



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGO. NUMBER 1195, DATED 14.02-90)
AFFILIATED TO ASIAN 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: -yogafederationofindia@gmail.com Website: -www.yogafederationofindia.com

Sub- Junior Age Category 8 to 10 Male and Female

Note

Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals
—minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category

Name Of Compulsory Asanas

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1 : Bhujangasanam

Optional Asana Marks Allotment for All Groups

C2 : Shashangasanam

O1 Carry 8 Marks

C3 : Badh Vakrasanam

O2 Carry 9 Marks

C4 : Utthit Padmasanam

O3 Carry 10 Marks

C5 : Vrikshasanam

O4 Carry 10 Marks

C6 : Parigrahasanam

Name of Optional Asanas with Grouping

1 G1:O1 : Katibadh Bhujangasanam

G2:O1 : Ardh Badhpadam Pashchimottanasanam

G3:O1 : Srij Anuprasth Padangusthasanam

2 G1:O2 : Padangusth Dhanurasanam

G2:O2 : Ekapadah Bhuj Bhunamanasanam

G3:O2 : Pasasanam

3 G1:O3 : Rajkapotasanam

G2:O3 : Kukkutasanam

G3:O3 : Utthit Ekapadah Sikandhasanam

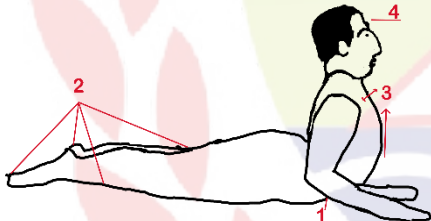
4 G1: O4 : Ekapadah Ardh Chakrasanam

G2: O4 : Urdhva Prasarita Eka Padahastasanam

G3: O4: Sarj Rijukonasana

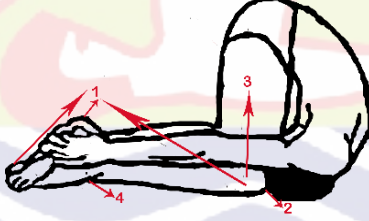
Compulsory Asanas

YRS-001



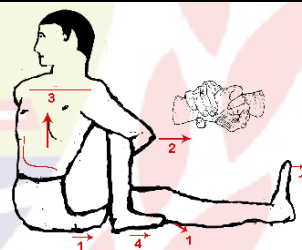
C1 : Bhujangasanam

YRS-010



C2 : Shashangasanam

YRS-027



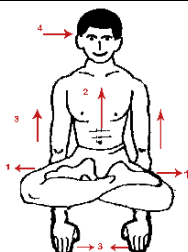
C3 : Badh Vakrasanam

- 1 Navel grounded, palms near stomach supporting spine lift.
- 2 Knees, heels, toes joined firmly; shin line stays unified.
- 3 Lift upper body fully; chest broad with open collarline.
- 4 Gaze forward, neck long and aligned with rising spine

- 1 Toes, heels, knees joined to form one steady base line.
- 2 Forehead meets knees; crown gently rests on the ground.
- 3 Thighs upright; palms hold heels softly from the sides.
- 4 Ankles press down, keeping the lower legs grounded.

- 1 Both buttocks, knee pit grounded; straight leg toes upward.
- 2 Active Fist gripped with back, behind after trunk twist; fists firm and steady.
- 3 Back erect; shoulders and head aligned in one line.
- 4 Folded leg's big toe must not cross straight-leg knee.

YRS-020



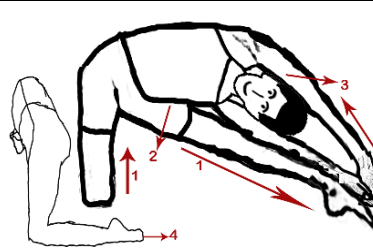
C4 : Utthit Padmasanam

YRS-023



C5 : Vrikshasanam

YRS-036



C6 : Parigrahasanam

- 1 Lift body from Padmasana; knees-thighs parallel to ground.
- 2 Back, neck, and head remain tall and perfectly straight.
- 3 Palms parallel, fingers joined; arms straight to shoulders.
- 4 Shoulder blades relaxed, gaze steady and facing forward.

- 1 Back stretched tall, spine rising straight like a tree trunk.
- 2 Folded leg aligned; base leg straight with toes forward.
- 3 Hands joined overhead, no thumb grip; arms touch the ears.
- 4 Steady forward gaze, eyes fixed on one balancing point.

- 1 One leg kneeling upright; other leg side-stretched, sole flat.
- 2 Upper body bends fully toward straight leg, in same line.
- 3 Hands in namaskar; arms stretched, biceps to ears, fingers to toes.
- 4 Bent-leg ankle grounded; face steady and looking forward.



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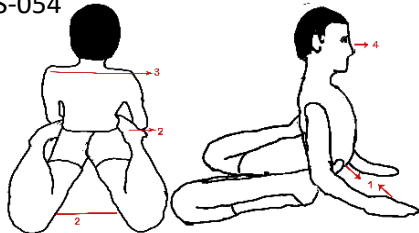
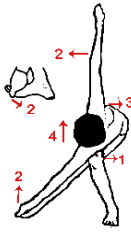
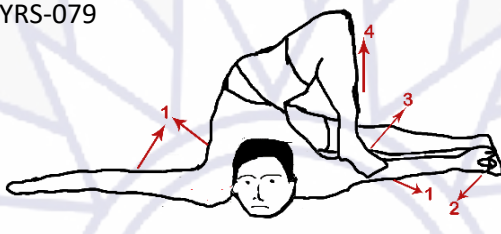
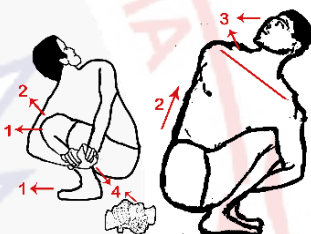
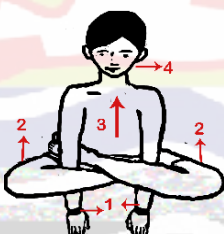
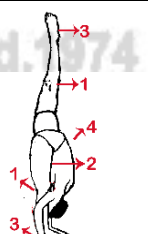
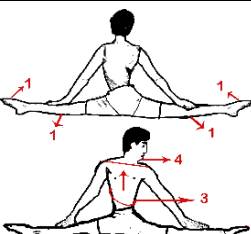
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Sub- Junior Age Category 8 to 10 Male and Female

Optional Asanas

YRS-054 	YRS-078 	YRS-125 
G1:01 : Katibadh Bhujangasanam	G2:01 : Ardha Badhpadam Pashchimottasana	G3:01 : Sri Anuprasth Padangusthasana
1 Navel grounded; palms near stomach supporting the spine lift. 2 Knees shoulder-width, bent; toes locked both sides at waistline. 3 Lift upper body fully; chest broad with open collarline. 4 Gaze forward; neck long and aligned with the rising spine.	1 Folded-leg thigh parallel to stretched leg; Folded knees and same side shoulder touching each other 2 Back fully stretched; abdomen, chest, shoulder, forehead on leg. 3 Both knees grounded; straight-leg toe pointing directly upward. 4 Both big toes gripped with thumb-index other finger's folded	1 Both legs cross each other, yet both knees remain fully straight. 2 Rear leg's big toe gripped by opposite thumb & index finger ; other arm raised perpendicular 3 Chest held maximally straight; waist kept parallel to the ground. 4 Face upward with neck aligned in a steady line.
YRS-055 	YRS-079 	YRS-126 
G1:02 : Padangusth Dhanurasana	G2:02 : Ekapadah Bhuj Bhunamanasana	G3:02 : Pasasana
1 Big toes joined, gripped with index-middle; other fingers folded in. 2 Legs and arms stretched upward, balancing firmly on the navel. 3 Gap between Knees at shoulder's width: biceps touching the ears. 4 Head between arms, touching ears, face looking forward.	1 Abdomen, chest, chin on ground; arms stretched sideways in one line. 2 Grounded leg straight; opposite-side hand grips big toe with thumb-index finger. 3 Other leg rests on same biceps near elbow after waist twist. 4 Lifted-leg knee stays perpendicular to ground, not dropping sideways.	1 Both knees, heels, and toes joined firmly in one straight line. 2 Knee touches shoulder from behind; back kept maximally straight. 3 Both shoulders level; neck aligned with them, face turned upward. 4 Front wrist gripped by the back hand behind, touching the side buttock.
YRS-149 	YRS-095 	YRS-107 
G1:03 : Rajkapotasanam	G2:03 : Kukkutasana	G3:03 : Utthit Ekapadah Sikandhasana
1 Knees, heels, toes joined; both thighs resting firmly on ground. 2 Cranium placed on feet's arch after deep backward bend. 3 Both palms grip the knees, meeting gently at the center. 4 Create maximum arch through thighs, buttocks, and back.	1 Arms inserted between thigh & calf; palms on ground, fingers joined. 2 Lift body with arms straight & parallel; hips-knees at elbow level. 3 Head, neck, and back kept maximally straight in one line. 4 Face forward with steady, balanced alignment.	1 Heel touches opposite shoulder; folded-leg toe stretched outward. 2 Back, neck, and head held straight in one aligned line. 3 Palms on ground, shoulder-width; body lifted with straight arms. 4 Lifted leg kept fully straight with toe stretched outward.
YRS-182 	YRS-181 	YRS-208 
G1: 04 : Ekapadah Ardh Chakrasana	G2: 04 : Urdhva Prasrita Eka Padahasthasana	G3: 04 : Sri Rijukonasana
1 One leg straight; other knee at chest level, toe aligned to grounded knee. 2 One arm grips lifted knee, the other hangs behind Parallel to ground 3 Back arched; hanging arm straight & parallel from diaphragm outward. 4 Face upward and balance firmly on the single standing leg.	1 One leg lifted upward; both legs straight and aligned in one line. 2 Chest, abdomen, and forehead gently touch the grounded leg. 3 Toe points upward; palm on ground aligned with heel. 4 Back stretched to maximum length from hips to crown.	1 Both legs stretched sideways in one straight line; toes pointing outward. 2 Back, neck, head straight with twist to one side; chest turned back. 3 Opposite hand grips the opposite knee firmly from side 4 Shoulders in one line, aligned cleanly with both legs.



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—minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category

Name Of Compulsory Asana

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1 : Dhanurasanam

Optional Asana Marks Allotment for All Groups

C2 : Pashchimotaaanasanam

O1 Carry 8 Marks

C3 : Akarn Dhanurasanam

O2 Carry 9 Marks

C4 : Koundinyasanam

O3 Carry 10 Marks

C5 : Garudasanam

O4 Carry 10 Marks

C6 : Parsavkonasanam

Name of Optional Asanas with Grouping

G1:O1 : Purn Supt Vajrasanam

G2: O1: Supt Titibhasanam

G3: O1: Parivartit Utthita Parsvkonasanam

G1:O2 : Ekapadah Vyagraasanam

G2: O2: Srij Hanumanasanam

G3: O2: Purn Matsyendrasanam

G1:O3 : Katibadh Srij Bhujangasanam

G2: O3: Ekapadah Vajr Padhastasanam

G3: O3: Parivartit Supt Prasvkonasana 2

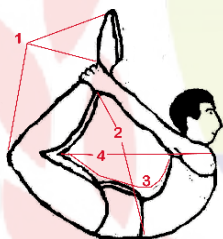
G1: O4: Ek- Pad- Ardh-Chakrasana

G2: O4: Chakorasanam

G3: O4: Ek Pad Bhuj Koundinyasana

Compulsory Asanas

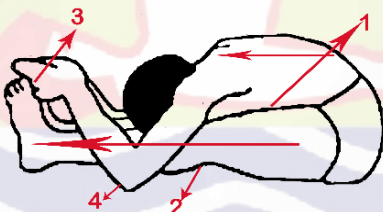
YRS-002



C1 : Dhanurasanam

- 1 Toes, heels, and knees kept together in one aligned base.
- 2 Grip ankles—thumb inside, fingers outside; navel grounded.
- 3 Thighs, buttocks, and lower back form a maximum upward arch.
- 4 Shoulders aligned in one line with the knees. Gaze Forward

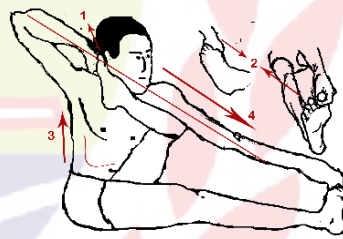
YRS-011



C2 : Pashchimotaaanasanam

- 1 Back fully stretched; abdomen, chest, forehead touching the legs.
- 2 Both legs straight with knee pits firmly grounded.
- 3 Toes pointing up; gripped with thumb—index, other fingers folded in.
- 4 Elbows on the ground, kept in contact with the legs.

