



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/142/2024-25

Date: 03.08.2024

Dr. Sanjay Malpani
Vice President

To,
The Director General,
Sports Authority of India,
Jawaharlal Nehru Stadium,
Lodhi Road, New Delhi-110003.

Dr. Ananda Balayogi
Bhawanani
Vice President

Subject: Report of 4th National Yogasana Judges Training Program (Level Course) 2024-25 held at NS NIS, Patiala, Punjab.

Rakesh Kumar
Vice President

Respected sir,

It is the dream project & vision of Hon'ble Prime Minister to develop Yogasana as a competitive sport and has envisioned to take India's sport to the world with an Olympic roadmap.


Ved Prakash Sharma
(Retd. IPS)
Joint Secretary

In connection with above, the copy of report of 4th National Yogasana Judges Training Program (Level Course) 2024-25 held at Netaji Subhas National Institute of Sports, Patiala, Punjab from 29th April to 3rd May 2024 is enclosed herewith for your kind consideration and records.

Dr. Aarti Pal
Joint Secretary

Sincerely,

Dr. C V Jayanthi
Joint Secretary


Dr. Jaideep Arya
Secretary General

Nandanam Krupakar
Joint Secretary

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,
रोक्टर-7, द्वारका नई दिल्ली-110075
Campus of Guru Gorakhnath Mandir, Pocket-1
Sector-7, Dwarka, New Delhi-110075

Rohit Kaushik
Member

Copy, for information & records, to:

1. The Secretary, Ministry of AYUSH, Government of India, Ayush Bhawan, New Delhi.
2. The President, Indian Olympic Association, Olympic Bhawan, New Delhi.
3. The Director, Department of Sports, Ministry of Youth Affairs & Sports, Government of India, Jawaharlal Nehru Stadium, New Delhi.
4. The Executive Director, Netaji Subhash National Institute of Sports, Patiala, Punjab.
5. The Executive Director, TEAMS Division, Sports Authority of India, New Delhi.
6. The Director, Morarji Desai National Institute of Yoga, New Delhi.
7. The President/Secretary, Yogasana Sports Association.
8. The Assistant Secretary, All India Police Sports Control Board, New Delhi.

Bikas Goswami
Member

Shyamal Ta
Member

Pukhrambam
Birpradash
Member

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

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

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File No. YB/142/2024-25

REPORT OF 4TH NATIONAL YOGASANA JUDGES TRAINING PROGRAM 2024

(Level Course)

At Netaji Subhas National Institute of Sports, Patiala, Punjab

29th April to 3rd May 2024

The 4th National Yogasana Judges Training Program 2024 was organised by Yogasana Bharat in collaboration with World Yogasana at Netaji Subhas National Institute of Sports, Patiala from 29th April to 3rd May 2024.

The online foundation course for 5 days was conducted before the onsite training program for making the participants aware and to have brief understanding of all the subjects. The participants were awarded with Level1/ Level 2/ Level 3 specialization certificate equivalent to 16 credits consisting of theoretical, practical and field training. The program was led by Dr. C K Mishra as Program Director along with Sh. Rachit Kaushik, Director of Education & Training Committee. The program aims to create a cadre of well trained judges who can maintain high standards of judging in the competition for the free and fair results.



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❖ GOAL OF THE TRAINING PROGRAM WAS TO:

- 1) To improve the level of officiating in the Yogasana sports competition.
- 2) To promote Yogasana sports growth by standardized training.
- 3) Creating a basic level of officiating skills where noting or only a grass roots situation exists.
- 4) Improving the level of officiating skills where a system is already in place.
- 5) To promote yogasana sports growth by offering a continuous learning methodology.
- 6) To provide participants with theoretical and practical training required to make them capable of officiating at District, State, National level competition upto highest level.
- 7) To enhance capacity of judges for selection of best athletes talent at different levels.
- 8) To enrich capabilities, capacities and performance and to help trainee judges to upgrade their knowledge and understanding regarding Code of Points of Yogasana.

In the training program around 184 judges from 29 States/UT's participated. A online Judges Foundation course for 5 days was conducted before the onsite training program in which 26 participants from 12 foreign countries actively participated.



**4TH NATIONAL YOGASANA JUDGES TRAINING PROGRAM
(LEVEL COURSE)**
Organized by
YOGASANA BHARAT
Registration No. : S/ND/1042/2020
Recognized by Ministry Of Youth Affairs & Sports, Government of India
Affiliated to World Yogasana Associate Member : Indian Olympic Association
in Collaboration with
WORLD YOGASANA & SAI NS NIS PATIALA
FROM 29TH APRIL TO 3RD MAY 2024
AT
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS, PATIALA, PUNJAB



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❖ OPENING CEREMONY

Lt. Gen G S Cheema ji, Vice Chancellor of Maharaja Bhopinder Singh Sports University, Patiala graced the opening ceremony as Chief Guest, Yogachara Dr. Jaideep Arya ji Secretary General of Yogasana Bharat and World Yogasana, Dr. Akalkala ji, President of Punjab Yogasana Sports Association, Dr. CK Mishra ji Secretary of Punjab Yogasana Sports Association and Program Director of the training program and Sh. Rachit Kaushik ji, Treasurer of Yogasana Bharat, Dr. Aarti Pal, Joint Secretary of Yogasana Bharat were present on the dais during inauguration ceremony.



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❖ VALEDICTORY CEREMONY

Sh. Vineet Kumar ji, Executive Director of Netaji Subhas National Institute of Sports, Patiala had graced the ceremony. Yogacharya Dr. Jaideep Arya ji, Secretary General of Yogasana Bharat and World Yogasana, Dr. Sanjay Malpani ji, Vice President, Dr. C V Jayanthi ji, Joint Secretary, Sh. Rachit Kaushik ji, Treasurer, Sh. Umang Dawn ji, Director of Technical Committee of Yogasana Bharat, Dr. M Niranjana Murthy ji, Vice President of Asian Yogasana were present on the dais during the ceremony.



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❖ LIST OF STATES PARTICIPATED IN THE TRAINING PROGRAM (LEVEL COURSE) IS AS UNDER:

Sr. No.	State/UT	No. of Participants
1.	Assam	5
2.	Andhra Pradesh	8
3.	Bihar	4
4.	Chandigarh	1
5.	Chhattisgarh	3
6.	Delhi	7
7.	Daman & Diu	2
8.	Gujarat	5
9.	Goa	1
10.	Haryana	21
11.	Himachal Pradesh	3
12.	Jammu & Kashmir	9
13.	Jharkhand	6
14.	Karnataka	15
15.	Kerala	9
16.	Madhya Pradesh	7
17.	Maharashtra	7
18.	Manipur	3
19.	Odisha	5
20.	Pondicherry	4
21.	Punjab	6
22.	Rajasthan	10
23.	Sikkim	2
24.	Telangana	6
25.	Tamil Nadu	12
26.	Tripura	0
27.	Uttar Pradesh	10
28.	Uttarakhand	6
29.	West Bengal	7
		185

CANDIDATES PARTICIPATED IN ONLINE FOUNDATION COURSE FROM BELOW COUNTRIES

Sr. No.	State/UT	No. of Participants
1.	Bangladesh	5
2.	Cameroon	3
3.	Canada	1
4.	Japan	6
5.	Kenya	2
6.	Nepal	1
7.	Pakistan	1
8.	Poland	2
9.	Spain	1
10.	Tanzania	1
11.	Vietnam	1
12.	Zambia	2
13.	Total	26



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❖ QUALIFICATION/ELIGIBILITY FOR THE TRAINING PROGRAM IS AS UNDER:

National Level	Qualifications/ Eligibility criteria
Level 1	<ol style="list-style-type: none">1. Minimum 10+22. Minimum age 21 years3. Judging experience of minimum 1 District and 1 State competition.4. Six Week Certificate Course in Yoga/Yogasana from NIS Or State level Judge having state judges training program certificate Or Medallist of Khelo India Youth Games/Khelo India University Games/ National Games/ AIU/SGFI/ National Championship of Yogasana Bharat /CBSE/All India Police Games (Exemption from Point 3). Or Diploma in Sports Coaching in Yoga/Yogasana from NIS or any recognised University (Exemption from point 3).
Level 2	<ol style="list-style-type: none">1. Minimum Graduation or equivalent2. Minimum age 25 years3. Level 1 certificate holder of Yogasana Bharat can only participate.
Level 3	<ol style="list-style-type: none">1. Level 2 certificate holder can only participate



❖ RESOURCE PERSONS/EDUCATORS

Resource Persons/ Educators/ Subject experts who participated in the training program and trained the judges with their zealous knowledge. The list of educators is as follows:

Sr. No.	Name of Resource Person (For online Foundation Course)	Sr. No.	Name of Resource Person (For Onsite Training)
1.	Dr. Sanjay Malpani	1.	Dr. Sanjay Malpani
2.	Dr. Aarti Pal	2.	Dr. C K Mishra
3.	Sh. Umang Dawn	3.	Dr. Aarti Pal
4.	Sh. Satish Mohagaonkar	4.	Sh. Rachit Kaushik
5.	W O Abhijit Bose	5.	Sh. Umang Dawn
		6.	Dr. M Niranjana Murthy
		7.	Dr.C V Jayanthy
		8.	W O Abhiji Bose
		9.	Sh. Kuldeep Kakade
		10.	Sh. Rohit Kaushik
		11.	Sh. Shamil Mon
		12.	Sh. Shreyas Markandeya
		13.	Sh. Yuvraj Aaditya



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❖ EXAMINATION & RESULT

1. Examination was conducted after completion of training program.
2. The examination was of total 384 marks including theory, practical, viva and TSR exam.
3. 60% is the passing marks in the examination including theory, practical, viva and TSR.
4. The result of the examination is enclosed as **Annexure 1**.

❖ ELECTRONIC SCORING SYSTEM OF YOGASANA

1. Special sessions on Electronic Scoring System (TSR) was conducted to equip trainee judges with the judgement software.
2. Rigorous practice sessions were conducted to make trainee judges user friendly.
3. TSR practical examination was conducted for checking the adaptation and fast handling of the software.



