

YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.2.90)

RECOGNISED BY

Indian Olympic Association

FULL MEMBER

International Yoga federation

REGD. OFFICE : 239, SECTOR 14, PANCHKULA - 134113 (HARYANA) - INDIA

website: <http://yogafederationofindia.com>

President

SHRI K.C. SHARMA, IAS
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ASHOK KUMAR AGGARWAL

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Sr. Vice Presidents:

SHRI S.S. GILL, IAS (Retd.)
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SHRI DEO DUTTA, IAS (Retd.)
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(Jammu & Kashmir)

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(Tamil Nadu)

SHRI K.J. PATEL
(Gujarat)

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(Assam)

SHRI JAI BHAGWAN
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(Jharkhand)

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(Maharashtra)

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(Haryana - North Zone)

SHRI K. PRABHU
(Karnataka - South Zone)

DR. ASIT AICH
(West Bengal - East Zone)

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(Chattisgarh-West Zone)

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SHRI. K.C. SOOD
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DR KRISHAN KUMAR BORA
(Assam)

SHRI NAVEEN ACHARYA
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SHRI NEERAJ SONDHI
(Haryana)

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(Karnataka)

DR. N.B. PAUL
(Tripura)

SHRI G.N. KUSHWAHA
(Uttar Pradesh)

Ref. No. YFI/5263-5352
Dated : 21.3.2010

Subject : **Minutes of Annual General Meeting of Yoga Federation of India held on 3rd February, 2010 at 6.00 P.M., at Guru Nanak Khalsa College, Yamunanagar**

The Annual General Meeting of Yoga Federation of India was held on 3rd February, 2010 at 6:00 p.m. at Guru Nanak Khalsa College, Yamunanagar (Haryana) under the Chairmanship of Shri K.C. Sharma, IAS (Retd.), President, Yoga Federation of India, at the occasion of 34th National Yoga Championship.

Following were present in the meeting :

S.No.	Name	State/Unit
01.	Shri K.C. Sharma, IAS (Retd.), President, YFI	Haryana
02.	Shri Ashok Kumar Aggarwal, Secy. General, YFI	Haryana
03.	Shri Om Parkash Malick, Treasurer, YFI	Chandigarh
04.	Shri Prabhu K., Zonal Secretary, YFI	Karnataka
05.	Dr. Asit Aich, Zonal Secretary, YFI	West Bengal
06.	Smt. Indu Aggarwal, Zonal Secretary, YFI	Haryana
07.	Shri M.P. Singh, Zonal Secretary, YFI	Chattisgarh
08.	Shri Ranbir Singh Mokha,	Punjab
09.	Shri Manav Nautyal	Uttarkhand
10.	Shri Arvind K. Kotnala	Uttarkhand
11.	Shri O. Budhi Singh, President, TNYAA	Manipur
12.	Shri Basanta Kumar	Manipur
13.	Shri Chinnaswamy P.R.	Karnataka
14.	Smt. Vasanthi Achar	Karnataka
15.	Shri Lokanath Panighrahi	Orissa
16.	Shri Ashish M. Kolhi	Maharashtra
17.	Shri Satish L. Mohagaonkar	Maharashtra
18.	Ms Vasava Pravina Ben	Gujarat
19.	Ms Patel Sunitaben	Gujarat
20.	Shri Mohinder Sharma	H.P.
21.	Shri Raman Kumar	H.P.
22.	Ms Rajinder Kaur	Punjab
23.	Shri Somant Batish	Chandigarh
24.	Ms Rekha Lall	Chattisgarh
25.	Shri S.N. Reddy	A.P.
26.	Shri J. Manohar	A.P.
27.	Shri Jai Bhagwan Singh	Delhi
28.	Smt. Jyoti Gaur	Delhi
29.	Dr. Prodyot K. Mitra	Jharkhand
30.	Smt. Baishali Champaty	Jharkhand
31.	Shri Arun Rathore	M.P.
32.	Shri Vikas Saxena	M.P.
33.	Shri Anil Gupta	J&K
34.	Shri Dayal Ram	J&K

