91(11)42636206 | E: [secretariat@yogasanaabharat.com](mailto:secretariat@yogasanaabharat.com)

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