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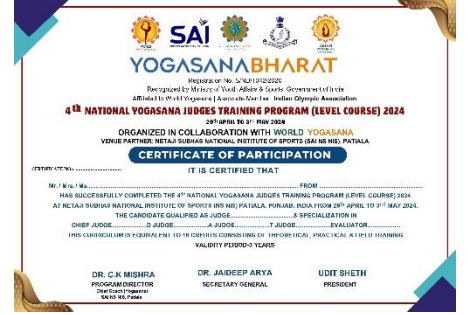
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❖ POINTS TO BE HIGHLIGHTED

1. Overall arrangements of food and accommodation was very well arranged. Participants were given accommodation in the hostels. All rooms of the participants were air conditioned. Breakfast, lunch & dinner was arranged in the mess.
2. Morning outdoor session was also conducted.
3. Practical sessions on each and every aspect of D Judge, A Judge, T Judge, Evaluator, Scorer cum Announcer, Stage Manager and Chief Judges was conducted. Extensive practice was conducted.
4. All the participants were given kit which consist of 2 T shirts, Diary & Pen embossed with the name of Yogasana Bharat as a token of appreciation from Yogasana Bharat.
5. Sports science session on Biomechanics was also arranged.
6. Other sports recreational games like volleyball & cricket were arranged which was supervised by the national level coaches of NIS of concern discipline. It was very well received by the participants.



❖ THANKS

1. Yogasana Bharat is very thankful to SAI NS NIS, Patiala for their support and cooperation for meticulously conducting this training program.
2. Yogasana Bharat appreciate and extend special thanks to Executive Director of NS NIS, Patiala Sh. Vineet Kumar ji.
3. Yogasana Bharat also extend appreciation to Punjab Yogasana Sports Association for their support.
4. Yogasana Bharat is thankful to all State/UT Yogasana Sports Association for nomination of Judges for the training program.
5. Yogasana Bharat is thankful to all the resource persons and extended an appreciation certificate.

Dr. C K Mishra
Program Director

Rachit Kaushik
Director
Education & Training Committee

Yogacharya Dr. Jaideep Arya
Secretary General



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ओलंपिक में शामिल होगा योगासन खेल : डॉ जयदीप

देशप्राण संवाददाता

रांची, 4 मई : चौथा राष्ट्रीय योगासन जज प्रोग्राम लेवल 1, 2, 2+का आयोजन योगासन भारत के तत्वावधान में 29 अप्रैल से 3 मई तक साई एन एस एन आई एस पटियाला में हुआ जिसके समापन आज हुआ समापन समारोह के मुख्य अतिथि श्री विनीत कुमार साइ कार्यकारी निदेशक एवं योगासन भारत के महासचिव डॉ जयदीप आर्य की उपस्थिति में सफलतापूर्वक संपन्न हुआ इस प्रशिक्षण कार्यक्रम में 180 से अधिक सभी राज्यों व केंद्र शासित प्रदेश से आए जजों ने प्रशिक्षण प्राप्त किया जो योगासन खेल से संबंधित आने वाली प्रतियोगिताओं में जजिंग का कार्य करेंगे जिसमें स्टेट प्रतियोगिता नेशनल योगासन प्रतियोगिता खेलो इंडिया प्रतियोगिता योगासन खेल से संबंधित विभिन्न सत्र आयोजित किए गए जिसमें योगासन प्रतियोगिता में होने वाली बारीकियों के बारे में और

तकनीकी जानकारी के बारे में विस्तार पूर्वक समझाया गया और योगासन भारत द्वारा योगासन खेल को 12 इवेंट में कराया जाता है इस विषय पर विस्तार पूर्वक जानकारी दी गई योगासन सत्र के दौरान ओलंपिक मेडलिस्ट लवलीना, प्रवीण और उनके कोच द्वारा भी उनके बॉक्सिंग खेल में कितना सुधार उन्होंने किया आसन, प्राणायाम, ध्यान के माध्यम से इसके बारे में बॉक्सर खिलाड़ी लवलीना ने विस्तार पूर्वक बताया उन्होंने कहा योग से हमारा शरीर फ्लैक्सिबल रहता है सूर्य नमस्कार से हमारा वार्मउप हो जाता है मेडिटेशन और प्राणायाम से हम कंसटेंट रहते हैं और हमारी इम्यूनिटी पावर बढ़ जाती है इसलिए प्रत्येक खेल के खिलाड़ी को अपनी दिनचर्या में योग को जरूर शामिल करना चाहिए वही योगासन भारत के महासचिव डॉक्टर जयदीप आर्य ने अपने उद्घोषण में कहा योगासन खेल बहुत जल्द ही ओलंपिक में शामिल किया जायेगा।

dents to fervently volunteer in the same. The session was graced by the luminaries including Rtn. Anil Kakkar- District Chair-Adult Literacy, PP Rtn. Rakesh Kumar-Member of the District Youth Service and District Literacy Team and Rtn. Arun Roongta- Ex AG and Rtn. S P Singh- President Rotary Club of Delhi Govinda. Additionally, Rtn. M P Garg- Chartered President, Rtn. Sanjeev Bindlish-Secretary too contributed to the initiative. The revered Rotarians guided the enthusiastic interactors and student representatives from classes VIII to IX about the "Literacy Mission" and encouraged them to assist in the noble

cause. Over 245 Thomasites along with interactors took part in the initiative and became a part of DIKSHA - Each One Teach One. The video blazoned by the honorable dignitaries aided audience to become cognizant of the approach of educating the underprivileged which was accompanied with the issuance of easy handbooks consisting of all the basic topics. The erudite seminar upraised the students' proclivity to render unfeigned services to society.

DWARKA YOGIS CLEARS NATIONAL YOGASANA JUDGES TRAINING PROGRAM

DE NEWS

Dr Rajesh Yadav and Dr Sheela Yadav cleared 4th National Yogasana Judges Training Program. The closing ceremony of the 4th National Yogasana Judges Training Program 2024-25 (Level 1, 2, and Level 2+ Specialization Course) marked a significant milestone in the journey of Yogasana in Bharat. The 4th National Judges Training Program concluded successfully in the presence of esteemed Chief Guest Shri Vineet Kumar, Executive Director of SAI NS NIS, Patiala, Punjab. The event concluded on May 3, 2024, at the prestigious Netaji Subhas National Institute of Sports (NS NIS) in Patiala, Punjab. Over 180 trainee judges participated in this training program, with 11 resource persons from 30 Affiliated States/UTs conducting sessions on various topics related to Yogasana Sports. Under the esteemed guidance and energetic motivational words of Dr. Jaideep Arya, the Hon'ble Secretary-General of Yogasana Bharat and World Yogasana, the closing ceremony witnessed the presence of distinguished guests. This 4th National Judges Training Program of Yogasana in NS NIS successfully completed from April 29, 2024, to May 3, 2024. More than 11 resource persons provided excellent knowledge sessions on the following topics. During the closing ceremony, a comprehensive introduction to the Athletes' Age Group, Events, and Competition Structure was



provided, setting the stage for an enriching training experience. The day's activities culminated with a session led by esteemed resource persons, focusing on the crucial roles and responsibilities of Judges and Technical Judges. Participants gained invaluable insights into the concepts, techniques, and micro-marking systems for Traditional Yogasana, Traditional Group and Individual events, including Forward Bend, Back Bend, Leg Balance, Twisting, Hand Balance, and Traditional Events (TY). This training program, organized in collaboration with NS NIS Patiala and in association with World Yogasana, opens doors to global opportunities for participants, empowering them to serve in the field of Yogasana with distinction.

रांची में आयोजित राष्ट्रीय योगासन जज प्रोग्राम का समापन

चतुर्थ राष्ट्रीय स्तरीय योगासन न्यायाधीश प्रशिक्षण संपन्न, 180 प्रशिक्षक मे 6 झारखण्ड के

पोलिटि लाइव रिपोर्ट

PL न्यूज डेस्क - चतुर्थ राष्ट्रीय स्तरीय योगासन न्यायाधीश प्रशिक्षण 28 अप्रैल से 3 मार्च तक चला जिसमें बहुत सारी चीज बताई गई योगासन में कुछ बदलाव भी हैं उन्हें भी बताया गया यह प्रशिक्षण हमारे डॉक्टर जयदीप आर्य जी के सानिध्य में हुआ उनके योग कितनी तेजी से आगे बढ़ रहा है और यह हमारे देश का खेल है हमारे देश को प्रतिनिधित्व कर रहा है यह हमारे देश में ही नहीं बल्कि विदेशों में भी अब प्रतियोगिता होना शुरू हो गया



पिछले दिन ही अभी युगांडा और अन्य कई देशों में इसकी प्रतियोगिता हुई है इस प्रशिक्षण कार्यक्रम में भारत के कोने-कोने से न्यायाधीश प्रशिक्षण लेने आए प्रशिक्षक की संख्या 180

थी और हमारे झारखंड से भी 6 लोग गए थे प्रशिक्षण लेने जिसमें से महिला में प्रियंका संतोषी

किरण पुरुषों में प्रशांत मलेय तुलसी



Dwarka Express | 7



आज का दिन: 05 मई 2024

पृष्ठ संख्या: 05 मई 2024

नगर चिंगारी

ओलंपिक में शामिल होगा योगासन खेल: डॉ. आर्य

नगर चिंगारी (नगर चिंगारी) योगासन खेल से संबंधित विभिन्न कार्यक्रमों का आयोजन कर रहा है।



योगासन खेल से संबंधित विभिन्न कार्यक्रमों का आयोजन कर रहा है।

योग प्रशिक्षिका मंजू राणा ने उत्तीर्ण की योग जज परीक्षा

रूपद्रु (उद संवाददाता)। योगासन खेल से संबंधित विभिन्न कार्यक्रमों का आयोजन कर रहा है।

तकनीकी जानकारी के बारे में विस्तार पूर्वक समझाया गया और योगासन खेल से संबंधित विभिन्न कार्यक्रमों का आयोजन कर रहा है।



मनु पुष्पांगन चरणायामा रचना ब्रह्मचर्या जग मंदिर में भक्तिभाव के साथ धार्मिक क्रियाओं का संचालन इंडी राजमल जैन, डॉ विकास जैन के द्वारा संपन्न हुई, भगवान की भक्ति में की रूप

राजमल जैन, डॉ विकास जैन के द्वारा संपन्न हुई, भगवान की भक्ति में की रूप

ओलंपिक में शामिल होगा योगासन खेल: डॉ. जयदीप आर्य

चौथा राष्ट्रीय योगासन जज प्रोग्राम लेवल 1,2,2+का आयोजन योगासन भारत के तत्वावधान में 29 अप्रैल से 3 मई तक साई एन एस एन आई एस पटियाला में हुआ जिसके समापन आज हुआ समापन समारोह के मुख्य अतिथि श्री विनोद कुमार साह कार्यकारी निदेशक एवं योगासन भारत के महासचिव डॉ जयदीप आर्य की उपस्थिति में सम्पन्नतापूर्वक संपन्न हुआ इस प्रशिक्षण कार्यक्रम में 180 से अधिक सभी राज्य व केंद्र शामिल प्रवेश से आए जजों ने प्रशिक्षण प्राप्त किया जो योगासन खेल से