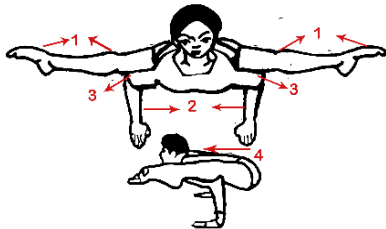
YRS-028



C3 : Akarn Dhanurasanam

- 1 Folded leg stretched upward to ear level, aligned with both arms.
- 2 Grip lifted toe with index—middle; other leg straight, toe gripped with thumb—index.
- 3 Back, neck, and head held maximally straight in one line.
- 4 Gaze fixed on the front toe for balance and focus.

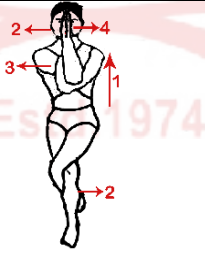
YRS-096



C4 : Koundinyasanam

- 1 Both legs fully stretched, straight, and kept parallel to the ground.
- 2 Forearms vertical & parallel to each other; palms flat, fingers joined.
- 3 Upper arms held straight and fully parallel to the ground.
- 4 Back maximally stretched with face looking forward.

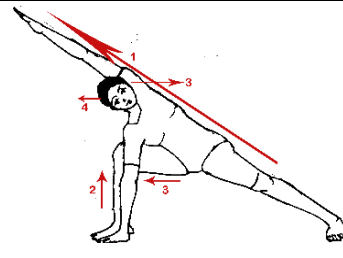
YRS-112



C5 : Garudasanam

- 1 Back, neck, head straight; shoulders kept maximally aligned.
- 2 Ankle wrapped to calf; hands joined in front of the nose.
- 3 If right arm is above, then left thigh crosses over right.
- 4 Fingers held at forehead level with steady alignment.

YRS-037



C6 : Parsavkonasanam

- 1 Arm, waist, and leg in one straight line; heels aligned evenly.
- 2 Folded leg and grounded arm kept fully perpendicular to the ground.
- 3 Thigh parallel to ground; upper arm (biceps) touching the ear.
- 4 Face forward with steady, balanced alignment.



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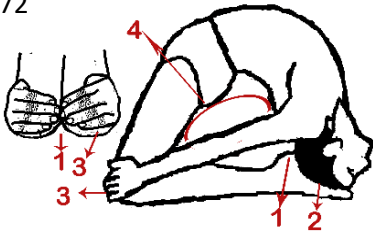
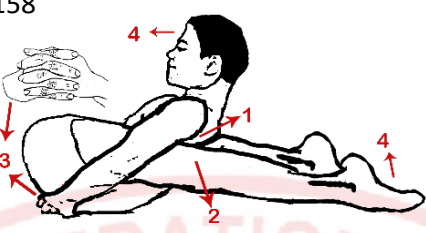
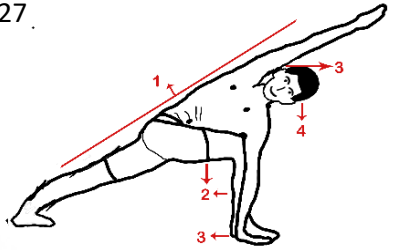
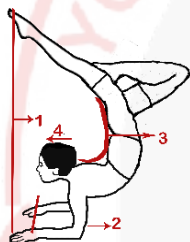
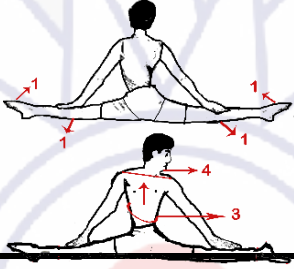
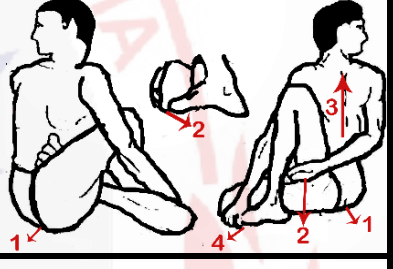
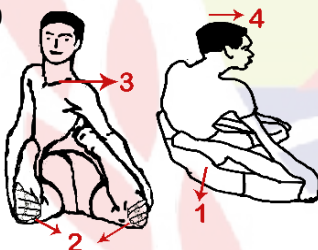
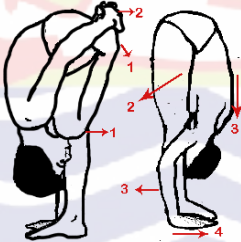
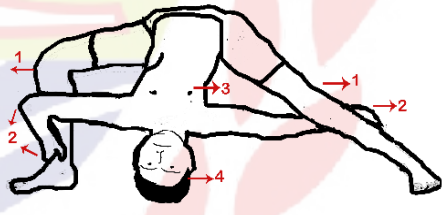
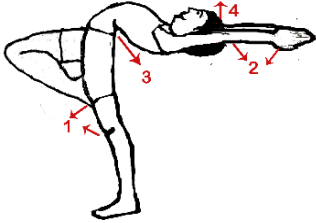
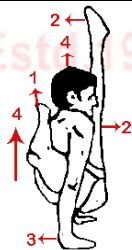
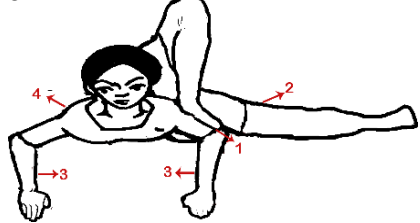
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Optional Asanas

YRS-072 	YRS-158 	YRS-127 
G1:01 : Purn Supt Vajrasanam	G2: 01: Supt Titibhasanam	G3: 01: Parivartit Utthita Parsvkonasanam
1 Knees, heels, and toes joined firmly in one aligned position. 2 Cranium placed gently on the arch formed by the feet. 3 Both palms grip the knees, meeting together at the center. 4 Thighs, buttocks, and back create a maximum upward arch.	1 Shoulders placed firmly inside the knee pits. 2 Both legs straight with thighs pressing into the ribs. 3 Fingers interlocked behind the back near the buttocks. 4 Both toes stretched outward touching ground, face kept forward.	1 Leg, waist, head, and lifted arm aligned in one line after twist. 2 Other leg vertical to ground; thigh held parallel to the ground. 3 Lower hand aligned opposite heel; lifted arm's biceps touch ear. 4 Neck aligned with spine; face looking straight in front.
YRS-071 	YRS-209 	YRS-195 
G1:02 : Ekapadah Vyagraasanam	G2: 02: Srij Hanumanasanam	G3: 02: Purn Matsyendrasanam
1 Straight leg aligned to fingertips; other leg bent & placed on its thigh. 2 Both elbows on ground; upper arms perpendicular and parallel. 3 Spine, hips, and legs form maximum arch with chest facing ground. 4 Face forward with steady alignment.	1 Both legs stretched -one front, one back; toes pointing outward. 2 Back, neck, head straight with twist toward the front-leg side. 3 Back-leg ankle on ground; opposite hand grips opposite knees from the side 4 Shoulders in one line, face turned fully to the backside.	1 Both buttocks firmly grounded in a stable seated position. 2 One hand grips opp. shin from back; other grips big toe with thumb-index. 3 Back held straight with shoulders and head in one aligned line. 4 Big toe on ground, aligned neatly with the folded knee.
YRS-150 	YRS-124 	YRS-196 
G1: 03: Katibadh Srij Bhujangasanam	G2: 03: Ekapadah Vajr Padhastasanam	G3: 03: Parivartit Supt Parsvkonasanam 2
1 Both toes locked at waistline; knees kept at shoulder-width distance. 2 Abdomen twisted backward; both knees gripped from outside by opposite hands. 3 Chest facing side; shoulders in one line with chest, spine twisted yet straight. 4 Face backward with Neck straight, aligned centrally with the chest.	1 One leg straight, other bent; knees joined and bent-leg heel to hip. 2 Abdomen, chest, forehead on leg; hand grips the bent-leg toe. 3 Back fully stretched; one forearm rests along the leg's side. 4 One hand placed beside the feet, aligned neatly with the heel.	1 Heels aligned; bent thigh parallel, shin vertical; other leg straight 2 Hands grip opposite ankles; one arm bent, other kept straight. 3 Chest lifted upward after completing the twist. 4 Face turned front with steady alignment.
YRS-194 	YRS-223 	YRS-170 
G1: 04: Ekapadah Ardh Chakrasanam	G2: 04: Chakorasanam	G3: 04: Ekapadah Bhuj Koundinyasanam
1 One leg straight; other thigh parallel to ground with foot placed on grounded thigh. 2 Both hands in back-namaskar, stretched and parallel to the ground. 3 Back fully arched; arms kept straight and parallel from diaphragm out. 4 Face upward and balance firmly on the single standing leg.	1 Bent leg placed on back parallel to ground ; shin in one line and toe fully stretched out. 2 Lifted leg straight, toe stretched, touching abdomen and shoulder 3 Palms on ground, shoulder-width; body lifted firmly with straight arms. 4 Back, neck, and head held maximally straight in one aligned line.	1 Same-side sole placed on same-side arm near shoulder with shin perpendicular to ground 2 Other leg parallel to ground, resting on opposite hand near the elbow. 3 Forearms vertical & parallel; palms on ground with fingers joined. 4 Waist and shoulders kept parallel to the ground after twisting the trunk.



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Optional Asana Marks Allotment for All Groups

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O1 Carry 8 Marks

C3 : Parivartit Trikonasanam

O2 Carry 9 Marks

C4 : Bakasanam

O3 Carry 10 Marks

C5 : Veer Bhadrasanam 3

O4 Carry 10 Marks

C6 : Ekapadah Skandhasanam

Name of Optional Asanas with Grouping

G1: O1: Srij Ustrasanam

G2: O1: Marichayasana 6

G3: O1: Vamdevasana

G1: O2: Natrajasana

G2: O2: Vriksh Padhastasana

G3: O2: Ek Pad Skandh Srij Utthit
Pashchimotanasana

G1: O3: Purn Chakrasana

G2: O+C3: Urdh- Titibhasana

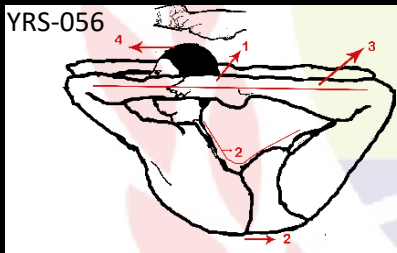
G3: O3: Utkat Srij Dandyaman Janushirsasana

G1: O4: Ek Pad Likarasana

G2: O4: Kurpar-Chakorasana

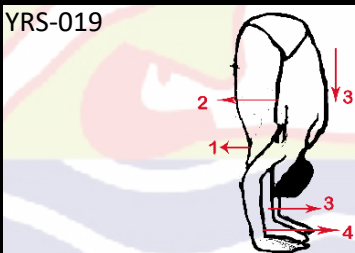
G3: O4: Ek Pad Koundiniyasana 2

Compulsory Asanas



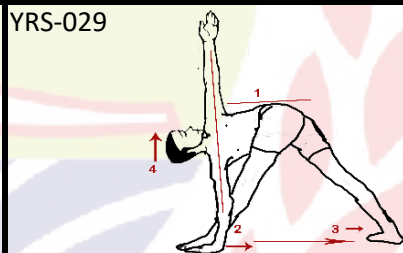
C 1 :- Purn Dhanurasanam

- 1 Toes lifted to ear level; big toes gripped with index-middle fingers.
- 2 Balance on navel; thighs, hips, and back form a maximum arch.
- 3 Knees and elbows kept aligned in one straight line.
- 4 Face forward with steady alignment.



