

IGA FEDERATION OF

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.02.90) AFFILIATED TO ASIAN YOGA FEDERATION, INTERNATIONAL YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

RECOGNITION OF: INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011 REGD. OFFICE: Flat No. 501, GHS-93, SECTOR-20, PANCHKULA -134 116 (HARYANA) - INDIA

E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.yogafederationofindia.com

President

ASHOK KUMAR AGGARWAL

Mobile: +91-94174-14741 yfiashok2000@yahoo.co.in **Director Competition/ Sr. Vice President** INDU AGGARWAL

> Mobile: +91-94174-66398 yfiashok2000@yahoo.co.in

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Mobile: +91-94173-62848 ramanyogi77@gmail.com

Secretary General SANJAY KUMAR JHA Mobile: +91-94315-80782

tkjharanchi@gmail.com

Dated: 23.08.2019

SR. VICE PRESIDENTS: SH. S.S. GILL, IAS (RETD.)

(Punjab) Dr. ANIL AGARWAL

Member Parliament (Uttar Pradesh) SH. AJIT BALAJI JOSHI, (IAS) (Chandigarh)

SH. TIKSHAN SUD

(Punjab)

SH. NAVIN ACHARYA

(Goa)

YOGIRAJ N. RAMALINGAM

(Tamil Nadu)

VICE PRESIDENTS: *

SH. GANGADHARAPPA

(Karnataka)

PROF. PRABIR KARMAKAR (Jharkhand) SH. MAHENDRA SHARMA

(Himachal Pradesh)

SH. B.BALACHANDARAN

SH. D.C. SHARMA

(Kerala)

(Chandigarh) DR. KRISHNA KUMAR BORA

(Assam)

SH. R. SRIDHAR REDDY

(Telengana) DR. SHASHIKANTH JAIN

(Dharmasthala) SH. DEEPAK HANDA

(Jammu & Kashmir)

TREASURER: *

SH. O.P. MALICK

(Chandigarh)

ZONAL SECRETARIES: *

SH. K. PRABHU

(Karnataka-South Zone)
DR. ASIT AICH

(West Bengal- East Zone)

SH. YASH PARASHAR (Uttar Pradesh-North Zone)

SH. CHANDRAKANT S. PANGARE (Maharashtra-West Zone)

SH. PRABHAT CHANDRA BORA (Assam-North East Zone)

JOINT SECRETARIES: *

SH. J. MANOHAR

(Telengana)

DR. SHER SINGH

(Rajasthan)

SH. GAUTAM SINHA

(West Bengal)

SH. ARVIND K. KOTNALA (Uttarakhand)

SH. P.SASIDHARAN NAIR

SH. JAI BHAGWAN

(Kerala)

(Delhi)

EXECUTIVE MEMBERS:

DR. MAHENDER SINGH

(Chandigarh)

DR. C.K. MISHRA

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SH. K.I. PATEL

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(Madhya Pradesh)

SH. V.V. RAMA RAO (Andhra Pradesh)

SH. DHANESH KUMAR SINHA

(Bihar) SH. RAMESH KUMAR

(Andaman & Nicobar)

SH. SITARAM SHARMA

SH. SACHCHIDANANDA (Chhattisgarh)

(Odisha)

Ref. No. YFI / .15842-992...

- 1. The President/Secretary, All State/U.T. Yoga Associations, (Affiliated to Yoga Federation of India).
- 2. The Secretary, All India Police Sports Control Board, New Delhi.
- 3. The Secretary, Services Sports Control Board, New Delhi.
- 4. The Secretary, Civil Services Sports Control Board.
- 5. The Secretary, Railway Sports Control Board, New Delhi.

Subject: Circular-44th Senior National Yogasana Sports Championship, 9th to 12th November, 2019 & Annual General Meeting of Yoga Federation of India, 9th November, 2019, at S.M.S Indoor Stadium, Jaipur (Rajasthan)

This is in continuation to YFI letter no. 15632-782 dated 29.07.2019 on subject cited above.