संबंधित आने वाली प्रतियोगिताओं में जजिंग का कार्य करेंगे जिसमें स्टेट प्रतियोगिता नेशनल योगासन प्रतियोगिता खेलो इंडिया प्रतियोगिता योगासन खेल से संबंधित विभिन्न

योगासन खेल से संबंधित विभिन्न कार्यक्रमों का आयोजन कर रहा है।

ओलम्पिक में शामिल होगा योगासन खेल- डॉ. जयदीप आर्य

हिन्दू समाज पंडितगण भारत में योगासन के ओलम्पिक को वाज में महत्वपूर्ण कदम के रूप में, चौथा राष्ट्रीय योगासन जजिंग प्रशिक्षण कार्यक्रम 2024-25 (स्तर 1, 2 और स्तर 2+ विशेषज्ञता पाठ्यक्रम) का समापन समारोह गुरुजी बुधवास राष्ट्रीय खेल संस्थान (एनएस एनआईएस) पटियाला, पंजाब में सम्पन्नतापूर्वक संपन्न हुआ। इस कार्यक्रम का समापन 3 मई 2024 को पटियाला, पंजाब के प्रतिष्ठित नेताजी बुधवास राष्ट्रीय खेल संस्थान (एनएस एनआईएस) में हुआ। इस प्रशिक्षण कार्यक्रम में 180 से अधिक ट्रेनी जजिंग ने भाग लिया, और 30 राज्य / संघ शामिल प्रवेशों के 11 योगासन एक्सपर्ट प्रशिक्षकों ने

योगासन खेल से संबंधित विभिन्न कार्यक्रमों का आयोजन कर रहा है।

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YOGASANA BHARAT

(Earlier known as National Yogasana Sports Federation)

Registration No. S/ND/1042/2020

Recognized by Ministry of Youth Affairs & Sports, Government of India | Affiliated to World Yogasana

Associate Member: Indian Olympic Association

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

निवासस्थान जतावारा पात. प्रगट करा. आचार्य कनकसार म.सा. अं पडेलं शास्त्रानो अभ्यास

पांच दिवसीय प्रशिक्षण शिबिर सफलतापूर्वक पूर्ण



गांधीधाम ; एनएस एनआईएस, पटियाला भाते पांच दिवसीय प्रशिक्षण शिबिर सफलतापूर्वक पूर्ण करी योगी नरेन्द्र चौधरी बन्या नेशनल योगासन जज. योगासन भारत अने एन एस एनआईएस पटियाला नां संयुक्त तत्वावधानमां ता: २८-४-२४ थी ३-५-२४ सुधी योगासन खेल माटे जजिस लेवल १, २, २+ प्रशिक्षण शिबिरनुं आयोजन करवामां आवेल. भारतभरनां बधा राजयो अने केन्द्र शासित प्रदेशो मांथी १८० जेटला सिनीयर योगासन टेक्निकल ओडिश्यलने भेलो ईन्डिया, नेशनल गेम्स, ऐशियन गेम्स अने ओलिम्पिक्स नी तैयारीना भागरुपे योगासन खेलना आंतरराष्ट्रीय स्तरना टेक्निकल ओडिश्यल तैयार करवानी कामगिरी पूर्ण थई छे. गुजरात मांथी आ प्रशिक्षण मां पांच अने क्यछ मांथी अक प्रशिक्षक आमां जोडाया. योगासन खेलने लविष्यमां ओलिम्पिक्समां शामिल करवामां आवेशे अवी ज्ञाकारी योगासन भारतना महासचिव डो. जयदीप आर्यछे आपी. समापन समारोह दरमियान एनएस एनआईएसना डिरेक्टर विनीत कुमारछे योगासन भारतनी समग्र टीम नी कामगिरी नी प्रशंसा करी अने खेल लावना अने योग नी चर्चा करी. योगासन भारत ना टेक्निकल डिरेक्टर अने ऐशियन योगासनना सेक्रेटरी जनरल उमंग डोन अने ऐशियनप्रेसीडेंट डो. मालपानी पण विशेष उपस्थित रखा. एनएस एनआईएस पटियाला भाते योगासन भारत द्वारा १०.६.२४ थी १६.६.२४ सुधी नेशनल योगासन कोच प्रशिक्षण नुं आयोजन करवामां आवेल छे. ईच्छुक उमेदवार गुजरात योगासन एसोसिएशन नो संपर्क करी आवेदन करी शके छे.

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ओलम्पिक मे शामिल होगा योगासन खेल डॉ. जयदीप आर्य

गुरुज्योति पत्रिका
gurujiyotipatrika.com

पंजाप पटियाला भारत में योगासन के ओलम्पिक की यात्रा में महत्वपूर्ण कदम के रूप में, चौथा राष्ट्रीय योगासन जजस प्रशिक्षण कार्यक्रम 2024-25 (स्तर 1, 2 और स्तर 2+ विशेषज्ञता पाठ्यक्रम) का समापन समारोह नेताजी सुभाष राष्ट्रीय खेल संस्थान (एनएस एनआईएस) पटियाला, पंजाब में सफलतापूर्वक संपन्न हुआ। इस कार्यक्रम का समापन 3 मई 2024 को पटियाला, पंजाब के प्रतिष्ठित नेताजी सुभाष राष्ट्रीय खेल संस्थान (एनएस एनआईएस) में हुआ। इस प्रशिक्षण कार्यक्रम में 180 से अधिक ट्रेनी जजस ने भाग लिया, और 30 राज्यों / संघ शासित प्रदेशों के 11 योगासन एक्सपर्ट प्रशिक्षकों ने योगासन खेल से संबंधित विभिन्न विषयों पर सत्र आयोजित किए। डॉ. जयदीप आर्य, योगासन भारत और विश्व योगासन के माननीय महा सचिव के प्रेरणादायक शब्दों और मार्गदर्शन के तहत, समापन समारोह में डॉ. संजय मालपानी, एशियन योगासन के अध्यक्ष, उमंग डान, एशियन योगासन के महासचिव, डॉ एम. निरंजन मूर्ति, एशियन योगासन के उपाध्यक्ष, डॉ सी. वी. जयवंती, डॉ आरती पाल, योगासन भारत के संयुक्त सचिव



और योगासन भारत की कार्यकारी परिषद के सदस्य रोहित कौशिक की उपस्थिति में सम्पन्न हुआ। समापन समारोह में योगासन भारत के कोषाध्यक्ष और परियोजना प्रबंधक रचित कौशिक, एनएस एनआईएस में योगासन के मुख्य कोच एवं पंजाब योगासन एसोसिएशन के सचिव डॉ. सी.के. मिश्रा, केरल योगासन एसोसिएशन के सचिव शमिल मॉन कलंगोट, तमिलनाडु योगासन एसोसिएशन के उपाध्यक्ष श्री अभिजित बोस जी की गरिमामय उपस्थिति रही। एनएस एनआईएस में योगासन का यह चौथा राष्ट्रीय जजस प्रशिक्षण कार्यक्रम 29 अप्रैल 2024 से 3 मई, 2024 तक सफलतापूर्वक संपन्न हुआ। 11 योगासन एक्सपर्ट प्रशिक्षक ने निम्नलिखित विषयों पर उत्कृष्ट ज्ञान सत्र प्रदान किए। समापन समारोह के दौरान, एथलीट्स के आयु समूह, घटनाओं, और प्रतियोगिता संरचना का विस्तृत परिचय प्रदान किया गया, जो एक समृद्ध प्रशिक्षण अनुभव के लिए मंच स्थापित करता है। दिन की गतिविधियों महत्वपूर्ण भूमिका और जिम्मेदारियों पर ध्यान केंद्रित करके मान्य और प्रतिष्ठित संसाधन व्यक्तियों द्वारा नेतृत्व किए गए एक सत्र के साथ समाप्त हुई। सभी प्रतिभागियों ने पारंपरिक योगासन, पारंपरिक समूह और व्यक्तिगत घटनाओं, फॉरवर्ड बेंड, बैक बेंड, लेग बैलेंस, टिवस्टिंग, हैंड बैलेंस, और पारंपरिक घटनाओं (टीवाइ) के लिए अवधारणाओं, तकनीकों, और माइक्रो-मार्किंग प्रणालियों में अनमोल ज्ञान प्राप्त किया। यह प्रशिक्षण कार्यक्रम, एनएस एनआईएस पटियाला के सहयोग और विश्व योगासन के संगठन के साथ, प्रतिभागियों के लिए वैश्विक अवसरों के दरवाजे खोलता है, जो उन्हें योगासन के क्षेत्र में उत्कृष्टता के साथ सेवा करने की शक्ति प्रदान करता है।

... 7 and 10 have been provided with immediate relief by providing CGI Sheets.

National Yogasana judges training ends

IMPHAL, May 7

The closing ceremony of the 4th National Yogasana Judges Training Program 2024-25 (Level 1, 2, and Level 2+ Specialization Course) marked a significant milestone in the journey of Yogasana in the country.

According to a release issued by Manipur Yogasana Sports Association, 3 judges nominated from Manipur namely Khwairakpam Achou, Naorem Aken and Langpoklakpam Tamubi also participated in the training programme which concluded on May 3, 2024 at Netaji

Subhas National Institute of Sports (NS NIS), Patiala, Punjab in the presence of the chief guest, Vineet Kumar, Executive Director of SAI NS NIS, Patiala.

Today, the 3 judges were accorded a warm welcome by the public at the Imphal Airport.

Over 180 trainee judges participated in this training programme, with 11 resource persons from 30 affiliated States/ UTs organising sessions on various topics related to the sport.

The closing ceremony was also attended by Dr Jaideep Arya, secretary general

Yogasana Bharat and World Yogasana, Dr Sanjay Malpani, president Asian Yogasana; Umang Dawn, secretary general Asian Yogasana; Dr M Niranjana Murthy, vice president Asian Yogasana; Dr CV Jayanthi; Dr Aarti Pal, joint secretary Yogasana Bharat and Rohit Kaushik, member of Executive Council of Yogasana Bharat among others.

During the closing ceremony, a comprehensive introduction to the athletes' age group, events, and competition structure was also provided, setting the stage for an enriching training experience.