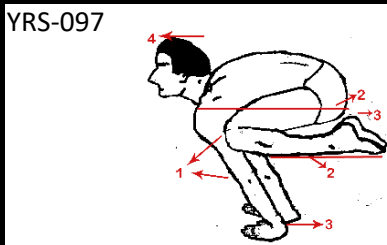
C 2 :- Padhastasanam

- 1 Both legs kept fully straight and steady.
- 2 Abdomen, chest, and forehead resting in contact with the legs.
- 3 Back maximally stretched; forearms touch the legs from the sides.
- 4 Hands placed beside the feet, neatly aligned with the toes.



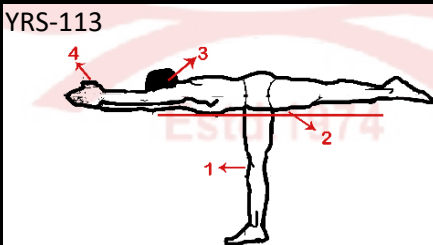
C 3 :- Parivartit Trikonasanam

- 1 Waistline kept parallel to the ground throughout the posture.
- 2 Palms placed beside heels after body twisting; both arms held in one straight line.
- 3 Both heels aligned evenly with each other.
- 4 Face directed upward toward the sky.



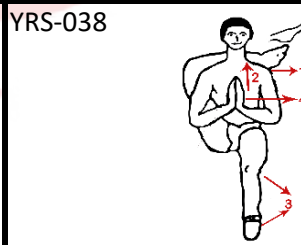
C 4 :- Bakasanam

- 1 Elbows straight with knees securely placed inside the armpits.
- 2 Buttocks aligned with shoulders; thighs held parallel to ground.
- 3 Hands shoulder-width, fingers joined; heels together near buttocks.
- 4 Face forward with steady, controlled balance.



C 5 :- Veer Bhadrasanam 3

- 1 Grounded leg kept straight and stable.
- 2 Arms, back, and toe of the lifted leg in one line, parallel to ground.
- 3 Head between arms; biceps gently touching the ears.
- 4 Hands joined together without locking the thumbs.



C 6 :- Ekapadah Skandhasanam

- 1 Heel touches opposite shoulder; folded-leg toe stretched outward.
- 2 Back, neck, and head held maximally straight in one line.
- 3 Straight-leg toe points up with knee pit firmly on ground.
- 4 Hands folded together in front of the chest.



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RECOGNITION OF: INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

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Junior Age Category 12 to 14 Male and Female

Optional Asanas

YRS-128 	YRS-080 	YRS-138
G1: O1: Srij Ustrasanam	G2: O1: Marichayasanam 6	G3: O1: Vamdevasanam 1
1 Knees, heels, and feet shoulder-width apart and parallel. 2 Opposite wrists placed on heels with fingers straight and arms kept straight. 3 Thighs perpendicular to the ground. 4 Neck straight with face turned backward.	1 One foot in Padmasana if not consider as half posture; other foot at root of folded thigh. 2 Padmasana leg's buttock and knee firmly grounded. 3 Active fist gripped with back hand and placed on the back. 4 Chin placed in contact with the knee	1 Both toes gripped interlock eachother from the side 2 Both thighs completely grounded, aligned in line with same-side hips. 3 Shoulders chest, face in front with back kept maximally straight. 4 Hands joint on chest
YRS-183 	YRS-081 	YRS-197
G1: O2: Natrajasanam	G2: O2: Vriksh Padhastasanam	G3: O2: Ekapadah Skandh Srij Utthit Pashchimotanasanam
1 Foot arch placed on back of head; knee in line of the buttock, not outward 2 Straight-leg toe, hip, and head kept aligned in one straight line. 3 Toe gripped by both palms; fingers overlap, elbows shoulder-width. 4 Face kept straight with steady alignment.	1 Bent leg placed on the straight-leg thigh at groin point (vrikshasana) 2 Abdomen, chest, forehead rest on straight leg; sole on ground. 3 Palms placed flat on the ground for support with aligned with heel 4 Back stretched to maximum length and alignment.	1 Folded-leg heel at opposite shoulder; other leg stretched and lifted high. 2 After trunk twist, both hands held as fist grips at the back. 3 Shoulders aligned; straight leg in one line, chest facing front. 4 Face kept forward with steady alignment.
YRS-151 	YRS-159 	YRS-238
G1: O3: Purn Chakrasanam	G2: O3: Urdh Titibhasanam	G3: O3: Utkat Srij Dandyan Janushirsasanam
1 Grip ankles with thumbs inside and fingers placed outside. 2 Keep about half-foot gap between legs; toes parallel to each other. 3 Legs straight; body stretched upward to form a smooth arch. 4 Head positioned between arms, lightly touching the ears.	1 Back of the shoulders placed firmly inside the knee pits. 2 Both legs straight; inner thighs press ribs, soles parallel forward. 3 Fingers interlocked behind the back near the buttocks. 4 Face upward with steady alignment.	1 One leg straight, parallel up; other bent, thigh parallel, knees touching. 2 After trunk twist, upper hand grip toe & lower hand grip heel 3 Back stretched; chest front, side ribs & opposite shoulder on leg. 4 Face turned upward with steady alignment.
YRS-228 	YRS-224 	YRS-178
G1: O4: Ekapadah Likarasanam	G2: O4: Kurpar Chakrasanam	G3: O4: Ekapadah Koundiniyananam 2
1 Both arms straight, parallel, and kept at shoulder-width distance: Fingers together 2 Both legs straight and held perpendicular to each other. 3 One thigh brought to touch the head steadily. 4 Chest directed downward with face looking forward.	1 Folded-leg heel touches opposite shoulder; toe fully stretched out. 2 Back, neck, and head held maximally straight at shoulders height. 3 Elbows and palms on ground at shoulders width, fingers together. 4 Lifted leg straight, toe stretched, touching shoulder.	1 Forearms vertical & parallel; upperarms parallel to ground 2 Both legs straight; one rests on same-side arms, other hangs back. If not hang, consider as Half Pose 3 Neck to hanging leg aligned in one line, parallel to the ground. 4 Face forward with steady control and balance.



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Junior Age Category 14 to 16 Male and Female

Note

Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals
—minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category

Name Of Compulsory Asana

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1:Kurpar Chaturang Vrishchikasanam

Optional Asana Marks Allotment for All Groups

C2 : Utthit Pashchimotanasnaasanam

O1 Carry 8 Marks

C3 : Parivartiti Badh Parsvkonasanam

O2 Carry 9 Marks

C4 : Gulf Padam Bakasanam

O3 Carry 10 Marks

C5 : Dandayman Janusirsasanam

O4 Carry 10 Marks

C6 : Hanumanasanam

Name of Optional Asanas with Grouping

G1: O1: Urdhav Shalbhasanam

G2: O1: Ardhpadam Srij Utthit
Pashchimotanasnaasanam

G3: O1: Vibhakt Parivartit Vakrasanam

G1: O2: Ekapadah Viprit Dandasnam

G2: O2: Badh Titibhasanam

G3: O2: Ekapadah Srij Makshikasanam

G1: O3: Purn Natrajasanam 2

G2: O3: Ekapadah Prushth Padhastasanam

G3: O3: Nartakasanam

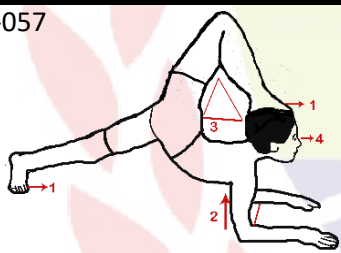
G1: O4: Karatal Padam Vrashchikasanam

G2: O4: Ekapadah Kukkut Kagasanam

G3: O4: Srij Vishvamitrasanam

Compulsory Asanas

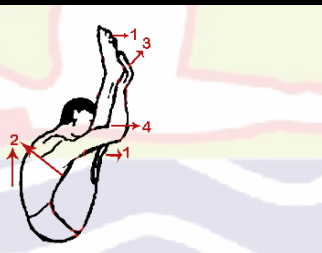
YRS-057



C 1 :- Kurpar Chaturang Vrishchikasanam

- 1 One sole touches the head; other leg straight, feet perpendicular.
- 2 Both elbows grounded; arms perpendicular at shoulder-width.
- 3 Spine, hips, lifted thigh form one arch; hips aligned with head.
- 4 Face forward with steady, balanced alignment and focus.

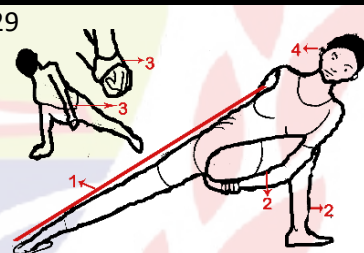
YRS-082



C 2 :- Utthit Pashchimotanasnaasanam

- 1 Both legs straight with toes pointing upward.
- 2 Back fully stretched; abdomen, chest, shoulders, forehead on legs.
- 3 Palms hold the heels while balancing on the buttocks.
- 4 Biceps kept in contact with the side calves (shin area)

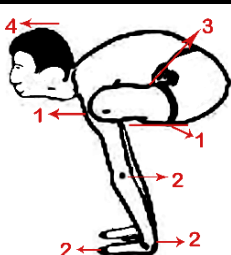
YRS-129



C 3 :- Parivartiti Badh Parsvkonasanam

- 1 Leg, waist, and head aligned in one straight line after twist.
- 2 Folded-leg knee perpendicular; thigh held parallel to the ground.
- 3 Passive Hand should be Straight: Front-hand wrist gripped by back hand.
- 4 Face kept forward with steady alignment.

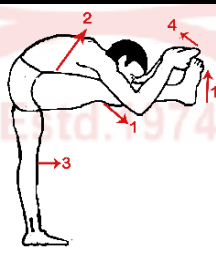
YRS-098



C 4 :- Gulf Padam Bakasanam

- 1 From Padmasana, knees lift to armpits; thighs parallel to ground.
- 2 Arms kept straight and parallel at shoulder width.with fingers joint
- 3 Padmasana Crossing touching chest
- 4 Gaze forward with steady control.

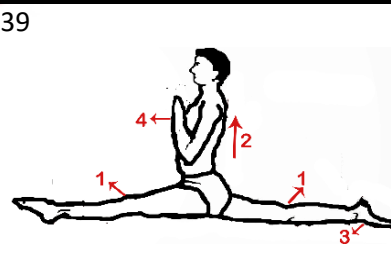
YRS-114



C 5 :- Dandayman Janusirsasanam

- 1 Lifted leg straight, fully stretched and parallel to ground with toe pointing up.
- 2 Back fully stretched; abdomen, chest, chin touch leg; elbows near knee.
- 3 Grounded leg kept maximally straight and steady.
- 4 Toe gripped with thumb-index; other fingers folded inside.

YRS-139



C 6 :- Hanumanasanam

- 1 Both legs stretched straight with both Buttocks on ground.
- 2 Back, neck, and head held straight in one aligned line.
- 3 Back-leg ankle kept in contact with the ground.
- 4 Hands joined in front of chest, gaze steady forward.