The 44th Senior National Yogasana Sports Championship which was scheduled to be held from 9th to 12th November, 2019 at Lucknow (Uttar Pradesh) will now be held at S.M.S Indoor Stadium, Jaipur (Rajasthan) to be organized by Jaipur Yoga League in collaboration with Rajasthan State Yoga Association under the auspices of Yoga Federation of India as per Syllabus, Instructions, Rules & Regulations of the Championship laid down by Yoga Federation of India.

Venue of the Championship:

S.M.S Indoor Stadium, Jaipur (Rajasthan)

Contact for Venue and Accommodation:

Dr. Abhinav Joshi

Secretory, Jaipur Yoga League

Email: thef2c@gmail.com, abhinavjoshi4@live.com Mobile No: +91-77371-17757, +91 - 85600-21060

Shri. C.P. Purohit,

General Secretary, Rajasthan State Yoga Association

Email: gbrilliantyoga@gmail.com

Mob: +91 96496-60507

Pickup & Drop Arrangement: The host will take care of pick-up & drop of all the State Yoga teams from Railway Station / Bust Stand to the venue of the championship, subject to the timely information by the participating teams to the host.

The Senior National Yogasana Sports Championship will be held in the following Six Categories:

- 1. National Yogasana Sports Competition
- 2. National Artistic Yoga Sports Competition
- 3. National Artistic Pair Yoga Sports Competition
- 4. National Rhythmic Yoga Sports Competition
- 5. National Free Flow Yoga Dance Competition
- 6. National Professional (Men) Yogasana Sports Competition

1. National Yogasana Sports Competition:

Separate Yogasana Competitions for male and female competitors will be held in the following **SIX AGE GROUPS**. The competitor will perform all the 10 asanas as per syllabus of their respective age groups (attached separately). Competitor will maintain in each asana for **15 seconds** during the competition.

(i) Senior Group - (A) 18-21 Years (Men & Women) (ii) Senior Group - (B) 21-25 Years (Men & Women) (iii) Senior Group - (C) 25-30 Years (Men & Women) (iv) Senior Group - (D) 30-35 Years (Men & Women) Senior Group - (E) 35-45 Years (Men & Women) (v) (vi) Senior Group - (F) above 45 (Men & Women)

<u>Number of Entries</u>: Maximum **Three Competitors** of either sex in each Age Group from each State/Union Territory Yoga Associations/ Unit will be allowed to participate.

2. <u>National Artistic Yoqa Sports Competition</u>: (Rules attached separately)

3. <u>National Artistic Pair Yoga Sports Competition</u>: (Rules attached separately)

4. National Rhythmic Yoga Sports Competition : (Rules attached separately)

<u>Age Groups</u>:- The Artistic Yoga, Artistic Pair Yoga and Rhythmic Yoga Competition will be held in the 18-35 years age groups.

Number of Entries: **Two Entries** from each State/Union Territory Yoga Associations/Unit in each category separately will be allowed to participate.

5. NATIONAL FREE FLOW YOGA DANCE COMPETITION:

Age Group: 18 to 35 YEARS

Number of Entries: Only one team from one State / Union Territory / Unit, consisting of **5 players** either all boys or all girls or boys and girls mixed can participate in the National Free Flow Yoga Dance Competition in **one Age Group i.e. 18 to 35 years.**

<u>Note:-</u>Only those Yoga players who are participating in National Yogasana Competition can participate in Artistic Yoga, Artistic Pair Yoga, Rhythmic Yoga and Free Flow Yoga Dance Competition. Thus the total strength of Yoga Players from each unit should not exceed 36 (18 Men & 18 Women) plus Wild Card Entry Players, if any.

Wild Card Entry in the National Yoga Sports Championship:-

Asian and World Yoga Championship Participants of the **current session (2019-20)** may be allowed to participate directly in the National Yogasana Sports Championship through **WILD CARD ENTRY** during that particular session only, in addition to the other **three** participants of that particular age group of their State Yoga Team already selected through their respective State Yoga Sports Championship.