4th National Yogasana Judges Training Program				
29th April to 3rd May 2024				
NS NIS, Patiala, Punjab				
Result - D Judge				
Sr. No.	Name	State	Level	Grade
1	Ajeeta Sethi	Rajasthan	L3	A+
2	Ansh choudhary	Haryana	L3	A
3	Anuj Kaushik	Haryana	L3	A
4	Arjun Tiwari	Punjab	L3	A
5	Bhaskar oli	Uttarakhand	L3	A
6	Disha R Taunk	Tamil Nadu	L3	A
7	Dr Barun Kushwah	Madhya Pradesh	L3	Hold
8	Dr Pratima Vashishtha	Madhya Pradesh	L3	A+
9	Dr Rachana Jain	Madhya Pradesh	L3	A
10	Harshit Sharma	Uttarakhand	L3	A
11	JURITY BORKAKOTY BORDOLOI	Assam	L3	A
12	KARRI NAGA VENKATA SRIDHAR REDDY	Andhra Pradesh	L3	C
13	Komal Verma	Haryana	L3	A
14	Maloy Kumar Dey	Jharkhand	L3	A+
15	Milindra tripathi	Madhya Pradesh	L3	B
16	NAOREM AKEN SINGH	Manipur	L3	A
17	Pawan Kumar Chaudhary	Bihar	L3	A
18	PRAJAKTA SATISH KHAWALE	Maharashtra	L3	A+
19	Rani Kumari	Bihar	L3	A
20	Rohit Kaushik	Uttar Pradesh	L3	A
21	Santoshi kumari	Jharkhand	L3	A+
22	Sarita Pandey	Uttarakhand	L3	C
23	Seema Jethanand Sharma	Daman and Diu	L3	A
24	ShabirAhmed Dar	Jammu and Kashmir	L3	A
25	SWAROUP RAMANAN ALIAS PREMKUMAR .M	Pondicherry	L3	A+
26	Umesh Narang	Haryana	L3	B
27	Urmila vyas	Rajasthan	L3	A+
28	Vijay Shankar Tripathi	Madhya Pradesh	L3	A+
29	Vipandeeep	Punjab	L3	A+
30	Anjan Roy	West Bengal	L2	A
31	Anshu Tyagi	Delhi	L2	A
32	BABU H	Tamil Nadu	L2	A
33	BABYMON.M.R	Kerala	L2	A
34	Bithika Mohanty	Odisha	L2	A
35	BUDDHADEB PAL	West Bengal	L2	A
36	Dayanidy G	Pondicherry	L2	A+



37	Dipak Jyoti Borah	Assam	L2	A
38	Dr Gaurav Bapusaheb Ambre	Maharashtra	L2	A+
39	Dr Harish	Haryana	L2	A
40	Dr Sumana Pothugunta	Andhra Pradesh	L2	B
41	G.Visalakshi	Tamil Nadu	L2	A
42	ISHWARI DHIWAR	Chattisgarh	L2	A+
43	Jyoti Sharma	Uttar Pradesh	L2	A
44	JYOTISH C B	Kerala	L2	A
45	Khwairakpam Achou Singh	Manipur	L2	A
46	Langpoklakpam Tamubi Devi	Manipur	L2	B
47	Madaka.Sailaja	Andhra Pradesh	L2	A+
48	Manjunath DD	Karnataka	L2	A+
49	Mohan	Tamil Nadu	L2	B
50	Neharika Garg	Punjab	L2	A
51	Nirupam Duarah	Assam	L2	A+
52	Pavithra G C	Karnataka	L2	A+
53	Prashant Kumar Singh	Jharkhand	L2	A
54	Praveen S	Karnataka	L2	A
55	Priya Rawat	Punjab	L2	B
56	PRIYANKA	Haryana	L2	A+
57	Priyanka kushwaha	Jharkhand	L2	A
58	Rajitha CT	Kerala	L2	C
59	RAYANABOINA SREENU (R Srinivas)	Telangana	L2	A
60	Reena Joseph	Pondicherry	L2	A+
61	S P Kumar	Bihar	L2	A
62	Sanjay S	Karnataka	L2	A
63	Sarvesh Subhash Surlkar	Goa	L2	A
64	Sashikanta Khuntia	Odisha	L2	A+
65	Showkiya Qadir	Jammu & Kashmir	L2	A
66	Shweta Kiran Patil	Maharashtra	L2	A
67	SMITHA VINAYACHANDRAN	Kerala	L2	A
68	SUBHANKAR DUTTA	West Bengal	L2	A
69	Sunita Verma	Punjab	L2	A
70	tajinder singh	Punjab	L2	A
71	Yogachemmal Dr. R. Balaji	Pondicherry	L2	A
72	Zubida Lateef	Jammu & Kashmir	L2	A
73	A Vivekanandan	Tamil Nadu	L1	A
74	Abdul Rauf Dar	Jammu & Kashmir	L1	C
75	Abhimanyu	Haryana	L1	A+
76	Ajay	Haryana	L1	A
77	AJIT KUMAR NAYAK	Odisha	L1	A
78	Akshay Vijay Tembhe	Maharashtra	L1	A+



79	Ankit Kumar	Uttar Pradesh	L1	B
80	Anshu Sharma	Uttar Pradesh	L1	A
81	Archana korlam	Andhra Pradesh	L1	A
82	ARUN K R	Kerala	L1	A+
83	Asawari Gupta	Daman and Diu	L1	B
84	Ashish Jaisawal	Chattisgarh	L1	A
85	Ashwini Kumar Mishra	Haryana	L1	B
86	Awanish Kumar Mishra	Bihar	L1	A
87	Ayelaam Sujatha	Andhra Pradesh	L1	A
88	B.Sneha	Telangana	L1	B
89	Baljeet Kaur	Rajasthan	L1	A
90	Bharath K B	Karnataka	L1	A
91	Bindhya Subba	Sikkim	L1	A
92	Chandrasekhar K V	Karnataka	L1	A
93	Deeksha	Uttar Pradesh	L1	A+
94	Dr InduNP	Kerala	L1	A
95	Dr Pardeep Agnihotri	Chandigarh	L1	A
96	Dr Rajesh Yadav	Delhi	L1	A
97	Dr Sheela Yadav	Delhi	L1	A
98	Durbasa Sahu	Odisha	L1	A+
99	Durga Devi	Karnataka	L1	A
100	G Radhika swapna	Telangana	L1	B
101	Gayatri	Uttar Pradesh	L1	A
102	Geeta	Delhi	L1	B
103	GNANAPRABA R	Tamil Nadu	L1	B
104	Gnanavani	Tamil Nadu	L1	A
105	Hansraj	Haryana	L1	A
106	himanshu Pargai	Uttarakhand	L1	A
107	Junaid Ahmed Parrey	Jammu & Kashmir	L1	B
108	JYOTI	Rajasthan	L1	A
109	Kaberi Singha Roy Basunia	West Bengal	L1	A
110	Kabra Abhay Shankarlal	Maharashtra	L1	A
111	Kamal	Haryana	L1	A
112	Kapil	Haryana	L1	A
113	Karibandi Rama Krishna	Andhra Pradesh	L1	A
114	Karthika B	Karnataka	L1	A+
115	Kesari Alekhya	Telangana	L1	A
116	Kiran Gautam	Sikkim	L1	A
117	Kiran Kumari Jha	Jharkhand	L1	A
118	Kirti Insan	Haryana	L1	A
119	Kuldeep kagade	Maharashtra	L1	A+
120	Luxmi Devi	Haryana	L1	A+
121	MA Anandapriya	Tamil Nadu	L1	A
122	Mahesh kumar gadri (pal)	Madhya Pradesh	L1	A
123	Mahesh Yogi	Rajasthan	L1	A
124	Mamata rani sahu	Odisha	L1	A



125	Mangal Chand	Himachal Pradesh	L1	B
126	Manju Rana	Uttar Pradesh	L1	A+
127	Meenakshi Parmar	Himachal Pradesh	L1	B
128	Mohanam M S	Kerala	L1	A
129	Mohd Tahir	Jammu and Kashmir	L1	A
130	Mohit Kumar	Himachal Pradesh	L1	A
131	Mugdha Rajesh Lele	Maharashtra	L1	A
132	Nakul	Rajasthan	L1	A
133	Narasimha Murthy V V	Andhra Pradesh	L1	A
134	Narian Singh Manhas	Jammu and Kashmir	L1	A
135	Neha	Haryana	L1	B
136	Nikesh	Haryana	L1	A
137	Nilesh Kosia	Gujarat	L1	C
138	Niranjan S	Karnataka	L1	A
139	Nishalini V	Tamil Nadu	L1	A
140	NISHANACHIYAR G	Tamil Nadu	L1	A
141	Pawan Kumar	Delhi	L1	A
142	Poonam BODAWALA	Gujarat	L1	B
143	Pragna Bhatt	Gujarat	L1	B
144	Pragya Pandey	Rajasthan	L1	B
145	Prameela butti	Telangana	L1	A
146	Praveen Prasannan	Kerala	L1	A
147	Priyanka D/O Kishorchand	Haryana	L1	A
148	Rabi Biswas	West Bengal	L1	A
149	RACHNA SANJAY CHALIAWALA	Gujarat	L1	B
150	Rajkumari Choudhary	Rajasthan	L1	B
151	Rakesh Varma	Uttarakhand	L1	A
152	Raveena	Haryana	L1	A
153	Ravichandra M	Karnataka	L1	B
154	Razia Noor	Jammu and Kashmir	L1	B
155	Ritu Rani	Haryana	L1	A
156	S Kavitha	Tamil Nadu	L1	A
157	S Nagesh	Telangana	L1	B
158	S SivaKumar	Tamil Nadu	L1	A
159	Sangita Devi	Assam	L1	A
160	Sanjay Kumar Vastrakar	Chattisgarh	L1	A
161	Sarika Singh	Uttar Pradesh	L1	A
162	Satya Naryan	Rajasthan	L1	A+
163	Seema Saini	Haryana	L1	A
164	Shalini Raghuvanshi	Uttar Pradesh	L1	A
165	Shivkant Shukla	Madhya Pradesh	L1	A
166	Soheli Dey	West Bengal	L1	A
167	Sonu	Haryana	L1	A
168	Sree Ranjini P	Kerala	L1	B
169	SUBHASH CHANDRA YADAV	Delhi	L1	A



170	Sudesh Kumar	Jammu and Kashmir	L1	A
171	Sumalatha	Karnataka	L1	C
172	Sumit Kumar	Rajasthan	L1	A
173	Sunil Choudhary	Delhi	L1	A
174	Sunita Jaiswal	Uttarakhand	L1	A
175	Susheela	Karnataka	L1	B
176	Tapan Kumar Dey	Assam	L1	A
177	Tulika Roy	West Bengal	L1	A
178	Tulsi Sahu	Jharkhand	L1	B
179	Veena Babbar	Uttar Pradesh	L1	A
180	Veerayya Prasadimat	Karnataka	L1	A
181	VENNAPUSA LAKSHMI BHARATHI	Andhra Pradesh	L1	A
182	Vijetha C	Karnataka	L1	B
183	Vishal SH	Karnataka	L1	A
184	Yogi Narendrakumar Chowdhary	Gujarat	L1	A