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Junior Age Category 14 to 16 Male and Female

Optional Asanas

YRS-073	YRS-198	YRS-199
G1: O1: Urdhva Shalabhasanam	G2: O1: Ardhpadam Srijj Uthit Pashchimotanasana	G3: O1: Vibhakt Parivartit Vakrasanam
1 Complete chest and rib cage firmly touching the ground. 2 Back and legs arched; toes aligned in line with the forehead. 3 Both knees straight with toes fully stretched outward. 4 Hands placed shoulder-width apart, parallel to each other with palm facing downward	1 Folded-leg toe between abdomen & straight thigh; other leg raised high. 2 After trunk twist; active hands fist gripped at the back. 3 Shoulders aligned; folded knee placed on ground in line. 4 Face turned backward with controlled balance.	1 Both legs straight and apart about two times shoulder width. 2 Opposite hands grip big toes with thumb-index; arms kept straight. 3 Back held straight with both buttocks on ground throughout the posture. 4 After trunk twist, chest and face turn maximally to the back.
YRS-074	YRS-221	YRS-200
G1: O2: Ekapadah Viprit Dandasanam	G2: O2: Badh Titibhasanam	G3: O2: Ekapadah Srijj Makshikasanam
1 Upper leg straight and perpendicular to ground with toe stretched up. 2 Both palms hold front ankle; thumbs back, fingers front touching. 3 Thighs, hips, and back create a maximum "C" arch. 4 Face kept forward with steady balance and control	1 Legs stretched straight, pressing against the back of shoulders. 2 Arms gripped together with interlocking gripping at the lower back, not touching ground 3 Back kept maximally straight with shoulders aligned in one line. 4 Face forward with steady balance and alignment.	1 Bent leg placed deep on back; back kept maximally straight. 2 After trunk twist, straight-leg thigh rests on opposite armpit. 3 Both upper arms vertical; elbows to forearms parallel at shoulder width 4 Both toes stretched outward with face kept forward.
YRS-184	YRS-083	YRS-185
G1: O3: Purna Natrajanasana 2	G2: O3: Ekapadah Prushth Padhasanam	G3: O3: Nartakasanam
1 Foot arch placed firmly on back of head; lifted knee to head aligned 2 Toe gripped by same-side palm; other arm held parallel to ground. 3 Grounded leg kept straight with toe pointing forward. 4 Face turned upward with steady balance and alignment.	1 Bent leg placed on the back: shin bone parallel to ground with toe pointing outward. 2 Abdomen, chest, forehead rest on straight leg; sole on ground. 3 Back stretched to maximum length and alignment. 4 Palms on ground, aligned neatly with the grounded heel.	1 Bent leg lifted sideways; toe held between chin and neck with chest facing front. 2 Grounded leg kept straight with toe pointing forward. 3 Both arms straight, stretched upward; palms facing ground in Gyan Mudra. 4 Thighs, hips, and back form a maximum smooth arch.
YRS-227	YRS-099	YRS-201
G1: O4: Karatala Padma Vraschikasanam	G2: O4: Ekapadah Kukkut Kagasanam	G3: O4: Srijj Vishvamitrasanam
1 After Handstand, assume Padmasana with control & balance. 2 Arms straight & parallel at shoulder width, with alignment of face and knee. 3 Back, buttocks, and thighs form a maximum smooth arch, fingers jointed & pointing forward. 4 Face forward with steady gaze and alignment.	1 Bent leg crosses front and is placed behind the opposite arm. 2 Upper arms parallel to ground; forearms parallel to each other. 3 Straight leg forms a clean parallel line with the back. 4 Fingers together with face kept forward.	1 Both legs straight; one leg's toe placed firmly on the ground. 2 After trunk twist, Lifted leg toe gripped by same hand; thigh rests on opposite armpit. 3 Ground hand vertical with palm aligned to the grounded toe. 4 Chest and face turned completely backward.



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Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals
—minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category

Name Of Compulsory Asana

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1 : Gherandasanam

Optional Asana Marks Allotment for All Groups

C2 : Ardh Badh Padamottanasanam

O1 Carry 8 Marks

C3 : Marichayasanam 4

O2 Carry 9 Marks

C4 : Utthit Diwi Pada Sikandhasanam

O3 Carry 10 Marks

C5 : Badh Dandyaman Janusirshasanam

O4 Carry 10 Marks

C6 : Ekapadah Skandh Chaturangasanam

Name of Optional Asanas with Grouping

G1: O1: Kartal Hast Samkonasanam

G2: O1: Parivartit Prasarit
Padottanasnaasanam

G3: O1: Vishvamitraasanam

G1: O2: Kartal Vrishchikasanam

G2: O2: Ekapadah Prushth Padottanasanam

G3: O2: Dandyaman Ekapadah Bhuj
Padasanam

G1: O3: Gandabherundasanam

G2: O3: Urdhva Prasarita Katibadh Eka
Padahastasanam

G3: O3: Purn Parsv Chakra Utkatasanam

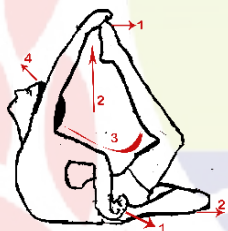
G1: O4: Purn Natrajasanam

G2: O4: Utthit Urdhv Pashchimotanasanam

G3: O4: Utthit Yoga Nidrasana

Compulsory Asanas

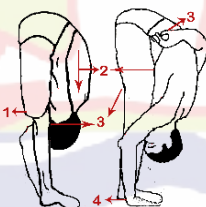
YRS-058



C 1 :- Gherandasanam

- Both big toes gripped with index–middle fingers by same-side hands.
- One leg stretched upward; other crossed below with knee and calf grounded.
- Lifted leg, back, and thigh form a maximum arch.
- Face slightly upward, aligned smoothly with the arch.

YRS-084



C 2 :- Ardh Badh Padamottanasanam

- Folded-leg thigh parallel to stretched leg; both knees aligned.
- Back fully stretched; abdomen, chest, shoulder, forehead touch leg.
- Ground leg straight; folded-leg big toe gripped with thumb–index.
- Other palm placed on ground, aligned neatly with the ground toe.

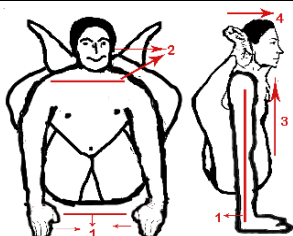
YRS-030



C 3 :- Marichayasanam 4

- One leg's toe between abdomen and opposite thigh; knee grounded.
- Other leg sole on ground; knee gripped by opposite hand, back straight.
- Active hand gripped with passive hand at the back with shoulders aligned in one line.
- Face turned backward, aligned with the shoulder line.

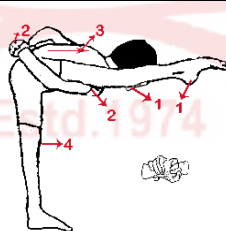
YRS-100



C 4 : Utthit Diwi Pada Sikandhasanam

- Arms straight and parallel with body lifting up, fingers joined, pointing forward.
- Both Legs crossed over the neck with shoulder in one line and toes fully stretched out.
- Back kept maximally straight, aligned with the arms.
- Gaze directed front with steady control.

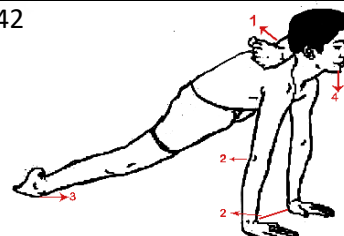
YRS-186



C 5 :- Badh Dandyaman Janusirshasanam

- Lifted leg straight and parallel to ground with toe stretched forward.
- Lifted knee pit rests on same-side shoulder; wrists grip behind.
- Back straight; abdomen and chest parallel to ground, gaze forward.
- Grounded leg kept maximally straight and steady.

YRS-142



C 6 :- Ekapadah Skandh Chaturangasanam

- Bent leg placed deep on the back; spine kept maximally straight.
- Arms straight and parallel at shoulder width, fingers joined.
- Ground leg straight; resting toe on ground, aligned with back and hips.
- Face forward with steady balance and control.



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Junior Age Category 16 to 18 Male and Female

Optional Asanas

YRS-172 	YRS-202 	YRS-140
G1: O1: Kartal Hast Samkonasanam - Arms straight and parallel at shoulder width, fingers joined. - Legs straight in one line, stretched opposite with toes outward. - Spine and buttocks create a maximum smooth arch. - Chest facing downward with face looking forward.	G2: O1: Parivartit Prasarit Padottanasnaanam - Both legs straight, apart 1.5 shoulder width; toes point forward. - Opposite hands grip ankles from behind; thumbs & fingers together; Both upper arms parallel to ground. - After twist, face, chest, shoulders in front and aligned - Back kept maximally straight while stretching downward.	G3: O1: Vishvamitraasana - Both legs straight in one line; lifted-leg toe fully stretched. - Lifted leg gripped ankle by opposite hand; knee touches back shoulder. - One arm straight and perpendicular; palm aligned with the lifted leg. - Chest pushed forward with face turned upward.
YRS-173 	YRS-160 	YRS-179
G1: O2: Kartal Vrishchikasanam - Knees, heels, and toes kept firmly together in one line. - Foot arches placed gently on the cranium of the head. - Arms straight and parallel at shoulder width with fingers joined - Face forward with steady gaze in front.	G2: O2: Ekapadah Prushth Padottanasanam - Ground leg straight; lifted leg placed deep on the back. - Back fully stretched; abdomen, chest, chin touch the legs. - Both palms hold the ankle; upper arms kept parallel to ground - Spine maximally straight with face directed downward.	G3: O2: Dandiyaman Ekapadah Bhuj Padasanam - Grounded leg straight; lifted leg placed on same-side upper arm. - Both arms straight in one line, palms facing down in Gyan Mudra. - Back and neck stretched straight, held parallel to the ground. - Face forward with steady balance and alignment.
YRS-157 	YRS-240 	YRS-152
G1: O3: Gandabherundasanam - Chest rests on the ground with both feet firmly placed on the floor. - Both heels touch the shoulders evenly and symmetrically. - Knees aligned with shoulders; legs kept parallel to each other. - Fingers interlocked; palms placed neatly below the chin.	G2: O3: Urdhva Prasrita Katibadh Eka Padahastasanam - Straight-leg heel and bent-knee aligned in one inclined straight line. - Both elbows grounded shoulder-width, parallel, with fingers joined. - Abdomen, chest, forehead rest on grounded leg; sole on ground. - Lifted-leg toe gripped at the waistline from the side.	G3: O3: Purn Parsv Chakra Utkatasanam - Both legs bent; thighs parallel to ground with toes facing outward. - Both hands grip a knee; back of head rests against one knee. - Create a deep arch through the spine with chest lifted upward. - Face directed upward with controlled balance.
YRS-255 	YRS-226 	YRS-233
G1: O4: Purn Natrajasanam - Both legs straight in one line; lifted-leg toe stretched upward. - Lifted knee held by fingers overlapped palms, elbows shoulder-width. - Back of head rests in lifted knee pit with chest facing front. - Head kept straight with face looking forward.	G2: O4: Utthit Urdhv Pashchimotanasanam - Legs touch abdomen, chest, and forehead in a controlled fold. - Arms parallel at shoulder width; back kept maximally straight. - Both legs joined together, stretched fully straight. - Palms on ground, fingers joined	G3: O4: Utthit Yoga Nidrasanam - Hips lifted Maximum upright with arms straight and parallel, fingers joined and pointing forward. - Both legs crossed over the neck with toes fully stretched out. Heels at shoulders level - Back kept maximally straight; Calfs placed on the back. - Neck and head straight with face looking downward.