35.	Shri Nirmal Chakraborty	West Bengal
36.	Shri N. Ramalingam	Tamil Nadu
37.	Smt. C. Rukkumani	Tamil Nadu
38.	Shri Ajay Tiwari	M.P.
39.	Shri Amit Sagar	Bihar
40.	Shri Akhil Prasun	Bihar
41.	Shri Yash Parashar	Uttar Pradesh
42.	Shri Rajesh Singh	Uttar Pradesh
43.	Yogacharya B. Dhinakaran	Pondicherry
44.	Shri M. Mariappan	Pondicherry
45.	Shri Pradeep Kumar	Haryana
46.	Shri Neeraj sondhi	Haryana
47.	Shri Naveen Acharya	Goa

First of all Shri Ashok Kumar Aggarwal, Hony Secretary General, Yoga Federation of India, while extending welcome to Shri K.C. Sharma, President, YFI and members present in the meeting, with the permission of the house, requested the President, Yoga Federation of India, to preside over the Annual General Meeting of Yoga Federation of India. Shri K.C. Sharma accepted the request and extended hearty welcome to the members of Yoga Federation of India and also officials of different State Yoga Associations. He also conveyed his sincere thanks to Dr. Amit K. Agrawal, IAS, Deputy Commissioner. Sardar Bhupinder Singh Jauhar, Chairman, and Dr. Varinder Kaur, Principal Guru Nanak Khalsa College, Yamunanagar, S.D.M., C.T.M., Yamunanagar, Shri Des Raj Sood, Shri Subash Dhanda, Shri V.K. Chopra, Shri Praveen Gupta, President, Rice Miller Association, Ladwa, Shri Saurabh Kumar, Secretary, Market Committee, Kurukshetra, Shri Y.S. Malik, IAS, Shri Rajeev Arora, IAS, Shri Deo Dutt, IAS (Retd.), President U.P. Yoga Association, Shri Rajesh Saraff, Vice President, YFI motivating for liberal donation and their whole hearted contribution to make this National Yoga Meet a grand success. He also extended his special thanks to Shri Mohinder Kumar, Commissioner, Ambala Division, for giving his consent to be the Chief Guest of Inauguration Ceremony of 34th National Yoga Championship.

Following points were taken according to the agenda of the meeting :-

1. **Confirmation of the Minutes of the Previous Annual General Meeting & Election Meeting of Yoga Federation of India held on 10th January, 2009 at Madurai (Tamil Nadu)**

The minutes of Annual General Meeting and Election Meeting of Yoga Federation of India held on 10th January, 2009, at Madurai (Tamil Nadu) were considered. Mr. Prabhu K. of Karnataka proposed, Dr. Asit Aich of West Bengal and Shri R.S. Mokha of Punjab seconded and the house unanimously confirmed the minutes.

2. **Annual Report of Yoga Federation of India for the session 2008-2009**

The Secretary General, YFI, while presenting the Annual Report of Yoga Federation of India informed the house that 33rd National Yoga Championship was successfully organised by Tamil Nadu Yogasana Association from January 11 to 14, 2009, at Madurai (Tamil Nadu). The Yoga Federation of India contributed Rs. 50,000/- to the Tamil Nadu Yoga Association for the organisation of 33rd National Yoga Championship at Madurai (Tamil Nadu).

He also informed that a twelve member team of Yoga Federation of India participated in World Yoga Championship held from September 18 to 20, 2009, at Rome (Italy). The Indian team won the World Yoga Championship by winning 9 Gold, 5 Silver and 5 Bronze medals. The house applauded this achievement of Yoga Federation of India at International level.

He further informed that the website of Yoga Federation of India has been launched as www.yogafederationofindia.com. The Federation has introduced Player Registration Card, and identity Cards for YFI Office Bearers, State President/Secretary, National Yoga Referees.

Regarding Railway Concession to the Yoga participants by Ministry of Railway, it was informed by Secretary General that the Federation has approached Hon'ble Railway Minister, Madam Mamta Banarjee, Dr. Ashutosh Sharma (J&K) Sr. Vice President, YFI got the letter recommended from Shri Suresh Kalmandi, President, IOA, for grant of Railway Concession to the Yoga participants for participation in National Yoga Championships.

Mr. N. Ramalingam (Tamil Nadu) proposed Dr. P.K. Mitra (Jharkhand) and Shri Ajay Tiwari (M.P.) seconded and the house unanimously approved the annual report for the session 2008-09.