Note: For Wild Card Entry, the player has to get the permission from the President, Yoga Federation of India, for participation in the National Yoga Sports Championship through their State Secretary.

Separate Entry Proforma should be filled for Wild Card Entry Players.

6. NATIONAL PROFESSIONAL YOGASANA SPORTS COMPETITION (MEN):

Age Group: Separate Professional Yogasana Competition (Men) competitors will be held in **following two Age Groups.** Only National Yoga Referees of Yoga Federation of India are eligible to participate in the Professional Yogasana Competition (Men) as per the Syllabus of the Competition of their group. Competitor will maintain in each asana for **15 seconds** during the Competition.

- 1. 21-30 years (Men) Professional Yogasana Competition
- 2. Above 30 years (Men) Professional Yogasana Competition

Number of Entries: Maximum **three** competitors (Men) from each State will be allowed to participate.

Note: The Competitor (National Yoga Referee) can participate either in the Professional Yogasana Competition or in the National Yogasana Competition of the Senior Age Groups i.e. 18-21 years, 21-25 years, 25-30 years, 30-35 years, 35-45 years and above 45 years.

Date of Birth:-

The cut out date for the age group of the player will be as stands on **31**st **December of the session of the Championship i.e. 31.12.2019** of the session (2019-20) for National /Federation Cup/ Zonal / State / District Yoga Sports Championship.

Age of Participant should be as on or in between the dates mentioned below, for their respective age groups:-

Age Groups

Age as on or in between

Senior Group - (B) - 21-25 Years - 01.01.1995 - 31.12.1998 Senior Group - (C) - 25-30 Years - 01.01.1990 - 31.12.1994 Senior Group - (D) - 30-35 Years - 01.01.1985 - 31.12.1989 Senior Group - (E) - 35-45 Years - 01.01.1975 - 31.12.1984						
Senior Group - (C) - 25-30 Years - 01.01.1990 - 31.12.1994 Senior Group - (D) - 30-35 Years - 01.01.1985 - 31.12.1989 Senior Group - (E) - 35-45 Years - 01.01.1975 - 31.12.1984 Senior Group - (F) - above 45 - - - 31.12.1974 Artistic Yoga Single Senior 18-35 Years 01.01.1985 - 31.12.2001 Artistic Yoga Pair Senior 18-35 Years 01.01.1985 - 31.12.2001 Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Senior Group - (A)	-	18-21 Years -	01.01.1999	-	31.12.2001
Senior Group - (D) - 30-35 Years - 01.01.1985 - 31.12.1989 Senior Group - (E) - 35-45 Years - 01.01.1975 - 31.12.1984 Senior Group - (F) - above 45 - - - - 31.12.1974 Artistic Yoga Single Senior 18-35 Years 01.01.1985 - 31.12.2001 Artistic Yoga Pair Senior 18-35 Years 01.01.1985 - 31.12.2001 Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Senior Group - (B)	-	21-25 Years -	01.01.1995	-	31.12.1998
Senior Group - (E) - 35-45 Years - 01.01.1975 - 31.12.1984 Senior Group - (F) - above 45 - - - 31.12.1974 Artistic Yoga Single Senior 18-35 Years 01.01.1985 - 31.12.2001 Artistic Yoga Pair Senior 18-35 Years 01.01.1985 - 31.12.2001 Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Senior Group - (C)	-	25-30 Years -	01.01.1990	-	31.12.1994
Senior Group - (F) - above 45 - - 31.12.1974 Artistic Yoga Single Senior 18-35 Years 01.01.1985 - 31.12.2001 Artistic Yoga Pair Senior 18-35 Years 01.01.1985 - 31.12.2001 Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Senior Group - (D)	-	30-35 Years -	01.01.1985	-	31.12.1989
Artistic Yoga Single Senior 18-35 Years 01.01.1985 - 31.12.2001 Artistic Yoga Pair Senior 18-35 Years 01.01.1985 - 31.12.2001 Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Senior Group - (E)	-	35-45 Years -	01.01.1975	-	31.12.1984
Artistic Yoga Pair Senior 18-35 Years 01.01.1985 - 31.12.2001 Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Senior Group - (F)	-	above 45 -		-	31.12.1974
Rhythmic Yoga Senior 18-35 Years 01.01.1985 - 31.12.2001 Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Artistic Yoga Single Ser	nior	18-35 Years	01.01.1985	-	31.12.2001
Free Flow Yoga Dance 18-35 Years 01.01.1985 - 31.12.2001 Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Artistic Yoga Pair Senio	r	18-35 Years	01.01.1985	-	31.12.2001
Professional Yogasana (Men) 21- 30 Years 01.01.1990 - 31.12.1998	Rhythmic Yoga Senior		18-35 Years	01.01.1985	-	31.12.2001
	Free Flow Yoga Dance		18-35 Years	01.01.1985	-	31.12.2001
Professional Yogasana (Men) above 30 Years 31.12.1989	Professional Yogasana	(Men)	21- 30 Years	01.01.1990	-	31.12.1998
	Professional Yogasana	(Men)	above 30 Years		-	31.12.1989