4th National Yogasana Judges Training Program				
29th April to 3rd May 2024				
NS NIS, Patiala, Punjab				
Result - T Judge				
Sr. No.	Name	State	Level	Grade
1	Ajeeta Sethi	Rajasthan	L3	B
2	Ansh choudhary	Haryana	L3	A+
3	Anuj Kaushik	Haryana	L3	A
4	Arjun Tiwari	Punjab	L3	A+
5	Bhaskar oli	Uttarakhand	L3	B
6	Disha R Taunk	Tamil Nadu	L3	A
7	Dr Barun Kushwah	Madhya Pradesh	L3	Hold
8	Dr Pratima Vashishtha	Madhya Pradesh	L3	B
9	Dr Rachana Jain	Madhya Pradesh	L3	B
10	Harshit Sharma	Uttarakhand	L3	A+
11	JURITY BORKAKOTY BORDOLOI	Assam	L3	D
12	KARRI NAGA VENKATA SRIDHAR REDDY	Andhra Pradesh	L3	D
13	Komal Verma	Haryana	L3	A+
14	Maloy Kumar Dey	Jharkhand	L3	A+
15	Milindra tripathi	Madhya Pradesh	L3	B
16	NAOREM AKEN SINGH	Manipur	L3	A+
17	Pawan Kumar Chaudhary	Bihar	L3	A
18	PRAJAKTA SATISH KHAWALE	Maharashtra	L3	B
19	Rani Kumari	Bihar	L3	A
20	Rohit Kaushik	Uttar Pradesh	L3	D
21	Santoshi kumari	Jharkhand	L3	A
22	Sarita Pandey	Uttarakhand	L3	C
23	Seema Jethanand Sharma	Daman and Diu	L3	B
24	ShabirAhmed Dar	Jammu and Kashmir	L3	A+
25	SWAROUP RAMANAN ALIAS PREMKUMAR .M	Pondicherry	L3	A
26	Umesh Narang	Haryana	L3	A+
27	Urmila vyas	Rajasthan	L3	B
28	Vijay Shankar Tripathi	Madhya Pradesh	L3	A+
29	Vipandeeep	Punjab	L3	A+
30	BABYMON.M.R	Kerala	L2	A+
31	Reena Joseph	Pondicherry	L2	A+
32	Dayanidy G	Pondicherry	L2	A+
33	G.Visalakshi	Tamil Nadu	L2	A+
34	Bithika Mohanty	Odisha	L2	A+
35	PRIYANKA	Haryana	L2	A+
36	Yogachemmal Dr. R. Balaji	Pondicherry	L2	A+



37	Zubida Lateef	Jammu & Kashmir	L2	A+
38	ISHWARI DHIWAR	Chattisgarh	L2	A+
39	tajinder singh	Punjab	L2	A+
40	Dr Harish	Haryana	L2	A
41	JYOTISH C B	Kerala	L2	A
42	Priyanka kushwaha	Jharkhand	L2	A
43	BUDDHADEB PAL	West Bengal	L2	B
44	Khwairakpam Achou Singh	Manipur	L2	B
45	Nirupam Duarah	Assam	L2	B
46	Priya Rawat	Punjab	L2	B
47	Shweta Kiran Patil	Maharashtra	L2	B
48	Dr Gaurav Bapusaheb Ambre	Maharashtra	L2	B
49	Manjunath DD	Karnataka	L2	B
50	Anshu Tyagi	Delhi	L2	B
51	Madaka.Sailaja	Andhra Pradesh	L2	B
52	S P Kumar	Bihar	L2	B
53	SUBHANKAR DUTTA	West Bengal	L2	B
54	BABU H	Tamil Nadu	L2	B
55	SMITHA VINAYACHANDRAN	Kerala	L2	B
56	Sunita Verma	Punjab	L2	B
57	Jyoti Sharma	Uttar Pradesh	L2	C
58	Langpoklakpam Tamubi Devi	Manipur	L2	C
59	Neharika Garg	Punjab	L2	C
60	Prashant Kumar Singh	Jharkhand	L2	D
61	Pavithra G C	Karnataka	L2	D
62	Showkiya Qadir	Jammu & Kashmir	L2	D
63	Praveen S	Karnataka	L2	D
64	Sashikanta Khuntia	Odisha	L2	D
65	Sanjay S	Karnataka	L2	D
66	Dipak Jyoti Borah	Assam	L2	D
67	Dr Sumana Pothugunta	Andhra Pradesh	L2	D
68	RAYANABOINA SREENU (R Srinivas)	Telangana	L2	D
69	Rajitha CT	Kerala	L2	D
70	Anjan Roy	West Bengal	L2	D
71	Sarvesh Subhash Surlkar	Goa	L2	D
72	Mohan	Tamil Nadu	L2	D
73	A Vivekanandan	Tamil Nadu	L1	C
74	Abdul Rauf Dar	Jammu & Kashmir	L1	D
75	Abhimanyu	Haryana	L1	A
76	Ajay	Haryana	L1	D
77	AJIT KUMAR NAYAK	Odisha	L1	D
78	Akshay Vijay Tembhe	Maharashtra	L1	B



79	Ankit Kumar	Uttar Pradesh	L1	C
80	Anshu Sharma	Uttar Pradesh	L1	D
81	Archana korlam	Andhra Pradesh	L1	B
82	ARUN K R	Kerala	L1	A+
83	Asawari Gupta	Daman and Diu	L1	D
84	Ashish Jaisawal	Chattisgarh	L1	D
85	Ashwini Kumar Mishra	Haryana	L1	D
86	Awanish Kumar Mishra	Bihar	L1	A
87	Ayelaam Sujatha	Andhra Pradesh	L1	C
88	B.Sneha	Telangana	L1	B
89	Baljeet Kaur	Rajasthan	L1	A
90	Bharath K B	Karnataka	L1	D
91	Bindhya Subba	Sikkim	L1	A+
92	Chandrasekhar K V	Karnataka	L1	D
93	Deeksha	Uttar Pradesh	L1	A+
94	Dr InduNP	Kerala	L1	D
95	Dr Pardeep Agnihotri	Chandigarh	L1	D
96	Dr Rajesh Yadav	Delhi	L1	C
97	Dr Sheela Yadav	Delhi	L1	B
98	Durbasa Sahu	Odisha	L1	A+
99	Durga Devi	Karnataka	L1	B
100	G Radhika swapna	Telangana	L1	C
101	Gayatri	Uttar Pradesh	L1	A
102	Geeta	Delhi	L1	D
103	GNANAPRABA R	Tamil Nadu	L1	D
104	Gnanavani	Tamil Nadu	L1	A
105	Hansraj	Haryana	L1	D
106	himanshu Pargai	Uttarakhand	L1	A
107	Junaid Ahmed Parrey	Jammu & Kashmir	L1	D
108	JYOTI	Rajasthan	L1	A+
109	Kaberi Singha Roy Basunia	West Bengal	L1	A
110	Kabra Abhay Shankarlal	Maharashtra	L1	B
111	Kamal	Haryana	L1	A
112	Kapil	Haryana	L1	D
113	Karibandi Rama Krishna	Andhra Pradesh	L1	D
114	Karthika B	Karnataka	L1	A+
115	Kesari Alekhya	Telangana	L1	D
116	Kiran Gautam	Sikkim	L1	C
117	Kiran Kumari Jha	Jharkhand	L1	A
118	Kirti Insan	Haryana	L1	A
119	Kuldeep kagade	Maharashtra	L1	A+
120	Luxmi Devi	Haryana	L1	A+
121	MA Anandapriya	Tamil Nadu	L1	B
122	Mahesh kumar gadri (pal)	Madhya Pradesh	L1	B
123	Mahesh Yogi	Rajasthan	L1	C
124	Mamata rani sahu	Odisha	L1	B



125	Mangal Chand	Himachal Pradesh	L1	A
126	Manju Rana	Uttar Pradesh	L1	B
127	Meenakshi Parmar	Himachal Pradesh	L1	D
128	Mohanan M S	Kerala	L1	B
129	Mohd Tahir	Jammu and Kashmir	L1	C
130	Mohit Kumar	Himachal Pradesh	L1	D
131	Mugdha Rajesh Lele	Maharashtra	L1	A+
132	Nakul	Rajasthan	L1	B
133	Narasimha Murthy V V	Andhra Pradesh	L1	D
134	Narian Singh Manhas	Jammu and Kashmir	L1	B
135	Neha	Haryana	L1	C
136	Nikesh	Haryana	L1	C
137	Nilesh Kosia	Gujarat	L1	A
138	Niranjan S	Karnataka	L1	C
139	Nishalini V	Tamil Nadu	L1	B
140	NISHANACHIYAR G	Tamil Nadu	L1	B
141	Pawan Kumar	Delhi	L1	A
142	Poonam BODAWALA	Gujarat	L1	D
143	Pragna Bhatt	Gujarat	L1	D
144	Pragya Pandey	Rajasthan	L1	C
145	Prameela butti	Telangana	L1	D
146	Praveen Prasannan	Kerala	L1	B
147	Priyanka D/O Kishorchand	Haryana	L1	A+
148	Rabi Biswas	West Bengal	L1	D
149	RACHNA SANJAY CHALIAWALA	Gujarat	L1	B
150	Rajkumari Choudhary	Rajasthan	L1	A
151	Rakesh Varma	Uttarakhand	L1	A+
152	Raveena	Haryana	L1	B
153	Ravichandra M	Karnataka	L1	D
154	Razia Noor	Jammu and Kashmir	L1	C
155	Ritu Rani	Haryana	L1	D
156	S Kavitha	Tamil Nadu	L1	B
157	S Nagesh	Telangana	L1	A
158	S SivaKumar	Tamil Nadu	L1	B
159	Sangita Devi	Assam	L1	D
160	Sanjay Kumar Vastrakar	Chattisgarh	L1	D
161	Sarika Singh	Uttar Pradesh	L1	B
162	Satya Naryan	Rajasthan	L1	D
163	Seema Saini	Haryana	L1	B
164	Shalini Raghuvanshi	Uttar Pradesh	L1	B
165	Shivkant Shukla	Madhya Pradesh	L1	A+
166	Soheli Dey	West Bengal	L1	B
167	Sonu	Haryana	L1	D
168	Sree Ranjini P	Kerala	L1	D
169	SUBHASH CHANDRA YADAV	Delhi	L1	D