3. **Allotment of 35th National Yoga Championship**

Shri Naveen Acharya from Goa and Shri Arun Rathore from Madhya Pradesh offered to host 35th National Yoga Championship at Goa and Indore respectively. It was suggested by President, YFI that the Secretary General, YFI will visit Goa and Indore to assess the infrastructure and tentative arrangements for the organisation of 35th National Yoga Championship and after visiting both the places, the final decision will be taken regarding allotment of 35th National Yoga Championship, to be organised in the last week of September or first week of October, 2010. The house agreed to the proposal.

4. **Approval of Audited Income & Expenditure Statement of Accounts for the session 2008-09**

Shri O.P. Malick, Treasurer, YFI, presented the Audited Income & Expenditure Statement of Accounts of Yoga Federation of India for the session 2008-09 before the house. Dr. P.K. Mitra, Mr. N. Ramalingam proposed, Shri Ajay Tiwari, Shri Ranbir Singh Mokha seconded and the house approved the audited Income & Expenditure Statement of accounts for the session 2008-09.

5. **Any other point to be discussed with the permission of Chair**

Following points were raised and discussed during the meeting, with the permission of Chair, for the promotion of activities of Yoga Federation of India, which the house unanimously approved.

- a) Dr. P.K. Mitra (Jharkhand) suggested to the house that all State yoga Associations must conduct State Yoga Championship before participation in National Yoga Championship.
- b) The Secretary General, YFI proposed to increase the funds of Yoga Federation of India so as to meet with its expenses. The affiliation fee (for new unit) may be increased to Rs. 5,000/-, Annual Affiliation Fee to Rs. 3,000/- and the Entry Fee per event per player to be Rs. 100/-. Mr. Prabhu K. (Karnataka), Dr. Asit Aich (West Bengal) proposed and Shri Raman Sharma (H.P.) and Shri N. Ramalingam (Tamil Nadu) seconded and the house unanimously approved the proposal.

The Secretary General, YFI also informed the house that in the last A.G.M. held at Madurai (Tamil Nadu), it was decided that all Office Bearers and Executive Members of YFI must contribute atleast Rs. 5,000/- to the Yoga Federation of India during their term of four years. He requested the members to send their contribution of Rs. 5,000/- to the YFI earliest possible.

c) **Referee Clinic**

It was suggested by Secretary General, YFI, that in future Referee Clinic will be held for a day earlier to the National Yoga Championship for all National Yoga Referees

d) **National Yoga Referee Examination**

It was decided that the Federation will conduct National Yoga Referee Examination during the 34th National Yoga Championship at Yamunanagar to have more National Referees and in future also the National Yoga Referee Examination will be conducted during National Yoga Championships to locate more qualified National Yoga Referees.

He also informed that the State Officials who have already acted as Referees in atleast five National Yoga Championships conducted by Yoga Federation of India will be straightway declared as qualified National Yoga Referees. For that State Secretaries will send their complete bio-data with xerox copies of the Referees Certificates issued by Federation during previous National Yoga Championships, alongwith Bank Draft of Rs. 1,000/- in favour of Yoga Federation of India, as Referee Fee.

The Yoga Federation of India will issue National Yoga Referee Certificates and Identity Cards to the candidates declared as qualified National Yoga Referees.

As there was no other business to transact, the meeting came to a close with vote of thanks to the chair.

N.B. :

Following decisions were also taken during the Championship.

- i) Each Yoga player will submit Medical Fitness Certificate from atleast a M.B.B.S. doctor before participation in National Yoga Championship.
- ii) It was also decided that the present eight age groups of Yoga competition may be reduced to six age groups for future Yoga Championships. Henceforth the following are the proposed Age Groups and Asana Syllabus to be implemented w.e.f. 35th National Yoga Championship.
 - a) 8-12 years Boys & Girls
 - b) 12-16 years Boys & Girls
 - c) 16-20 years Boys & Girls
 - d) 20-25 years Boys & Girls
 - e) 25-40 years Men & Women
 - f) 40-55 years Men & Women

SYLLABUS FOR NATIONAL YOGA CHAMPIONSHIP

Age Group : 8-12 Years : Boys & Girls

1. Trikonasana
2. Padahastasana
3. Sasangasana
4. Ushtrasana
5. Akarna Dhanurasana
6. Garabhasana
7. Eka Pada Sikandhasana
8. Chakrasana
9. Sarvangasana
10. Dhanurasana