Dress of Participants:-

<u>Male Competitor:</u> The male competitors will wear skin tight Sports Shirt and Short in the Yoga Competition and attractive costume in the Artistic, Artistic Pair, Rhythmic and Free Flow Yoga Dance Competition during National Yogasana Sports Championship.

Female Competitor: The female competitors will wear skin tight Sports Shirt and Shorts/Gymnastics Costume in Yogasana Competition and attractive costume (without skirts/ frills) in the Artistic Yoga, Artistic Pair Yoga, Rhythmic Yoga and Free Flow Yoga Dance Competition however the female competitors in the age groups of 25-30 years, 30-35 years, 35-45 years and above 45 years Yogasana Competition may wear tight track bottom and tight Sport Shirt during National Yogasana Competition.

<u>Dress Code for National Yoga Referees:</u> All the National Yoga Referees (Male/Female) will be in the dress code i.e. Sky Blue Shirt & Black Pant with Tie of the Yoga Federation of India, during National Yoga Sports Championship (Colour of Shirt is available at the website of Yoga Federation of India www.yogafederationofindia.com). However, ladies referees may wear Sky Blue Saree & Blouse, if they want.

Entry/Affiliation Fee:-

Entries should be sent along-with the Affiliation Fee, Entry Fee and Player Registration Fee as detailed given below, through Bank Draft, drawn in favour of Yoga Federation of India, payable at State Bank of India, Panchkula, along with Entry Performa and Player Registration Enrolment Form (duly filled) for new players, to the office of Yoga Federation of India at Flat No.501, GHS-93, Sector 20, Panchkula-134116 (Haryana) by **5th October, 2019 positively, after that computer will not accept any entry.**

Annual Affiliation Fee : Rs. 5,000/-

Entry Fee : Rs. 200/- Per Event, Per Competitor

Player Registration Fee : Rs. 100/- Each (for new players)

National Yoga Referee : Rs. 2000/-

Examination fee

National Yoga Referee : Rs. 2000/-

Up-Gradation Examination fee

Late Entry Fee : Rs. 200/- per competitor

Non Submission of Medical/ : Rs.100/- per competitor

Risk Certificate

(B)

Wild Card Entry Registration Fees : Rs.2000/- per competitor

Note:-The State Secretaries are advised to mail the entry proforma duly filled in **Excel File (XLSM)** (attached) by 5th October, 2019 to the Office of Yoga Federation of India at Email: yfiashok2000@yahoo.co.in with an intimation to the following, otherwise double entry fees will be charged as per the decision of the Yoga Federation of India.

1. Shri Harish Chitkara

Computer Programmer, Yoga Federation of India.

Email: harish.chitkara@gmail.com,

Mobile: +91-97791-08658

2. Dr. Abhinav Joshi

Secretory, Jaipur Yoga League

Email: thef2c@gmail.com, abhinavjoshi4@live.com Mobile No: +91-77371-17757, +91 - 85600-21060

3. Shri. C.P. Purohit,

General Secretary, Rajasthan State Yoga Association

Email: gbrilliantyoga@gmail.com

Mob: +91 96496-60507

For any query regarding filling/ sending of entry proforma please contact :

Mr. Harish Chitkara (Mobile) +91-97791-08658, Email: harish.chitkara@gmail.com.