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Senior Age Category 18 to 21 Male and Female

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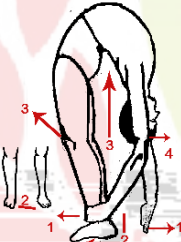
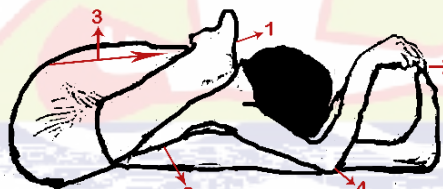
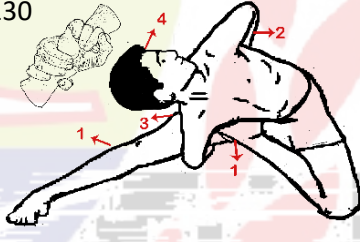
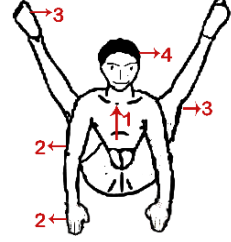
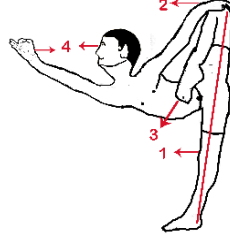
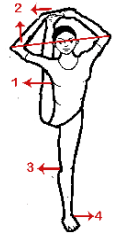
Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals —minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category	Name Of Compulsory Asana
Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.	C1 : Ekapadah Purn Chakrasanam 1
Optional Asana Marks Allotment for All Groups	C2 : Ekapadah Pruth Pashchimottanasanam
O1 Carry 8 Marks	C3 : Ardh Badh Padam Parigrahasanam
O2 Carry 9 Marks	C4 : Titibhasanam
O3 Carry 10 Marks	C5 : Katibadh Saral Natrajasanam
O4 Carry 10 Marks	C6 : Trivikraamasanam

Name of Optional Asanas with Grouping

G1: O1: Sirsa Padasanam	G2: O1: Parivartit Supt Prasvkonasanam 3	G3: O1: Parivartit Prasarit Padangusthasanam
G1: O2: Katibadh Rajkapotasanam	G2: O2: Ekapadah Pursth Padhastotanasanam	G3: O2: Katibadh Vishvamitrasanam
G1: O3: Likarasanam	G2: O3: Utkat Dandyman Janushirasanasanam	G3: O3: Durvasanam
G1: O4: Ekapadah Purn Chakrasanam 2	G2: O4: :- Kurpar Yoganidrasanam	G3: O4: Shalabh Konasanam

Compulsory Asanas

YRS-059 	YRS-085 	YRS-130 
C 1 :- Ekapadah Purn Chakrasanam 1	C 2 :- Ekapadah Pruth Pashchimottanasanam	C 3 :- Ardh Badh Padam Parigrahasanam
1 Ankle gripped by same hand; other hand perpendicular with middle finger tips on ground. 2 Keep about half-foot gap; toes and heels parallel to each other. 3 Knees fully straight; body stretched upward to create a maximum arch. 4 Head between arms, ears gently touching the biceps.	1 Bent leg placed deep on the back with toe pointing outward. 2 Abdomen, chest, forehead rest on straight leg; knee pit grounded. 3 Back stretched fully; grounded-leg toe gripped with thumb-index. 4 Elbows on ground with the straight-leg toe pointing upward.	1 Folded-leg toe placed opposite thigh; other leg straight. 2 Active hand fist gripped with passive hand at the back after covering the straight leg. 3 Back kept straight; bend until back of shoulder touches the straight leg. 4 Shoulders broad and aligned in one line with face upward. with shoulder line
YRS-161 	YRS-187 	YRS-210 
C4: Titibhasanam	C 5 :- Katibadh Saral Natrajasanam	C 6 :- Trivikramasanam
1 Back stretched upward with shoulders aligned in one straight line. 2 Arms straight and parallel at shoulder width, fingers joined. 3 Both legs straight, lifted upward and held at shoulder width. 4 Face and neck straight, looking forward steadily.	1 Ground leg straight, aligned in one line with the lifted knee. 2 Lifted knee gripped from upside by same hand while spine forms an arch. 3 Lifted-leg toe held at waistline from the side. 4 Other arm straight in Gyan Mudra at head line; palm facing upward.	1 Lifted leg straight, touching waistline and side of head; neck straight. 2 Elbows aligned; one palm on heel, other palm grips the toe. 3 Grounded leg kept fully straight and stable. 4 Foot on ground held straight with proper alignment.



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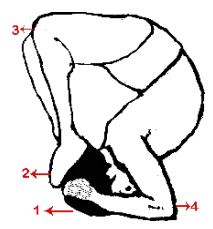
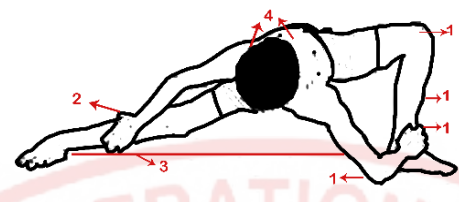
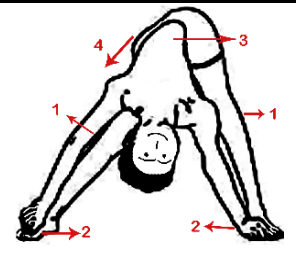
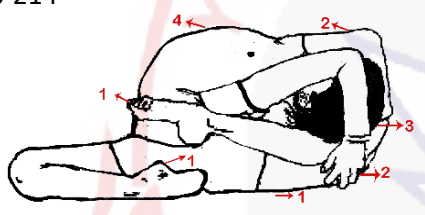
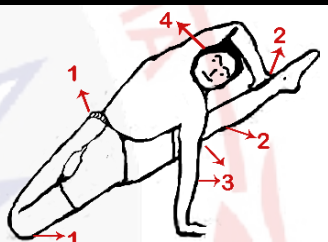
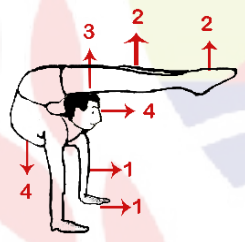
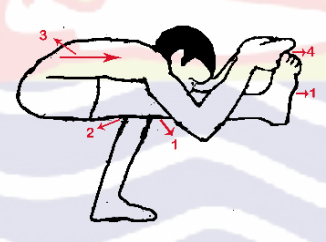
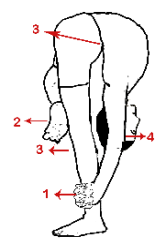
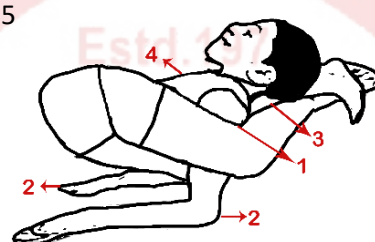
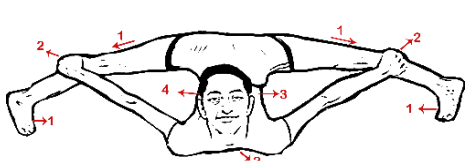
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E-mail: -yogafederationofindia@gmail.com Website: -www.yogafederationofindia.com

Senior Age Category 18 to 21 Male and Female

Optional Asanas

YRS-153 	YRS-131 	YRS-132 
G1: 01: Sirsa Padasanam	G2: 01: Parivartit Supt Parsvkonasanam 3	G3: 01: Parivartit Prasarit Padangusthasanam
1 Frontal bone placed firmly on the ground. 2 Foot arches placed carefully on the back of the head. 3 Knees, heels, and toes kept together in one aligned base. 4 Elbows parallel to each other, aligned with the shoulder line.	1 Folded leg vertical; thigh parallel, opposite hand elbow grounded, grips ankle 2 Straight-leg calf gripped firmly by the opposite straight arm. 3 Both heels aligned; straight-leg sole fully placed on ground. 4 Maximum waist twist with chest open and face turned upward.	1 Both legs straight and apart about one-and-half shoulder width. 2 Both toes gripped with thumb and index fingers by opposite hands; arms kept fully straight. 3 After trunk twist, chest faces front; shoulders, elbows aligned. 4 Back stretched to maximum, bending downward with control.
YRS-214 	YRS-162 	YRS-207 
G1: 02: Katibadh Rajkapotasanam	G2: 02: Ekapadah Pursth Padhastotanasanam	G3: 02: Katibadh Vishvamitrasanam
1 Thighs on ground; back-foot toe at waist, front heel on pubic joint. 2 Back knee gripped by both hands; forearms perpendicular & parallel. 3 After backbend, back of head rests on the knee. 4 Chest lifted upward with face looking up	1 Grounded leg between both arms ,straight & toe front 2 Back stretched;abdomen chest , forehead touches grounded leg. 3 Lifted leg at deep back, toe stretched 4 Both arms in one straight incline line and parralal to each other	1 Grounded leg bent with toe locked firmly at the waistline. 2 Lifted leg aligned with grounded knee; opposite hand grip ankle 3 One arm straight, perpendicular; shoulder back touches lifted leg. 4 Chest open and face kept forward with steady balance.
YRS-229 	YRS-188 	YRS-180 
G1: 03: Likarasanam	G2: 03: Utkat Dandyman Janushirasanasanam	G3: 03: Durvasanam
1 Both arms straight and parallel at shoulder-width distance. 2 Both legs joined together, straight and stretched forward. 3 Hamstrings brought to touch the head with controlled stretch. 4 Chest facing downward with face looking forward.	1 Lifted leg straight, parallel to ground with toe pointing upward. 2 Ground leg bent; thigh parallel to ground, knees touching together. 3 Back fully stretched; abdomen, chest, shoulders, chin touch leg. 4 Toe gripped with thumb-index; other fingers folded inside.	1 Lifted leg placed deep on back; toe outward, shin bone in straight line. 2 Back, neck, and head held maximally straight and aligned. 3 Grounded leg kept fully straight with toe pointing forward. 4 Palms joined in Namaskar mudra in front of the chest.
YRS-236 	YRS-225 	YRS-241 
G1: 04: Ekapadah Purn Chakrasanam 2	G2: 04: :-Kurpar Yoganidrasanam	G3: 04: Shalabh Konasanam
1 Grounded leg straight and lifted-leg placed on knee of grounded knee with toe Downward. 2 Grounded ankle held by fingers overlaped palms, with maximum spine elonged. 3 Both elbows straight with ear touching biceps and face Straight 4 Lifted knee aligned with side waist line	1 Shoulders released outward from the crossing of the legs. 2 Elbows and palms grounded shoulder-width; body lifted to shoulder height. 3 Neck gently resting within the crossing of the ankles. 4 Back, neck, and head kept maximally straight and aligned.	1 Both legs stretched opposite in one line with toes touching ground. 2 Calves gripped by palms; shoulders and chest resting on ground. 3 Neck, back, buttocks form an arch; buttocks aligned with neck. 4 Face lifted upward with gaze facing the front.



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Senior Age Category 21 to 25 Male and Female

Note

Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals —minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category

Name Of Compulsory Asana

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1 : Ekapadah Purn Dhanurasanam

Optional Asana Marks Allotment for All Groups

C2 :Adho Mukha Ardh Titibhasanam

O1 Carry 8 Marks

C3 : Ardh Matsyendrasanam

O2 Carry 9 Marks

C4 : Kurpar Padam Bakasanam

O3 Carry 10 Marks

C5 : Dandyaman Dhanurasanam

O4 Carry 10 Marks

C6 : Parivartit Ardh Chandrasanam

Name of Optional Asanas with Grouping

G1: O2: Vyagraasanam

G2: O1: Dwi Pada Sikandhasanam

G3: O1: Utthit Parivartit Utkatasanam

G1: O1: Purn Shalbhasanam

G2: O4: Supt Konasanam

G3: O3: Urdh Prasarit Ekapadasanam

G1: O3: Griva Natrajasanam

G2: O3: Puratah Trivikaramasanam

G3: O2: Ekapadah Katibadh Hast Varishikasanam

G1: O4: Vibhakt Viprit Suptasanam

G2:O2 :- Ekapadah Skandh Bakasanam

G3:O4: Parivartit Utthit Pashchimotanasanam

Compulsory Asanas

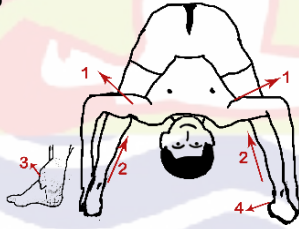
YRS-060



C1 : Ekapadah Purn Dhanurasanam

- 1 Big toe gripped with index-middle; toe to ear, knee-elbow aligned.
- 2 Other leg and arm stretched straight in one aligned line.
- 3 Balance maintained steadily on the navel.
- 4 Face and neck kept straight with controlled alignment.

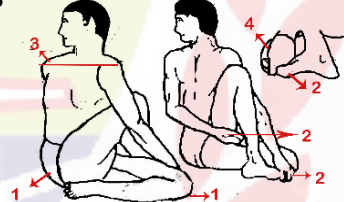
YRS-086



C2 : Adho Mukha Ardh Titibhasanam

- 1 Arms placed firmly inside the knee pits for stable support.
- 2 Both legs straight with thighs pressing firmly against the ribs.
- 3 Palms hold ankles from outside; upper arms parallel, forearms vertical.
- 4 Both soles parallel, pointing forward with face and neck straight & backward.