170	Sudesh Kumar	Jammu and Kashmir	L1	D
171	Sumalatha	Karnataka	L1	D
172	Sumit Kumar	Rajasthan	L1	D
173	Sunil Choudhary	Delhi	L1	C
174	Sunita Jaiswal	Uttarakhand	L1	C
175	Susheela	Karnataka	L1	D
176	Tapan Kumar Dey	Assam	L1	A
177	Tulika Roy	West Bengal	L1	B
178	Tulsi Sahu	Jharkhand	L1	B
179	Veena Babbar	Uttar Pradesh	L1	C
180	Veerayya Prasadimat	Karnataka	L1	D
181	Yuvraj Aadity Arya	Uttarakhand	L1	A
182	VENNAPUSA LAKSHMI BHARATHI	Andhra Pradesh	L1	B
183	Vijetha C	Karnataka	L1	D
184	Vishal SH	Karnataka	L1	D
185	Yogi Narendrakumar Chowdhary	Gujarat	L1	A+



4th National Yogasana Judges Training Program				
29th April to 3rd May 2024				
NS NIS, Patiala, Punjab				
Result - A Judge				
Sr. No.	Name	State	Level	Grade
1	Ajeeta Sethi	Rajasthan	L3	B
2	Ansh choudhary	Haryana	L3	A+
3	Anuj Kaushik	Haryana	L3	A
4	Arjun Tiwari	Punjab	L3	A+
5	Bhaskar oli	Uttarakhand	L3	C
6	Disha R Taunk	Tamil Nadu	L3	A+
7	Dr Barun Kushwah	Madhya Pradesh	L3	Hold
8	Dr Pratima Vashishtha	Madhya Pradesh	L3	A+
9	Dr Rachana Jain	Madhya Pradesh	L3	B
10	Harshit Sharma	Uttarakhand	L3	C
11	JURITY BORKAKOTY BORDOLOI	Assam	L3	C
12	KARRI NAGA VENKATA SRIDHAR REDDY	Andhra Pradesh	L3	C
13	Komal Verma	Haryana	L3	C
14	Maloy Kumar Dey	Jharkhand	L3	A+
15	Milindra tripathi	Madhya Pradesh	L3	B
16	NAOREM AKEN SINGH	Manipur	L3	C
17	Pawan Kumar Chaudhary	Bihar	L3	A+
18	PRAJAKTA SATISH KHAWALE	Maharashtra	L3	A+
19	Rani Kumari	Bihar	L3	B
20	Rohit Kaushik	Uttar Pradesh	L3	B
21	Santoshi kumari	Jharkhand	L3	A+
22	Sarita Pandey	Uttarakhand	L3	A+
23	Seema Jethanand Sharma	Daman and Diu	L3	A+
24	ShabirAhmed Dar	Jammu and Kashmir	L3	C
25	SWAROUP RAMANAN ALIAS PREMKUMAR .M	Pondicherry	L3	C
26	Umesh Narang	Haryana	L3	C
27	Urmila vyas	Rajasthan	L3	A+
28	Vijay Shankar Tripathi	Madhya Pradesh	L3	B
29	Vipandeep	Punjab	L3	A+
30	Anjan Roy	West Bengal	L2	A+
31	Anshu Tyagi	Delhi	L2	C
32	BABU H	Tamil Nadu	L2	D
33	BABYMON.M.R	Kerala	L2	A+
34	Bithika Mohanty	Odisha	L2	B
35	BUDDHADEB PAL	West Bengal	L2	A+



36	Dayanidy G	Pondicherry	L2	B
37	Dipak Jyoti Borah	Assam	L2	A+
38	Dr Gaurav Bapusaheb Ambre	Maharashtra	L2	C
39	Dr Harish	Haryana	L2	D
40	Dr Sumana Pothugunta	Andhra Pradesh	L2	A
41	G.Visalakshi	Tamil Nadu	L2	D
42	ISHWARI DHIWAR	Chattisgarh	L2	B
43	Jyoti Sharma	Uttar Pradesh	L2	A+
44	JYOTISH C B	Kerala	L2	B
45	Khwairakpam Achou Singh	Manipur	L2	C
46	Langpoklakpam Tamubi Devi	Manipur	L2	D
47	Madaka.Sailaja	Andhra Pradesh	L2	A+
48	Manjunath DD	Karnataka	L2	A+
49	Mohan	Tamil Nadu	L2	D
50	Neharika Garg	Punjab	L2	B
51	Nirupam Duarah	Assam	L2	C
52	Pavithra G C	Karnataka	L2	A+
53	Prashant Kumar Singh	Jharkhand	L2	C
54	Praveen S	Karnataka	L2	D
55	Priya Rawat	Punjab	L2	D
56	PRIYANKA	Haryana	L2	A+
57	Priyanka kushwaha	Jharkhand	L2	B
58	Rajitha CT	Kerala	L2	C
59	RAYANABOINA SREENU (R Srinivas)	Telangana	L2	D
60	Reena Joseph	Pondicherry	L2	C
61	S P Kumar	Bihar	L2	D
62	Sanjay S	Karnataka	L2	B
63	Sarvesh Subhash Surlkar	Goa	L2	C
64	Sashikanta Khuntia	Odisha	L2	A+
65	Showkiya Qadir	Jammu & Kashmir	L2	A+
66	Shweta Kiran Patil	Maharashtra	L2	B
67	SMITHA VINAYACHANDRAN	Kerala	L2	B
68	SUBHANKAR DUTTA	West Bengal	L2	B
69	Sunita Verma	Punjab	L2	C
70	tajinder singh	Punjab	L2	A+
71	Yogachemmal Dr. R. Balaji	Pondicherry	L2	B
72	Zubida Lateef	Jammu & Kashmir	L2	C
73	A Vivekanandan	Tamil Nadu	L1	C
74	Abdul Rauf Dar	Jammu & Kashmir	L1	C
75	Abhimanyu	Haryana	L1	D
76	Ajay	Haryana	L1	D
77	AJIT KUMAR NAYAK	Odisha	L1	A



78	Akshay Vijay Tembhe	Maharashtra	L1	B
79	Ankit Kumar	Uttar Pradesh	L1	B
80	Anshu Sharma	Uttar Pradesh	L1	D
81	Archana korlam	Andhra Pradesh	L1	B
82	ARUN K R	Kerala	L1	A+
83	Asawari Gupta	Daman and Diu	L1	C
84	Ashish Jaisawal	Chattisgarh	L1	B
85	Ashwini Kumar Mishra	Haryana	L1	C
86	Awanish Kumar Mishra	Bihar	L1	C
87	Ayelaam Sujatha	Andhra Pradesh	L1	B
88	B.Sneha	Telangana	L1	A
89	Baljeet Kaur	Rajasthan	L1	D
90	Bharath K B	Karnataka	L1	A
91	Bindhya Subba	Sikkim	L1	B
92	Chandrasekhar K V	Karnataka	L1	C
93	Deeksha	Uttar Pradesh	L1	C
94	Dr InduNP	Kerala	L1	B
95	Dr Pardeep Agnihotri	Chandigarh	L1	C
96	Dr Rajesh Yadav	Delhi	L1	D
97	Dr Sheela Yadav	Delhi	L1	A
98	Durbasa Sahu	Odisha	L1	B
99	Durga Devi	Karnataka	L1	B
100	G Radhika swapna	Telangana	L1	B
101	Gayatri	Uttar Pradesh	L1	B
102	Geeta	Delhi	L1	C
103	GNANAPRABA R	Tamil Nadu	L1	D
104	Gnanavani	Tamil Nadu	L1	D
105	Hansraj	Haryana	L1	A
106	himanshu Pargai	Uttarakhand	L1	B
107	Junaid Ahmed Parrey	Jammu & Kashmir	L1	B
108	JYOTI	Rajasthan	L1	B
109	Kaberi Singha Roy Basunia	West Bengal	L1	C
110	Kabra Abhay Shankarlal	Maharashtra	L1	D
111	Kamal	Haryana	L1	C
112	Kapil	Haryana	L1	A+
113	Karibandi Rama Krishna	Andhra Pradesh	L1	B
114	Karthika B	Karnataka	L1	A+
115	Kesari Alekhya	Telangana	L1	A
116	Kiran Gautam	Sikkim	L1	B
117	Kiran Kumari Jha	Jharkhand	L1	D
118	Kirti Insan	Haryana	L1	B
119	Kuldeep kagade	Maharashtra	L1	A+
120	Luxmi Devi	Haryana	L1	B
121	MA Anandapriya	Tamil Nadu	L1	D
122	Mahesh kumar gadri (pal)	Madhya Pradesh	L1	C
123	Mahesh Yogi	Rajasthan	L1	B



124	Mamata rani saho	Odisha	L1	C
125	Mangal Chand	Himachal Pradesh	L1	D
126	Manju Rana	Uttar Pradesh	L1	B
127	Meenakshi Parmar	Himachal Pradesh	L1	B
128	Mohanan M S	Kerala	L1	C
129	Mohd Tahir	Jammu and Kashmir	L1	B
130	Mohit Kumar	Himachal Pradesh	L1	A+
131	Mugdha Rajesh Lele	Maharashtra	L1	C
132	Nakul	Rajasthan	L1	D
133	Narasimha Murthy V V	Andhra Pradesh	L1	C
134	Narian Singh Manhas	Jammu and Kashmir	L1	A+
135	Neha	Haryana	L1	B
136	Nikesh	Haryana	L1	D
137	Nilesh Kosia	Gujarat	L1	B
138	Niranjan S	Karnataka	L1	C
139	Nishalini V	Tamil Nadu	L1	C
140	NISHANACHIYAR G	Tamil Nadu	L1	A
141	Pawan Kumar	Delhi	L1	A
142	Poonam BODAWALA	Gujarat	L1	D
143	Pragna Bhatt	Gujarat	L1	D
144	Pragya Pandey	Rajasthan	L1	D
145	Prameela butti	Telangana	L1	C
146	Praveen Prasannan	Kerala	L1	B
147	Priyanka D/O Kishorchand	Haryana	L1	C
148	Rabi Biswas	West Bengal	L1	B
149	RACHNA SANJAY CHALIAWALA	Gujarat	L1	B
150	Rajkumari Choudhary	Rajasthan	L1	B
151	Rakesh Varma	Uttarakhand	L1	B
152	Raveena	Haryana	L1	B
153	Ravichandra M	Karnataka	L1	D
154	Razia Noor	Jammu and Kashmir	L1	A
155	Ritu Rani	Haryana	L1	C
156	S Kavitha	Tamil Nadu	L1	D
157	S Nagesh	Telangana	L1	B
158	S SivaKumar	Tamil Nadu	L1	D
159	Sangita Devi	Assam	L1	B
160	Sanjay Kumar Vastrakar	Chattisgarh	L1	B
161	Sarika Singh	Uttar Pradesh	L1	B
162	Satya Naryan	Rajasthan	L1	C
163	Seema Saini	Haryana	L1	C
164	Shalini Raghuvanshi	Uttar Pradesh	L1	B
165	Shivkant Shukla	Madhya Pradesh	L1	C
166	Soheli Dey	West Bengal	L1	A
167	Sonu	Haryana	L1	A+
168	Sree Ranjini P	Kerala	L1	A+