Age Group : 12-16 Years : Boys & Girls

1. Garudasana
2. Parsvakoasana
3. Paschimottanasana
4. Bakasana
5. Utthita Eka Pada Sikandhasana
6. Purna Supta Vajrasana
7. Eka Pada Chakrasana
8. Yoga Nidrasana
9. Matsyasana
10. Purna Dhanurasana

Age Group : 16-20 Years : Boys & Girls

1. Trivikramasana
2. Purna Chakrasana
3. Koundinyasana
4. Padma Bakasana
5. Parivartita Parsvakonasana
6. Omkarasana
7. Setu Bandha Sarvangasana
8. Vibhakta Paschimottanasan
9. Purna Dhanurasana
10. Sirshasana

Age Group : 20-25 Years : Men & Women

1. Natrajasana
2. Dandyaman Janusirshasana
3. Utthitha Paschimottanasana
4. Setu Bandha Chakrasana
5. Ardha Baddha Padmottanasana
6. Purna Matsyendrasana
7. Padma Bakasana
8. Eka Pada Setu Bandha Sarvangasana
9. Padangushtha Dhanursana
10. Padam Sirshasana

Age Group : 25-40 Years : Men

1. Vatayanasana
2. Virbhadrasana
3. Hanumana Asana
4. Padam Mayurasana
5. Ardha Badha Padam Paschimottanasana
6. Baddha Padamasana
7. Setu Bandha Sarvangasana
8. Padangushta Dhanurasana
9. Eka Pada Chakrasana
10. Padam Sirshasana

Age Group : 25-40 Years : Women

- | | |
|-------------------------------|--------------------------------|
| 1. Garudasana | 6. Ardha Matsyendrasana |
| 2. Sirsha Padangusthasana | 7. Marichyasana |
| 3. Vibhakta Paschimottanasana | 8. Padam Sarvangasana |
| 4. Ushtrasana | 9. Eka Pada Chakrasana |
| 5. Baddha Padamasana | 10. Eka Pada Purna Dhanurasana |

Age Group : 40-55 Years : Men & Women

- | | |
|------------------------|-------------------------|
| 1. Vrikshasana | 6. Ardha Matsyendrasana |
| 2. Paschimottanasana | 7. Halasana |
| 8. Ushtrasana | 8. Matsyasana |
| 4. Baddha Padamasana | 9. Chakrasana |
| 5. Akarana Dhanurasana | 10. Dhanurasana |

The State Secretaries are requested to send their suggestions by 20th April, 2010 in this regard.

Please send the enclosed proforma duly filled by 20th April, 2010 to update the website of Yoga Federation of India.


(K.C. Sharma)
President
Yoga Federation of India

A copy is forwarded to the following for information please :

1. The Hon'ble Minister, Ministry of Youth Affairs & Sports, Govt. of India.
2. The Secretary, Deptt. of Youth Affairs & Sports, Govt. of India.
3. The Secretary, Sports Authority of India
4. The President, International Yoga Federation/International Federation of Yoga Sports
5. The President/Secretary General, Indian Olympic Association.
6. The Secretary, Association of Indian Universities.
7. The Director, AYUSH
8. The Presidents/Secretaries, All State Yoga Associations.
9. The Office Bearers, Yoga Federation of India.


(K.C. Sharma)
President
Yoga Federation of India

**Proforma Regarding information of State/U.T's Yoga Associations
affiliated to Yoga Federation of India**

1. **Name of State Yoga Association :**

- a) State Association Registered with the Societies Registration Act, 1860 No..... dated (send xerox copy of Registration Certificate)
- b) State Association affiliated with State Olympic Association No..... dated (send xerox copy of Affiliation Certificate)

2. **Regarding President, State Yoga Association**

- a) Name :
- b) Correspondence Address :
- c) Mobile No. :
- d) Landline No. with STD Code:
- e) E-mail :
- f) Fax No. :

Latest Passport
size Coloured
Photograph of
President

3. **Regarding Secretary, State Yoga Association**

- a) Name :
- b) Correspondence Address :
- c) Mobile No. :
- d) Landline No. with STD Code:
- e) E-mail :
- f) Fax No. :

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size Coloured
Photograph of
Secretary

4. **Office Bearers, Yoga Federation of India of the State**

- a) Name :
- b) Correspondence Address :
- c) Mobile No. :
- d) Landline No. with STD Code:
- e) E-mail :
- f) Fax No. :

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Secretary