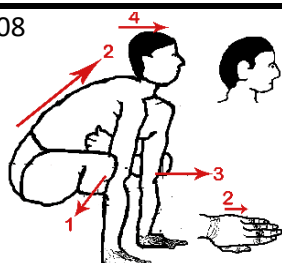
YRS-133



C3 : Ardh Matsyendrasanam

- 1 Both buttocks and one knee firmly grounded for stability.
- 2 One hand grips opposite thigh from back; other grips big toe with thumb and index finger
- 3 Back straight with shoulders and head aligned in one line.
- 4 Big toe stretched & aligned neatly with the folded knee on ground.

YRS-108



C4 : Kurpar Padam Bakasanam

- 1 From Padmasana, knees lift upto elbow; thighs parallel to ground.
- 2 Head and back straight; palms grounded with thumbs and fingers joined.
- 3 Arms kept straight and parallel at shoulder-width distance.
- 4 Face and head held forward with steady gaze.

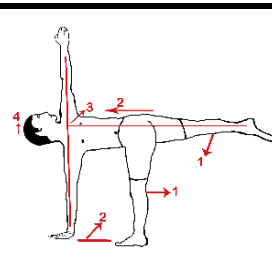
YRS-115



C5 : Dandyaman Dhanurasanam

- 1 Lifted-leg ankle gripped by finger crossed hands; back & thigh arched.
- 2 Shoulders aligned in one straight line with the lifted knee
- 3 Grounded leg kept fully straight and toe aligned with Shoulder and forehead.
- 4 Face and neck straight, looking forward.

YRS-141



C 6 :- Parivartit Ardh Chandrasana

- 1 Both legs straight; one grounded, the other parallel to ground.
- 2 Grounded toe, hand aligned, spine stretched & chest backward.
- 3 Waist line align with lifted leg; Both hands kept straight and aligned in one line.
- 4 Face turned upward



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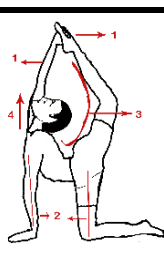
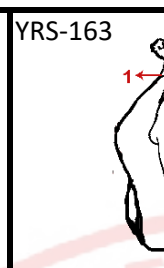
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Senior Age Category 21 to 25 Male and Female

Optional Asanas

YRS-061 	YRS-163 	YRS-033 
G1: 01: Vyagrasanam	G2: 01:Dwi Pada Sikandhasanam	G3: 01: Utthit Parivartit Utkatasanam
1 Lifted-leg toe gripped by same hand from outside, aligned to shoulder. 2 Ground thigh and grounded arm vertical and parallel to each other straight, aligned; ankle on ground 3 Spine, hips, and thigh form a "C" arch; lifted arm straight 4 Face upward	1 Neck rests on crossed ankles with toes fully stretched outward. 2 Chest held broad & straight in front with both shoulders aligned in one line. 3 Balance on buttocks; hands joined together in front of chest. 4 Face looking forward.	1 Knees, heels, toes joined; thighs parallel, shins vertical to ground. 2 After abdominal twist, one hand placed on ground aligned with heel. 3 Chest and abdomen fully twisted with back kept maximally straight. 4 Face upward with steady balance and alignment.
YRS-062 	YRS-211 	YRS-190 
G1: 02: Purn Shalabhasanam	G2: 02: Supt Konasanam	G3: 02: Urdh Prasarit Ekapadasanam
1 Foot arches placed on the cranium; arms parallel at shoulder width. 2 Chest, shoulders, and chin firmly resting on the ground. 3 Knees, heels, and toes kept together in one aligned base. 4 Palms facing down with thumbs and fingers joined.	1 Legs stretch sideways; big toes outward, heels upward. 2 Arms kept straight in one line on either side of the body. 3 Back maximally straight with firm chin lock maintained. 4 Big toes gripped with thumb-index; other fingers folded inside.	1 Both legs in one line with Lifted Leg stretch upside; big toes stretched upward 2 Arms kept straight at shoulder width, aligned with lifted knee; palms in gyan Mudra 3 Back maximally straight and parallel to ground 4 Face and neck kept straight and forward
YRS-189 	YRS-212 	YRS-175 
G1: 03: Griva Natrajasanam	G2: 03: Puratah Trivikramasanam	G3: 03: Ekapadah Katibadh Hast Vrishikasanam
1 Toe held by chin with ankle placed firmly on the collar bone. 2 Straight-leg heel, hip aligned in one straight line. 3 Both arms straight, aligned, and raised to shoulder height. Palm downward 4 Face and neck kept straight and forward	1 Both legs straight in opposite; one grounded, one lifted up. 2 Raised leg to be tightly touched to stomach, chest & shoulder 3 Both hands gripping heel of the lifted leg with fingers cross firmly with toe upward 4 Face forward, maintaining steady balance.	1 One toe locked at waistline; other foot placed firmly on the cranium. 2 Both arms straight and vertical; fingers joined together. 3 Back, hips, & thigh form a maximum arch with chest facing down. 4 Face and gaze kept forward
YRS-242 	YRS-174 	YRS-239 
G1: 04: Vibhakt Viprit Suptasanam	G2:04 :- Ekapadah Skandh Bakasanam	G3:04: Parivartit Utthit Pashchimotanasanam
1 Legs split front-back; hips, thighs, heels aligned and grounded. 2 Body bends backward; cranium touches the rear thigh. 3 Arms straight; both palms grip ankles, thumbs up, fingers down. 4 Both toes stretched outward with controlled extension.	1 One leg placed behind shoulder; same-side hand wraps & grips toe. 2 Arms straight and parallel at shoulder width with fingers joined. 3 Straight leg forms oblique line with back, kept maximally straight. 4 Face directed downward	1 Both legs straight & joined; one knee touches opposite shoulder from back. 2 Back stretched; abdomen, chest, shoulders to be forward after twist. 3 One palm grips heels; the other grips toes firmly. 4 Neck and face kept forward



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Name Of Compulsory Asana

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1 : Ekapadah Chakrasanam

Optional Asana Marks Allotment for All Groups

C2 : Vibhakt Pashchimotanasanam

O1 Carry 8 Marks

C3 : Badh Ardh Matsyendrasanam

O2 Carry 9 Marks

C4 : Asthvakrasanam

O3 Carry 10 Marks

C5 : Badh Hasta Trivikarmasanam

O4 Carry 10 Marks

C6 : Ardh Chandrasanam

Name of Optional Asanas with Grouping

G1: O1: Ardh Vajr Chakrasanam 2

G2: O1: Urdh Mukha Pashchimotanasanam

G3: O1: Urdh Hast Parivartit Parsvkonasanam

G1: O2: Kurpar Vyagraasanam

G2: O2: Badh Parivartit Hast Padasanam

G3: O2: Varj Veerbhadrasanaaasanam

G1: O3: Chakrabandhasanam

G2: O3: Omkarasana

G3: O3: Padam Ardh Swalambh Sarvangasanam

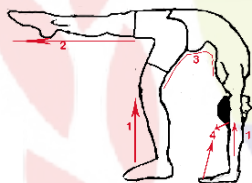
G1: O4: Purn Veer Bhadrasanam 1

G2: O4 :- Kagasana

G3: O4: Dwi Pad Koundiniyanam

Compulsory Asanas

YRS-003



C1 : Ekapadah Chakrasanam

- 1 Ground leg and arms perpendicular to ground, aligned on the same side.
- 2 Raised leg straight and parallel to ground with toe stretched forward.
- 3 Thighs, hips, and back form a maximum smooth arch.
- 4 Palms grounded, fingers joined; neck between arms touching ears.

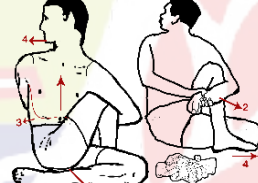
YRS-087



C2 : Vibhakt Pashchimotanasanam

- 1 Abdomen, chest, shoulders, chin, Knee pit resting firmly on ground.
- 2 Back kept maximally straight and evenly stretched.
- 3 Both arms held straight in one aligned line.
- 4 Toes up, gripped with thumb-index

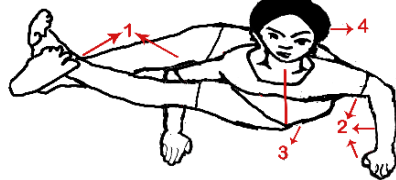
YRS-031



C3 : Badh Ardh Matsyendrasanam

- 1 Both buttocks & lying-leg knee grounded; heel touches opposite hip.
- 2 Other leg upright with sole grounded; knee held by opposite hand; Active fist Grip
- 3 Back straight with shoulders and head aligned in one line.
- 4 Big toe aligned with grounded knee; face turned back along shoulder line.

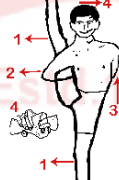
YRS-101



C4 : Asthvakrasanam

- 1 Legs crossed at ankles; one biceps between thighs, legs straight.
- 2 Forearms vertical & parallel to each other; palms flat, fingers joined.
- 3 Waist and chest kept parallel to the ground after trunk twist.; same thigh on upper arm.
- 4 Face and neck forward.

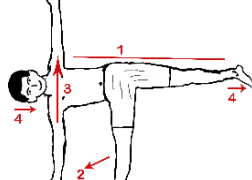
YRS-116



C5 : Badh Hasta Trivikarmasanam

- 1 Both knees Straight, grounded leg's toe in front & lifted leg toe stretched up
- 2 Lifted leg placed on back of the upper arm with active fist gripping
- 3 Both shoulders in one line with back maximum straight and stretched
- 4 Neck and face aligned in front

YRS-039



C6 : Ardh Chandrasanam

- 1 Lifted leg held at waist level, parallel to ground in one line.
- 2 Grounded leg straight; same-side finger tips lightly touch ground with toe alignment toward finger tip
- 3 Chest facing front with both arms aligned in one straight line.
- 4 Lifted-leg toe stretched; face and neck held straight.



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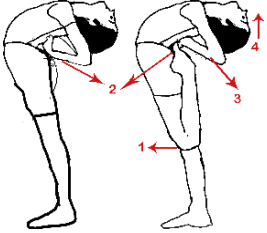
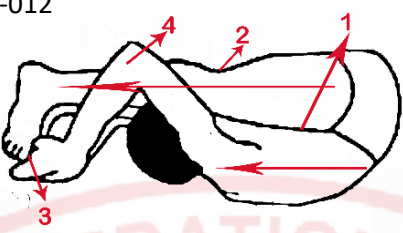
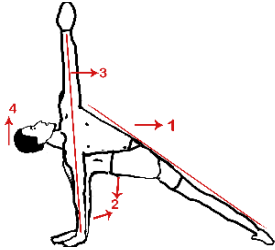
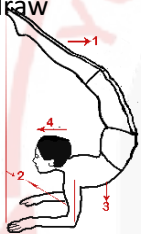
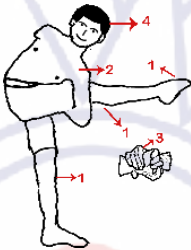
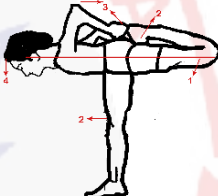
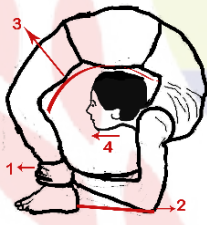
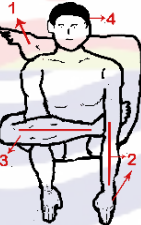
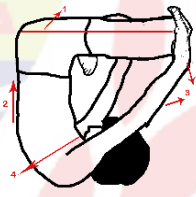
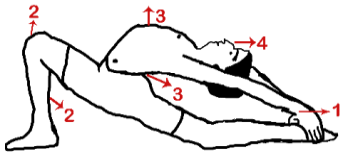
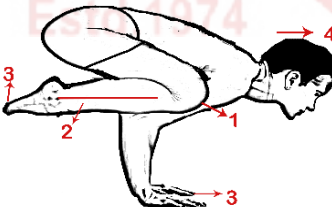
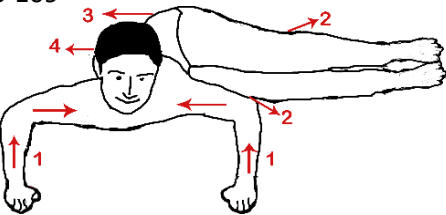
RECOGNITION OF: INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