Medical Fitness Certificate: The Medical Fitness Certificate of the player is compulsory.

Each player will submit Medical Fitness Certificate at least from M.B.B.S. Doctor, to the Scorer before their performance during the Championship.

Nobody will be allowed to participate in the championship without submitting Medical Fitness Certificate.

Risk Certificate/Declaration/Undertaking by the Competitor:-

State Secretary will submit Risk Certificate / Declaration / Undertaking Forms duly filled and signed by each Yoga Player of their state, duly counter signed by the parents of participants, to the scorer before their performance during the competition (attached format).

Player Registration Card:-

- Secretaries, State Yoga Associations are requested to ensure that Yoga Players of their states participating in the 44th Senior National Yoga Sports Championship must have <u>Player Registration Card</u> issued by Yoga Federation of India with them.
- Players who have still not got their Player Registration Card are advised to fill the Enrolment Form (attached) for Player Registration Card with latest Passport size Photograph pasted on form alongwith xerox copy of their date of birth certificate by 5th October, 2019 positively.

Photographs of Players:

Each player should bring **EIGHT latest coloured Photographs of 2.5 \times 3 cm** while coming for their performance during the Championship, the same to be pasted on the Participation/Merit Certificate of the player.

Photographs of Officials:

Each Official should have **Two latest coloured Photographs of 2.5 x 3 cm** with them, the same to be pasted on the Souvenir Certificate for officials.

National Yoga Seminar:

The Yoga Federation of India will also conduct National Yoga Seminar on 11th November, 2019 at 5:00 PM, during the said Championship at Jaipur (Rajasthan). For that atleast One or Two Speaker from each State from amongst the officials/referees accompanying the State team will present their paper on any of the following topics given below:-

- 1. Yoga for Emotional Coping in Adolescence
- 2. Role of Yoga in Stress Management
- 3. Place of Yoga in the field of Games & Sports.
- 4. Yoga and Health

National Yoga Referee Examination / National Yoga Referee up-gradation Examination:

The National Yoga Referee Examination/ National Yoga Referee up-gradation Examination will be conducted during the said championship on **10**th **November**, **2019 at 03:00 PM at <u>S.M.S Indoor Stadium</u>, <u>Jaipur (Rajasthan)</u>. The State Secretaries are advised to send Enrolment Form (duly filled) of interested candidates who wants to appear for the said examination along with fees of Rs. 2000/- each, that can be sent by Bank Draft, drawn in favour of Yoga Federation of India, payable at State Bank of India, Panchkula by 5th October, 2019 positively.**

Note:

- 1. Last date for submission of Enrollment form for National Yoga Referee Examination / National Yoga Referee Up-gradation Examination by hand on 9th November, 2019 by 04:00 pm at the venue of the Championship at Jaipur.
- 2. The Syllabus for the National Yoga Referee / National Yoga Referee Up-Gradation Examination is available on the website of Yoga Federation of India i.e. www.yogafederationofindia.com.

3. National Yoga Referee awarded 'C' grade certificate can appear for 'B' grade National Yoga Referee Examination and National Yoga Referee awarded 'B' grade certificate can appear for 'A' grade National Yoga Referee Examination only after a minimum gap of two years and must have acted as referee in National Yoga Sports Championship being organized by Yoga Federation of India atleast once during that period.

Photographs:

The candidates appearing for National Yoga Referee Examination and National Yoga Referee Up-Gradation examination should have two coloured photographs of 2.5×3 cm with them, one to be pasted on the enrolment form and other for National Yoga Referee Certificate to be awarded by Yoga Federation of India to the Referees who will qualify the exams.