169	SUBHASH CHANDRA YADAV	Delhi	L1	A
170	Sudesh Kumar	Jammu and Kashmir	L1	A
171	Sumalatha	Karnataka	L1	C
172	Sumit Kumar	Rajasthan	L1	A+
173	Sunil Choudhary	Delhi	L1	B
174	Sunita Jaiswal	Uttarakhand	L1	D
175	Susheela	Karnataka	L1	C
176	Tapan Kumar Dey	Assam	L1	B
177	Tulika Roy	West Bengal	L1	A
178	Tulsi Sahu	Jharkhand	L1	C
179	Veena Babbar	Uttar Pradesh	L1	B
180	Veerayya Prasadimat	Karnataka	L1	D
181	VENNAPUSA LAKSHMI BHARATHI	Andhra Pradesh	L1	B
182	Vijetha C	Karnataka	L1	B
183	Vishal SH	Karnataka	L1	D
184	Yogi Narendrakumar Chowdhary	Gujarat	L1	D



4th National Yogasana Judges Training Program				
29th April to 3rd May 2024				
NS NIS, Patiala, Punjab				
Result - Evaluator				
Sr. No.	Name	State	Level	Grade
1	Ajeeta Sethi	Rajasthan	L3	A
2	Ansh choudhary	Haryana	L3	A+
3	Anuj Kaushik	Haryana	L3	A
4	Arjun Tiwari	Punjab	L3	A
5	Bhaskar oli	Uttarakhand	L3	A
6	Disha R Taunk	Tamil Nadu	L3	A
7	Dr Barun Kushwah	Madhya Pradesh	L3	Hold
8	Dr Pratima Vashishtha	Madhya Pradesh	L3	A+
9	Dr Rachana Jain	Madhya Pradesh	L3	D
10	Harshit Sharma	Uttarakhand	L3	A
11	JURITY BORKAKOTY BORDOLOI	Assam	L3	D
12	KARRI NAGA VENKATA SRIDHAR REDDY	Andhra Pradesh	L3	A
13	Komal Verma	Haryana	L3	A
14	Maloy Kumar Dey	Jharkhand	L3	A+
15	Milindra tripathi	Madhya Pradesh	L3	C
16	NAOREM AKEN SINGH	Manipur	L3	C
17	Pawan Kumar Chaudhary	Bihar	L3	A
18	PRAJAKTA SATISH KHAWALE	Maharashtra	L3	A+
19	Rani Kumari	Bihar	L3	A
20	Rohit Kaushik	Uttar Pradesh	L3	B
21	Santoshi kumari	Jharkhand	L3	A+
22	Sarita Pandey	Uttarakhand	L3	C
23	Seema Jethanand Sharma	Daman and Diu	L3	A+
24	ShabirAhmed Dar	Jammu and Kashmir	L3	A+
25	SWAROUP RAMANAN ALIAS PREMKUMAR .M	Pondicherry	L3	B
26	Umesh Narang	Haryana	L3	A
27	Urmila vyas	Rajasthan	L3	A+
28	Vijay Shankar Tripathi	Madhya Pradesh	L3	A+
29	Vipandeeep	Punjab	L3	A+
30	Anjan Roy	West Bengal	L2	A+
31	Anshu Tyagi	Delhi	L2	A
32	BABU H	Tamil Nadu	L2	A
33	BABYMON.M.R	Kerala	L2	A
34	Bithika Mohanty	Odisha	L2	C



35	BUDDHADEB PAL	West Bengal	L2	B
36	Dayanidy G	Pondicherry	L2	A+
37	Dipak Jyoti Borah	Assam	L2	A+
38	Dr Gaurav Bapusaheb Ambre	Maharashtra	L2	A
39	Dr Harish	Haryana	L2	A
40	Dr Sumana Pothugunta	Andhra Pradesh	L2	A
41	G.Visalakshi	Tamil Nadu	L2	B
42	ISHWARI DHIWAR	Chattisgarh	L2	A
43	Jyoti Sharma	Uttar Pradesh	L2	A+
44	JYOTISH C B	Kerala	L2	A
45	Khwairakpam Achou Singh	Manipur	L2	A+
46	Langpoklakpam Tamubi Devi	Manipur	L2	D
47	Madaka.Sailaja	Andhra Pradesh	L2	B
48	Manjunath DD	Karnataka	L2	A+
49	Mohan	Tamil Nadu	L2	A+
50	Neharika Garg	Punjab	L2	B
51	Nirupam Duarah	Assam	L2	B
52	Pavithra G C	Karnataka	L2	A+
53	Prashant Kumar Singh	Jharkhand	L2	A
54	Praveen S	Karnataka	L2	A
55	Priya Rawat	Punjab	L2	A+
56	PRIYANKA	Haryana	L2	A
57	Priyanka kushwaha	Jharkhand	L2	C
58	Rajitha CT	Kerala	L2	D
59	RAYANABOINA SREENU (R Srinivas)	Telangana	L2	B
60	Reena Joseph	Pondicherry	L2	A
61	S P Kumar	Bihar	L2	A
62	Sanjay S	Karnataka	L2	A
63	Sarvesh Subhash Surlkar	Goa	L2	A
64	Sashikanta Khuntia	Odisha	L2	D
65	Showkiya Qadir	Jammu & Kashmir	L2	A
66	Shweta Kiran Patil	Maharashtra	L2	A+
67	SMITHA VINAYACHANDRAN	Kerala	L2	B
68	SUBHANKAR DUTTA	West Bengal	L2	A
69	Sunita Verma	Punjab	L2	A
70	tajinder singh	Punjab	L2	A
71	Yogachemmal Dr. R. Balaji	Pondicherry	L2	B
72	Zubida Lateef	Jammu & Kashmir	L2	A
73	A Vivekanandan	Tamil Nadu	L1	D
74	Abdul Rauf Dar	Jammu & Kashmir	L1	D
75	Abhimanyu	Haryana	L1	A
76	Ajay	Haryana	L1	A



77	AJIT KUMAR NAYAK	Odisha	L1	D
78	Akshay Vijay Tembhe	Maharashtra	L1	A
79	Ankit Kumar	Uttar Pradesh	L1	B
80	Anshu Sharma	Uttar Pradesh	L1	D
81	Archana korlam	Andhra Pradesh	L1	D
82	ARUN K R	Kerala	L1	A+
83	Asawari Gupta	Daman and Diu	L1	B
84	Ashish Jaisawal	Chattisgarh	L1	B
85	Ashwini Kumar Mishra	Haryana	L1	D
86	Awanish Kumar Mishra	Bihar	L1	A
87	Ayelaam Sujatha	Andhra Pradesh	L1	D
88	B.Sneha	Telangana	L1	D
89	Baljeet Kaur	Rajasthan	L1	A
90	Bharath K B	Karnataka	L1	A
91	Bindhya Subba	Sikkim	L1	A+
92	Chandrasekhar K V	Karnataka	L1	A
93	Deeksha	Uttar Pradesh	L1	B
94	Dr InduNP	Kerala	L1	D
95	Dr Pardeep Agnihotri	Chandigarh	L1	A
96	Dr Rajesh Yadav	Delhi	L1	C
97	Dr Sheela Yadav	Delhi	L1	A
98	Durbasa Sahu	Odisha	L1	A
99	Durga Devi	Karnataka	L1	B
100	G Radhika swapna	Telangana	L1	D
101	Gayatri	Uttar Pradesh	L1	A
102	Geeta	Delhi	L1	B
103	GNANAPRABA R	Tamil Nadu	L1	B
104	Gnanavani	Tamil Nadu	L1	B
105	Hansraj	Haryana	L1	A
106	himanshu Pargai	Uttarakhand	L1	A
107	Junaid Ahmed Parrey	Jammu & Kashmir	L1	A
108	JYOTI	Rajasthan	L1	A+
109	Kaberi Singha Roy Basunia	West Bengal	L1	A+
110	Kabra Abhay Shankarlal	Maharashtra	L1	A
111	Kamal	Haryana	L1	A+
112	Kapil	Haryana	L1	A
113	Karibandi Rama Krishna	Andhra Pradesh	L1	A
114	Karthika B	Karnataka	L1	D
115	Kesari Alekhya	Telangana	L1	D
116	Kiran Gautam	Sikkim	L1	A
117	Kiran Kumari Jha	Jharkhand	L1	A
118	Kirti Insan	Haryana	L1	A
119	Kuldeep kagade	Maharashtra	L1	D
120	Luxmi Devi	Haryana	L1	C
121	MA Anandapriya	Tamil Nadu	L1	A
122	Mahesh kumar gadri (pal)	Madhya Pradesh	L1	B