REGD. OFFICE: Flat No. 501, GHS.93, SECTOR-20, PANCHKULA -134 116 (HARYANA) INDIA

E-mail: -yogafederationofindia@gmail.com Website: -www.yogafederationofindia.com

Senior Age Category 25 to 30 Male and Female

Optional Asanas

YRS-117 	YRS-012 	YRS-135 
G1: O1: Ardh Vajr Chakrasanam 2	G2: O1: Urdh Mukha Pashchimotanasanam	G3: O1: Urdh Hast Parivartit Parsvkonasanam
1 Ground leg straight with both knees joined; lifted-leg heel touches buttock. 2 Both hands on lower back; same-side hand presses lifted ankle back. 3 Spine forms a maximum arch; both elbows kept parallel. 4 Neck stretched freely with face hanging backward.	1 Back fully stretched; abdomen, chest, forehead resting on the legs. 2 Both legs straight with knee pits facing upward. 3 Toes down, gripped with thumb-index, side palms lightly touch ground. 4 Elbows lifted upward, maintained in contact with the legs.	1 Leg, waist aligned in one straight line with both heels aligned after the twist 2 Other leg vertical to ground with thigh held parallel to the ground. 3 Both arms in one straight line; lower hand wrist aligned with front heel 4 Neck aligned with spine; face looking upward
YRS-063 line draw 	YRS-118 	YRS-119 
G1: O2: Kurpar Vyagraasanam	G2: O2: Parivartit Badh Hast Padasanam	G3: O2: Vajr Veerbhadrassanam
1 Both legs straight with Knees, heels, and toes joined 2 Both elbows grounded; upper arms perpendicular and parallel with toes aligned with finger tips 3 Spine, hips, & legs form a arch with chest facing ground. 4 Face forward with steady, controlled alignment.	1 Both legs straight; lifted leg parallel to ground with toe stretched. 2 Side waist touches opposite thigh; chest broad, shoulders aligned. 3 Active hand wrist gripped with passive hand behind the back. 4 Neck and face aligned, facing straight in front.	1 Head, waist, and thigh aligned in one straight line, parallel to ground. 2 Grounded leg straight; lifted-leg heel touching the hip. 3 Both hands overlapped lifted ankle on hip; elbows kept parallel. 4 Neck aligned with spine, face directed downward to ground
YRS-064 	YRS-102 	YRS-143 
G1: O3: Chakrabandhasanam	G2: O3: Omkarasanam	G3: O3: Padam Ardh Swalambh Sarvangasanam
1 Both ankles firmly gripped by the hands for stable support. 2 Feet and elbows about half-foot apart; heels and elbows parallel. 3 Thighs, buttocks, spine, and head form "C" arch; head aligns with hips. 4 Elbows and shoulders in one line with face looking forward.	1 Upper-leg heel touches opposite shoulder; toe kept stretched out. 2 Both arms straight and parallel, fingers joined; back held straight. 3 Second leg crosses elbows in one straight line, toe stretched outward. 4 Face kept forward with steady alignment and balance.	1 Assume Padmasana after sarvangasana with thighs parallel to ground. 2 Back kept maximally stretched and straight up to the hips. 3 Both arms straight; palms placed firmly on the knees. 4 Chin locked at neck point, maintaining balance on shoulders.
YRS-213 line draw 	YRS-103 	YRS-109 
G1: O4: Purn Veer Bhadrassanam 1	G2: O4 :- Kagasanam	G3: O4: Dwi Pad Koundiniyasanam
1 Hands grip back ankle, heel covered; arms extend with biceps to ears. 2 Front leg upright, front knee aligned diagonally to grounded knee. 3 Chest lifted upward; back, hips, and thighs create a maximum arch, Head not touching leg. 4 Neck aligned with spine; face turned upward.	1 Elbows bent; upper arms parallel & forearms vertical; knees place on armpits. 2 Heels nearer to buttock; shinbone at parallel to ground. 3 Hands shoulder-width with fingers jointed and both big toes joint 4 Face forward with steady balance and control.	1 Forearms vertical; upper arms parallel to ground. 2 Legs straight and joined; thigh resting on opposite arm. 3 After twisting head to hips aligned 4 Back stretched; face forward with steady balance.



YOGA FEDERATION OF INDIA

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Senior Age Category 30 to 35 Male and Female

Note

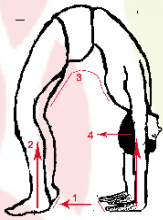
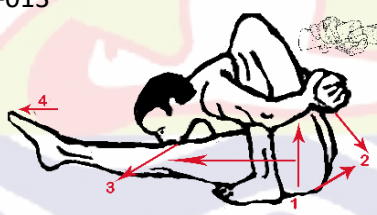
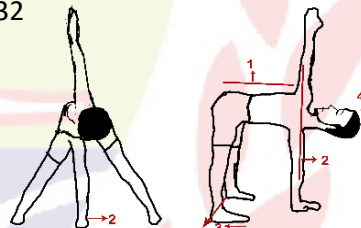
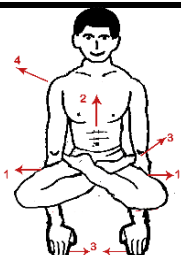
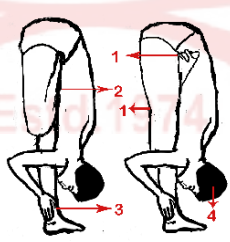
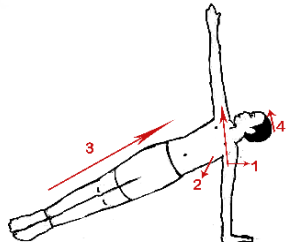
Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals —minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category	Name Of Compulsory Asana
Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.	C1 : Chakrasanam
Optional Asana Marks Allotment for All Groups	C2 : Marichayasanam 2
O1 Carry 8 Marks	C3 : Srij Prasarit Padottanasanam
O2 Carry 9 Marks	C4 : Tolasanam
O3 Carry 10 Marks	C5 : Ardh Padam Padamottanasanam
O4 Carry 10 Marks	C6 : Vashishtasanam

Name of Optional Asanas with Grouping

G1: O1: Ekapadah Badh Rajkapotasanam	G2: O1: Karanpidasanam	G3: O1: Srij Ekapadah Ardh Rajkapotasanam
G1: O2: Ardh Vajr Chakrasanam 1	G2: O2: Prapad Padottanasanam	G3: O2: Vatayanasanam
G1: O3: Ekapadah Katibadh Chakrasanam	G2: O3: Kurpar Viprit Tadasanam	G3: O3: Utpluti Dandasanam
G1: O4: Kurpar Padam Vyagraasana	G2: O4: Ekapadah Koundiniyasanam 1	G3: O4: Parivartit Supt Prasvkonasanam 1

Compulsory Asanas

YRS-004 	YRS-013 	YRS-032 
C1 : Chakrasanam	C2 : Marichayasanam 2	C3 : Srij Prasarit Padottanasanam
1 Hands & feet shoulder-width apart; fingers pointing toward the heels. 2 Arms and legs perpendicular to ground, parallel to each other. 3 Thighs, hips, and back form a maximum smooth arch. 4 Neck between arms with upper arms (biceps) touching the ears.	1 One leg bent upright thigh; other leg straight, knee pit grounded. 2 Buttocks grounded; same hand wraps knee, fist gripped behind. 3 Chin rests on knee, chest and abdomen forming a gentle arch. 4 Straight-leg toe stretched forward with controlled alignment.	1 Waistline held parallel to the ground throughout the posture. 2 Palms placed at center of both feet; both hands aligned in one line. 3 Heels aligned, about three feet apart; toes facing forward. 4 Face directed upward toward the sky.
YRS-021 	YRS-120 	YRS-040 
C4 : Tolasanam	C5 : Ardh Padam Padamottanasanam	C6 : Vashishtasanam
1 Lift body from Padmasana; knees-thighs parallel to ground. 2 Back, neck, and head remain tall and perfectly straight with both toes gripped behind arms 3 Palms parallel, fingers joined; arms straight to shoulders. 4 Shoulder blades relaxed, gaze steady and facing forward.	1 Bent leg placed between straight-leg thigh and abdomen 2 Abdomen, chest, Chin rest on straight leg; back fully stretched. 3 Both palms cover the grounded ankle firmly for support. 4 Grounded foot straight; gaze fixed on the toe for balance.	1 Grounded arm perpendicular & straight in line; shoulders aligned. 2 Both legs Straight diagonally with shoulder; chest facing front. 3 Heel to head in one straight line 4 Neck and face aligned with shoulders, facing upward.



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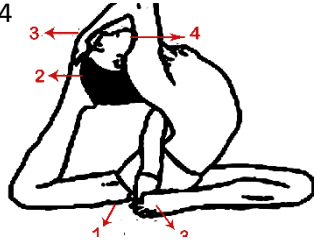
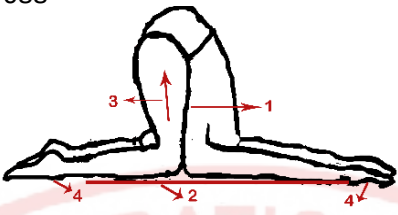
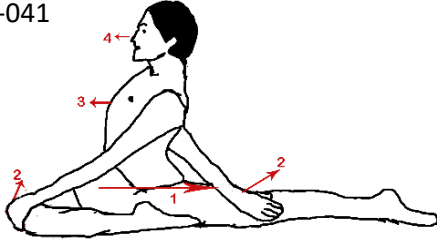
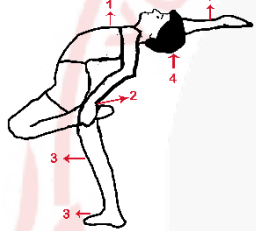
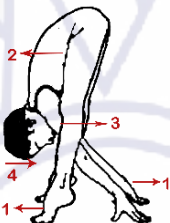
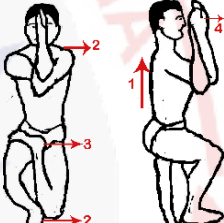
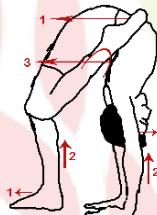
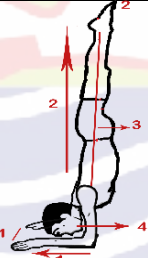
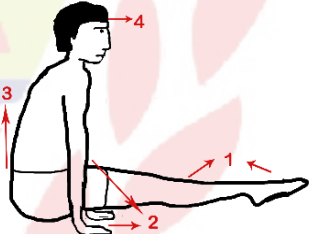
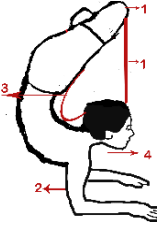
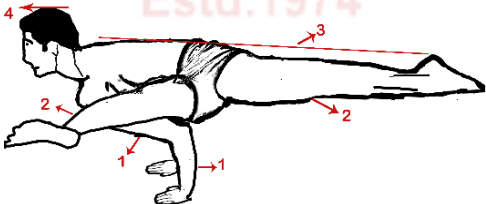
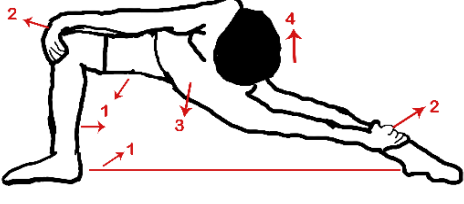
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Senior Age Category 30 to 35 Male and Female