Sequence of the draw:

Sequence of the draws drawn during Technical Officials Meeting of Yoga Federation of India held on 18th November, 2018 at Patiala, Punjab, to be followed in the 44th Senior National Yoga Sports Championship will be as under:-

Tamil Nadu 2. Madhya Pradesh 3. Andaman & Nicobar 4. Haryana 5. Sikkim 6. Delhi 7. Telangana 8. Uttar Pradesh 9. Himachal Pradesh 10. Mizoram 11. Tripura 12. Rajasthan 13. Punjab 14. Andhra Pradesh 15. Nagaland 16. Kerala 17. Goa 18. Chandigarh 19. Puducherry 20. Chhattisgarh 21. AIPSCB 22. Karnataka 23. Uttarakhand 24. Jharkhand 25. Manipur 26. Jammu & Kashmir 27. Meghalaya 28. Gujarat 29. Arunachal Pradesh 30. West Bengal 31. Bihar 32. Maharashtra 33. Odisha 34. Assam 35. Army

For any technical query please contact:

Mrs. Indu Aggarwal,

Senior Vice-President & Director Competition, Yoga Federation of India.

Mobile: +91-94174-66398, +91-94174-14741, Email: <u>yfiashok2000@yahoo.co.in</u>

Information about State Team

Please send the detail given below to the following by 5th October, 2019 positively.

Number of Male Players	:	
Number of Female Players	:	
Number of Male Officials	:	
Number of Female Officials	:	
Number of YFI Qualified Referees	:	
Number of Officials appearing for		
Yoga Referee examination	:	
Number of Officials appearing for		
Yoga Referee Up-gradationexamination	:	
Date & Time of Arrival at Jaipur (Rajasthan)	:	
Train Name & No.	:	

- 1. **Sh. Ashok Kumar Aggarwal**, President, Yoga Federation of India, Mobile: +91-94174-14741, E-mail: yfiashok2000@yahoo.co.in
- 2. **Sh. Sanjay Jha**, Secretary General, Yoga Federation of India, Mobile:+91-94315-80782, Email: tkjharanchi@gmail.com
- 3. **Shri Raman Kumar,** Organizing Secretary, Yoga Federation of India, Mobile: +91-94173-62848, Email: ramanyogi77@gmail.com
- 4. **Dr. Abhinav Joshi,** Secretory, Jaipur Yoga League, Email: thef2c@gmail.com, abhinavjoshi4@live.com, Mobile No: +91-77371-17757, +91 85600-21060

<u>N.B.:-</u> The State Secretary who will not send the said information in time to the officials mentioned above, the host will not be responsible to arrange accommodation, transportation and food to their team.

Arrival of Teams:

The State teams should make sure to reach at Jaipur by 8th November, 2019 in the evening or early morning of 9th November, 2019 as the Inauguration Ceremony of the 44th Senior National Yoga Sports Championship will be held on the 9th November, 2019 at 10:00 AM followed by National Yoga Referee's Meeting and Annual General Meeting of Yoga Federation of India.

NATIONAL YOGA REFEREE'S MEETING:

The meeting of National Yoga Referee's will be held on 9th November, 2019 at 11:30 AM at the Venue of Championship. All the National Yoga Referee's of the Yoga Federation of India are advised to attend the said National Yoga Referee's meeting.

ANNUAL GENERAL MEETING:

The Annual General Meeting of Yoga Federation of India will be held on 9th November, 2019 at 06:30 PM at the Venue of Championship.

AGENDA

- i. Confirmation of the minutes of the previous Annual General Meeting of Yoga Federation of India held on 18th November, 2018 at Patiala (Punjab).
- ii. Annual report of Yoga Federation of India for the session 2018-19.
- iii. Approval of Audited Income & Expenditure Statement of Accounts for the session 2018-19.
- **iv.** Allotment of 45th Sub Junior & Junior National Yogasana Sports Championship, 45th Senior National Yogasana Sports Championship, 5th Federation Yogasana Sports Cup and 3rd National Yoga Referee's Refresher Course.
- **v.** Any other point to be discussed with the permission of chair.