123	Mahesh Yogi	Rajasthan	L1	A
124	Mamata rani saho	Odisha	L1	A
125	Mangal Chand	Himachal Pradesh	L1	B
126	Manju Rana	Uttar Pradesh	L1	A+
127	Meenakshi Parmar	Himachal Pradesh	L1	B
128	Mohanam M S	Kerala	L1	C
129	Mohd Tahir	Jammu and Kashmir	L1	A
130	Mohit Kumar	Himachal Pradesh	L1	A
131	Mugdha Rajesh Lele	Maharashtra	L1	A+
132	Nakul	Rajasthan	L1	A
133	Narasimha Murthy V V	Andhra Pradesh	L1	A
134	Narian Singh Manhas	Jammu and Kashmir	L1	A+
135	Neha	Haryana	L1	B
136	Nikesh	Haryana	L1	B
137	Nilesh Kosia	Gujarat	L1	B
138	Niranjan S	Karnataka	L1	B
139	Nishalini V	Tamil Nadu	L1	A
140	NISHANACHIYAR G	Tamil Nadu	L1	A+
141	Pawan Kumar	Delhi	L1	A+
142	Poonam BODAWALA	Gujarat	L1	B
143	Pragna Bhatt	Gujarat	L1	B
144	Pragya Pandey	Rajasthan	L1	B
145	Prameela butti	Telangana	L1	A
146	Praveen Prasannan	Kerala	L1	A
147	Priyanka D/O Kishorchand	Haryana	L1	A
148	Rabi Biswas	West Bengal	L1	D
149	RACHNA SANJAY CHALIAWALA	Gujarat	L1	B
150	Rajkumari Choudhary	Rajasthan	L1	B
151	Rakesh Varma	Uttarakhand	L1	C
152	Raveena	Haryana	L1	A
153	Ravichandra M	Karnataka	L1	A
154	Razia Noor	Jammu and Kashmir	L1	A
155	Ritu Rani	Haryana	L1	A
156	S Kavitha	Tamil Nadu	L1	B
157	S Nagesh	Telangana	L1	B
158	S SivaKumar	Tamil Nadu	L1	D
159	Sangita Devi	Assam	L1	A
160	Sanjay Kumar Vastrakar	Chattisgarh	L1	B
161	Sarika Singh	Uttar Pradesh	L1	B
162	Satya Naryan	Rajasthan	L1	C
163	Seema Saini	Haryana	L1	D
164	Shalini Raghuvanshi	Uttar Pradesh	L1	A
165	Shivkant Shukla	Madhya Pradesh	L1	A
166	Soheli Dey	West Bengal	L1	A
167	Sonu	Haryana	L1	A
168	Sree Ranjini P	Kerala	L1	A



169	SUBHASH CHANDRA YADAV	Delhi	L1	A
170	Sudesh Kumar	Jammu and Kashmir	L1	B
171	Sumalatha	Karnataka	L1	A
172	Sumit Kumar	Rajasthan	L1	A
173	Sunil Choudhary	Delhi	L1	A
174	Sunita Jaiswal	Uttarakhand	L1	A
175	Susheela	Karnataka	L1	D
176	Tapan Kumar Dey	Assam	L1	B
177	Tulika Roy	West Bengal	L1	A
178	Tulsi Sahu	Jharkhand	L1	D
179	Veena Babbar	Uttar Pradesh	L1	A
180	Veerayya Prasadimat	Karnataka	L1	A
181	Yuvraj Aadity Arya	Uttarakhand	L1	A
182	VENNAPUSA LAKSHMI BHARATHI	Andhra Pradesh	L1	A
183	Vijetha C	Karnataka	L1	A
184	Vishal SH	Karnataka	L1	A
185	Yogi Narendrakumar Chowdhary	Gujarat	L1	A



4th National Yogasana Judges Training Program		
29th April to 3rd May 2024		
NS NIS, Patiala, Punjab		
Chief Judge		
Name	State	Rank
Umesh Narang	Haryana	1
Urmila Vyas	Rajasthan	2
Vijay Shankar Tripathi	Madhya Pradesh	3
Maloy Kumar Dey	Jharkhand	4
Dayaniday G	Pondicherry	5
Pratima Vashistha	Madhya Pradesh	6
Vipandeep	Punjab	7
Buddhadeb Pal	West Bengal	8
Manjunath DD	Karnataka	9
Harshit Sharma	Uttarakhand	10
Pavitra GC	Karnataka	11
Anjan Roy	West Bengal	12
Ansh Choudhry	Haryana	13
Priyanaka	Haryana	14



4th National Yogasana Judges Training Program		
29th April to 3rd May 2024		
NS NIS, Patiala, Punjab		
Overall All Round Toppers		
Name	State	Rank
Manjunath DD	Karnataka	1
Urmila Vyas	Rajasthan	2
Vipandeep	Punjab	3
Ansh Choudhary	Haryana	4
Vijay Shankar Tripathi	Madhya Pradesh	5
Dayaniday G	Pondicherry	6
Maloy Kumar Dey	Jharkhand	7
Kuldeep Kagade	Maharashtra	8
Arun KR	Kerala	9
Kartika B	Karnataka	10
Priyanka	Haryana	11

4th National Yogasana Judges Training Program

29th April to 3rd May 2024

NS NIS, Patiala, Punjab

Category Wise Toppers

Category of Judge	Level 1			Level 2			Level 3		
	Sr. No.	Name	State	Sr. No.	Name	State	Sr. NO	Name	State
D Judge	1	Deeksha	Uttar Pradesh	1	Nirupam Duarah	Assam	1	Vijay Shankar Tripathi	Madhya Pradesh
	2	Luxmi Devi	Haryana	2	Manjunath DD	Karnataka	2	Urmila vyas	Rajasthan
	3	Satya Naryan	Rajasthan	3	Dr Gaurav Bapusaheb Ambre	Maharashtra	3	Maloy Kumar Dey	Jharkhand
	4	Abhimanyu	Haryana	4	Dayanidy G	Pondicherry	4	Vipandeep	Punjab
	5	Akshay Vijay Tembhe	Maharashtra	5	Pavithra G C	Karnataka	5	Dr Pratima Vashishtha	Madhya Pradesh
	6	Manju Rana	Uttar Pradesh	6	ISHWARI DHIWAR	Chattisgarh	6	SWAROUP RAMANAN ALIAS PREMKUMAR .M	Pondicherry
	7	Kuldeep kagade	Maharashtra	7	Sashikanta Khuntia	Odisha	7	Komal Verma	Haryana
	8	ARUN K R	Kerala	8	PRIYANKA	Haryana	8	Santoshi kumari	Jharkhand
	9	Durbasa Sahu	Odisha	9	Reena Joseph	Pondicherry	9	PRAJAKTA SATISH KHAWALE	Maharashtra
	10	Karthika B	Karnataka	10	Madaka.Sailaja	Andhra Pradesh	10	Ajeeta Sethi	Rajasthan
T Judge	Sr. NO	Name	State	Sr. N.	Name	State	Sr. No.	Name	State
	1	Karthika B	Karnataka	1	Reena Joseph	Pondicherry	1	NAOREM AKEN SINGH	Manipur
	2	ARUN K R	Kerala	2	BABYMON.M.R	Kerala	2	Komal Verma	Haryana
	3	Rakesh Varma	Uttarakhand	3	Dayanidy G	Pondicherry	3	Umesh Narang	Haryana
	4	Priyanka D/O Kishorchand	Haryana	4	G.Visalakshi	Tamil Nadu	4	Vijay Shankar Tripathi	Madhya Pradesh
	5	Shivkant Shukla	Madhya Pradesh	5	PRIYANKA	Haryana	5	Maloy Kumar Dey	Jharkhand
	6	Kuldeep kagade	Maharashtra	6	Zubida Lateef	Jammu & Kashmir	6	Vipandeep	Punjab
	7	Deeksha	Uttar Pradesh	7	Yogachemmal Dr. R. Balaji	Pondicherry	7	Arjun Tiwari	Punjab
	8	Luxmi Devi	Haryana	8	Bithika Mohanty	Odisha	8	Harshit Sharma	Uttarakhand
	9	Durbasa Sahu	Odisha	9	ISHWARI DHIWAR	Chattisgarh	9	ShabirAhmed Dar	Jammu and Kashmir
	10	Mugdha Rajesh Lele	Maharashtra	10	tajinder singh	Punjab	10	Ansh choudhary	Haryana
	11	JYOTI	Rajasthan						
	12	Bindhya Subba	Sikkim						
13	Yogi Narendrakumar Chowdhary	Gujarat							
A Judge	Sr.No	Name	State	Sr. No	Name	State	Sr. No	Name	State
	1	Kuldeep kagade	Maharashtra	1	Sashikanta Khuntia	Odisha	1	Ansh choudhary	Haryana
	2	ARUN K R	Kerala	2	BUDDHADEB PAL	West Bengal	2	Disha R Taunk	Tamil Nadu
	3	Kapil	Haryana	3	PRIYANKA	Haryana	3	Pawan Kumar Chaudhary	Bihar
	4	Sumit Kumar	Rajasthan	4	Showkiya Qadir	Jammu & Kashmir	4	Urmila vyas	Rajasthan
	5	Karthika B	Karnataka	5	BABYMON.M.R	Kerala	5	Vipandeep	Punjab
	6	Narian Singh Manhas	Jammu and Kashmir	6	Jyoti Sharma	Uttar Pradesh	6	Dr Pratima Vashishtha	Madhya Pradesh
	7	SUBHASH CHANDRA YADAV	Delhi	7	Pavithra G C	Karnataka	7	Arjun Tiwari	Punjab
	8	Mohit Kumar	Himachal Pradesh	8			8	Seema Jethanand Sharma	Daman and Diu
9	Sonu	Haryana	9	Dipak Jyoti Borah	Assam	9	Maloy Kumar Dey	Jharkhand	

	10	Sree Ranjini P	Kerala	10	tajinder singh	Punjab	10	Santoshi kumari	Jharkhand
				11	Manjunath DD	Karnataka	11	PRAJAKTA SATISH KHAWALE	Maharashtra
				12	Madaka.Sailaja	Andhra Pradesh	12	Sarita Pandey	Uttarakhand
				13	Anjan Roy	West Bengal			
Evaluator	Sr. No	Name	State	Sr. No	Name	State	Sr. No	Name	State
	1	Arun K R	Kerala	1	Dayanidy G	Pondicherry	1	Vijay Shankar Tripathi	Madhya Pradesh
	2	Mugha Rajesh Lele	Maharashtra	2	Anjan Roy	West Bengal	2	Urmila Vyas	Rajasthan
	3	Pawan Kumar	Delhi	3	Dipak Jyoti Borah	Assam	3	Vipandeep	Punjab
	4	Manju Rana	Uttar Pradesh	4	Jyoti Sharma	Uttar Pradesh	4	Maloy Kumar Dey	Jharkhand
	5	Kamal	Haryana	5	Khwairakpam Achou Singh	Manipura	5	Dr. Pratima Vashistha	Madhya Pradesh
	6	Jyoti	Rajasthan	6	Pavitra GC	Karnataka	6	Seema Sharma	Daman & Diu
	7	Narian Singh Manhas	Jammu & Kashmir	7	Sweta Kiran Patil	Maharashtra	7	Shabir Ahmed Dar	Jammu & Kashmir
	8	Kaberi Singha Roy	West Bengal	8	Mohan	Tamil Nadu	8	Santoshi Kumari	Jharkhand
	9	Nishanachiyar	Tamil Nadu	9	Priya Rawat	Punjab	9	Ansh Choudhary	Haryana
	10	Bindhya Subha	Sikkim	10	Manjunath DD	Karnataka	10	Prajakta Satish Khawale	Maharashtra