Note:- The Office bearers of Yoga Federation of India and authorized voter i.e. President and Secretary, State/U.T. Yoga Associations (affiliated to Yoga Federation of India) or their representative with authority letter will be authorized to attend the Annual General Meeting of Yoga Federation of India to be held on 9th November, 2019 at 06:30 p.m. at the Venue of Championship.

Laptop with Operator:

Each State / Union Territory Yoga Association must bring **One or Two Laptops** in good working condition with Operator amongst the National Yoga Referees to assist the computerized programming of the Championship.

State Yoga Sports Championship:

The Secretaries, State / Union Territory Yoga Associations are advised to conduct their State Yoga Sports Championship by 30th September, 2019 positively and also invite the Zonal Secretary of their respective Zone to witness the championship as observer of the Yoga Federation of India. The TA/DA of the Zonal Secretary will be paid by the host State Yoga Association. The Zonal Secretaries will send the complete report alongwith the results of the State Yogasana Sports Championship to the President/Secretary General, Yoga Federation of India immediately after the completion of the State Yogasana Sports Championship.

Zonal Yoga Sports Championship

The Zonal Secretaries of Yoga Federation of India are advised to conduct the Zonal Yogasana Sports Championship of their respective Zone during the session 2019-20 and send the report of the Zonal Yogasana Sports Championship to the President/Secretary General, Yoga Federation of India.

Your whole hearted participation and co-operation is requested. Please acknowledge the receipt of this letter.

(Ashok Kumar Aggarwal)

President

Yoga Federation of India #501,GHS-93, Sec-20, Panchkula - 134 116 (India) Mobile +91-94174-14741

e-mail: yfiashok2000@yahoo.co.in

Copy to the following for information and necessary action please:-

- 1. **Hon'ble Union Sports Minister**, Ministry of Youth Affairs & Sports, GOI, New Delhi.
- 2. **Hon'ble Union Minister**, Ministry of AYUSH, Govt. of India, New Delhi.
- 3. **The Secretary**, Ministry of Youth Affairs & Sports, Govt. of India, New Delhi.
- 4. **The Secretary**, Ministry of AYUSH, Govt. of India, New Delhi.
- 5. **The Secretary**, Sports Authority of India, New Delhi.
- 6. The President/Secretary General, Indian Olympic Association, New Delhi.
- 7. **The President/Secretary**, International Yoga Federation.
- 8. **The Director General**, Sports Authority of India, New Delhi.
- 9. The Director General, Netaji Subash National Institute of Sports, Patiala (Punjab).
- 10. **The Director,** Morarji Desai National Institute of Yoga Email: mdniy@yahoo.co.in.
- 11. **The President/Secretary**, Association of Indian Universities, New Delhi.
- 12. The President/Secretary, School Games Federation of India.
- 13. **The President/Secretary**, Central Board of Secondary Education, New Delhi.
- 14. The Director/Secretary, All State Sports Departments/Councils.
- 15. **The Director**, Sports & Youth Affairs Department, Govt. of Rajasthan.
- 16. **The President/Secretary**, All State Olympic Associations.
- 17. **The President/ Secretary,** Rajasthan State Olympic Association.
- 18. Office Bearers, Yoga Federation of India.
- 19. **Shri Sanjay Jha, Secretary General,** Yoga Federation of India, Mobile: +91-9431580782 Email: tkjharanchi@gmail.com.
- 20. **Shri Raman Kumar,** Organizing Secretary, Yoga Federation of India, Mobile: +91-94173-62848, Email: ramanyogi77@gmail.com.
- 21. **The Zonal Secretaries**, Yoga Federation of India with a request to ensure that the information of the State Yoga Associations of their respective Zone, as required above will be sent to the undersigned as well as to the host before the last date of entry.
- 22. **The National Yoga Referees** of Yoga Federation of India with a request to attend the National Yoga Referee's Meeting on 9th November, 2019 at 11:30 a.m. at venue of the championship and to assist the federation for the successful organization of this championship.
- 23. **Dr. Sher Singh,** President, Rajasthan State Yoga Association, Mob:+91-94145-01972, Email: dr.shersinghjudocoach@gmail.com.
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