Optional Asanas

YRS-154 	YRS-088 	YRS-041 
G1: O1: Ekapadah Badh Rajkapotasanam - Both thighs grounded with buttocks aligned evenly. - Back foot arch placed on cranium; shoulders aligned, spine arched. - Both big toes gripped by same-side thumb-index fingers. - Neck aligned; face lifted upward with steady balance.	G2: O1: Karanpidasanam - Thighs and knees touch abdomen, chest, and shoulders firmly. - Arms and legs extend opposite in one line, shoulder-width apart. - Back and thighs kept maximally straight and aligned. - Ankles and palms maintained in contact with the ground.	G3: O1: Srij Ekapadah Ardh Rajkapotasanam - Front thigh and back leg aligned; back ankle grounded, front heel on pubic. - Front knee and back side knee gripped by opposite hands with controlled balance. - Chest facing front with shoulders aligned in one straight line. - Neck aligned with chest; face looking straight in front.
YRS-191 	YRS-089 	YRS-144 
G1: O2: Ardh Vajr Chakrasanam 1 - Chest facing upward, and aligned with the arm - Same hand grips lifted-leg ankle; heel touching the buttock. - Grounded leg kept straight with toe pointing forward. - Neck aligned with spine; face looking upward steadily.	G2: O2: Prapad Padottanasanam - Both toes, fingers and thumbs on ground; fingers and thumbs placed behind the heels. - Back maximally stretched; side abdomen & chest touch thighs. - Both shoulders touch the inner shin bones evenly. - Face downward.	G3: O2: Vatayanasanam - Back, neck, and head held straight in one aligned line. - Folded knee touches opposite heel; shoulders kept maximally straight. - If right arm is above, left foot placed firmly on right thigh. - Hands joined before nose; fingers held at forehead level.
YRS-075 	YRS-022 	YRS-104 
G1: O3: Ekapadah Katibadh Chakrasanam - One leg locked at waistline; other leg grounded toe forward. - Hands shoulder-width; arms and legs perpendicular, parallel. - Thighs, hips, and back create a maximum smooth arch. - Neck between arms; upper arms (biceps) touching the ears.	G2: O2: Kurpar Viprit Tadasanam - Forearms and elbows grounded, parallel at shoulder width. - Both legs and back straight, stretched upward with toes extended. - Legs, back, and upper arms aligned in one straight line, fingers together. - Face directed downward with controlled balance.	G3: O3: Utpluti Dandasanam - Both legs straight, fully stretched, and raised up parallel to the ground. - Both arms straight & perpendicular to ground, fingers joined. - Back kept maximally straight with shoulders relaxed in one line. - Face and neck aligned, looking straight in front.
YRS-076 	YRS-203 	YRS-136 
G1: O4: Kurpar Padam Vyagrasanam - Both legs in Padmasana; knees aligned precisely with the forehead. - Both elbows grounded; upper arms perpendicular and parallel. - Spine, hips, legs form "C" arch with chest facing ground. - Face forward with steady, controlled alignment.	G2: O4: Ekapadah Koundiniyasanam 1 - Forearms vertical and parallel; upper arms parallel to the ground. - Both legs straight; one rests on opposite-side arms, other hangs back. - Neck to hanging leg aligned in one straight line, parallel to ground. - Face forward with steady control and balance.	G3: O4: Parivartit Supt Prasvkonasanam 1 - Heels aligned; bent thigh parallel, shin vertical; other leg straight. - One Hand grip opposite ankle and other hand grip knee; both arm straight. - Chest lifted sideways after completing the trunk twist. - Face turned upward with steady alignment and balance.



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Senior Age Category 35 to 45 Male and Female & Professional 25 to 40 Male and Female

Note

Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals
—minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category

Name Of Compulsory Asana

Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.

C1 : Matsyasanam

Optional Asana Marks Allotment for All Groups

C2 : Krounchasanam

O1 Carry 8 Marks;

C3 : Parivaritit Pashchimotanasanam

O2 Carry 9 Marks

C4 : Padam Sarvangasanam

O3 Carry 10 Marks

C5 : Utthita Hasta Padangusthasanam

O4 Carry 10 Marks

C6 : Trikonasanam

Name of Optional Asanas with Grouping

G1: O1: Paryankasanam

**G2: O1: Srij Vibhakt
Pashchimotanasanam**

G3: O1: Srij Badh Konasanam

**G1: O2: Ekapadah Setubandh
Sarvangasanam**

G2: O2: Virksh Ardh Uttanasanam

G3: O2: Badh Goumukhasanam

G1: O3: Padam Bhujangasanam

G2: O3: Kurmasanam

G3: O3: Padam Shirshasanam

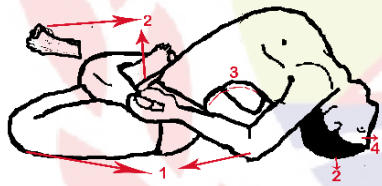
G1: O4: Prushtha Virkshasanam

G2: O4: Padam Karnpidasanam

G3: O4: Sirsha Padangusthasana

Compulsory Asanas

YRS-005



C1 : Matsyasanam

- Both knees and elbows firmly placed and grounded.
- Big toes gripped thumb-index; cranium on ground, not forehead.
- Spine lifted to create a maximum smooth backward arch.
- Gaze directed backward with neck comfortably extended.

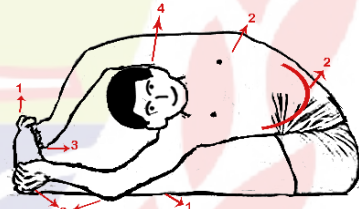
YRS-014



C2 : Krounchasanam

- Lifted leg straight up; heel gripped by both hands covering shin sides.
- Folded thigh grounded in front; heel to buttock, ankle resting on ground.
- Back stretched upward; abdomen and chest resting against the thigh.
- Chin, nose, and forehead touching the shin in alignment.

YRS-134



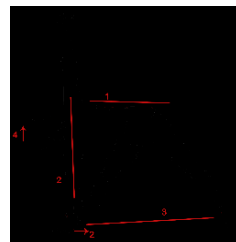
C3 : Parivaritit Pashchimotanasanam

- Both legs straight and stretched on ground; toes pointing up
- After twist, chest and navel face front; back kept maximally straight.
- Grounded arm grip side heel and lifted arm grip toes with ear touching.
- Neck aligned with chest; face forward with steady gaze

YRS-105

YRS-024

YRS-042



C4 : Padam Sarvangasanam

C5 : Utthita Hasta Padangusthasanam

C6 : Trikonasanam

- From Sarvangasana, assume Padmasana; legs crossed centrally, knees aligned.
- Knees, hips, back, and shoulders aligned in one straight line.
- Palms support the back, parallel; elbows aligned with shoulders.
- Chin firmly locked to maintain neck stability and balance.

- Both arms aligned together in one straight line.
- Both legs straight; lifted-leg big toe gripped with thumb-index.
- Back stretched maximally upward with shoulders aligned evenly.
- Neck and face aligned with chest, grounded toe in front.

- Waistline parallel to ground with chest and navel facing front.
- Lower palm beside heel; both arms aligned in one straight line.
- Both heels aligned evenly with each other for stable base.
- Face turned upward toward the sky with neck aligned.



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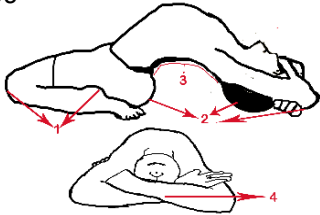
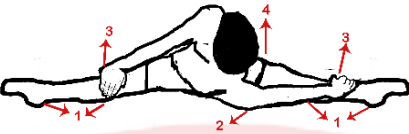
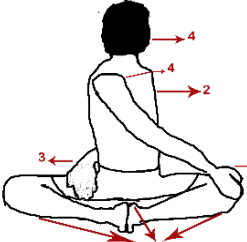
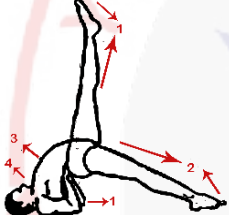
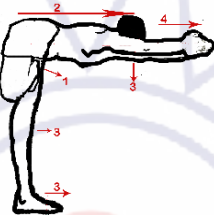
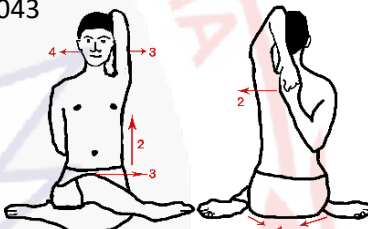
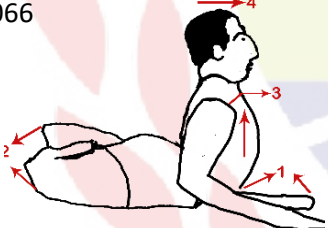
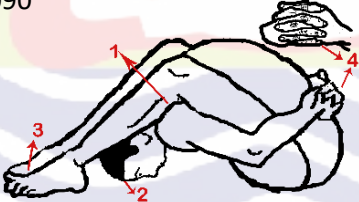
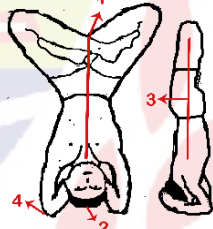
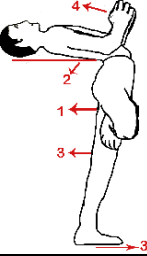
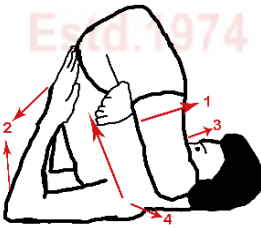
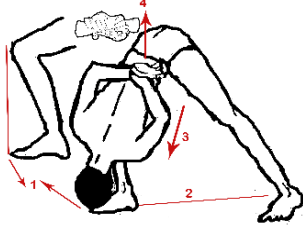
RECOGNITION OF: INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

REGD. OFFICE: Flat No. 501, GHS.93, SECTOR-20, PANCHKULA -134 116 (HARYANA) INDIA

E-mail: -yogafederationofindia@gmail.com Website: -www.yogafederationofindia.com

Senior Age Category 35 to 45 Male and Female & Professional 30 to 40 Male and Female

Optional Asanas

YRS-006 	YRS-137 	YRS-034 
G1: 01: Paryankasanam	G2: 01: Srij Vibhakt Pashchimotanasanam	G3: 01: Srij Badh Konasanam
- Both knees joined; heels touch hips from the sides. - Hips, cranium, and both elbows firmly touching the ground. - Spine and neck form a maximum smooth backward arch. - Arms cross at center, aligned with the nose line.	- Both legs straight and stretched with toes pointing outward. - After twist, side shoulder touches ground; chest faces sideways. - Hands grip opposite legs—lower hand ankle, upper hand side knee. - Shoulders aligned in one line; face turned upward along shoulder line.	- Both knees and legs grounded; soles joined, touching the pelvic joint. - Back stretched and straight with chest facing to the side. - One hand grips opposite knee; other grips opposite thigh from back. - Shoulders aligned ; face turned back along shoulder line.
YRS-065 	YRS-026 	YRS-043 
G1: 02: Ekapadah Setubandh Sarvangasanam	G2: 02: Vriksh Ardh Uttanasanam	G3: 02: Badh Goumukhasanam
- One leg lifted straight upward; toe up, elbows parallel up to shoulders. - Other leg straight in an inclined line with sole firmly on ground. - Trunk held maximally straight; palms support back, fingers joined. - Face upward with chin firmly locked for stability.	- Lifted-leg sole placed on thigh, touching the pelvic joint. - Waist , Chest and arms parallel to ground in straight line ; ears touching the arms. - Grounded leg straight with toe forward; face and gaze downward. - Both arms straight and joined in Namaste in front.	- Hips grounded; heels touch opposite buttocks with one knee over other - Back held maximally straight; fingers interlocked behind the back with upper arm touching ear. - If right thigh is on top, the left arm remains on top. - Face and neck aligned with chest and navel facing front.
YRS-066 	YRS-090 	YRS-145 
G1: 03: Padam Bhujangasanam	G2: 03: Kurmasanam	G3: 03: Padam Shirshasanam
- Navel grounded; palms near stomach supporting spine lift. - After Padmasana, both knees firmly placed and grounded. - Upper body lifted fully; chest broad with open collar line. - Gaze forward; neck long and aligned with rising spine.	- Head and arms between legs; shoulders placed under the knees. - Forehead on ground near buttocks; back arched, cranium off heels. - Feet joined with soles resting on ground in front of the head. - Fingers interlocked on the back close to the buttocks.	- From Shirshasana, to Padmasana with legs crossed centrally, knees aligned. - Front portion of the head placed firmly on the ground. - Leg crossing, hips, back, and head aligned in one straight line. - Elbows parallel to each other up to shoulder width.
YRS-121 	YRS-091 	YRS-044 
G1: 04: Prushtha Vrikshasanam	G2: 04: Padam Karnpidasanam	G3: 04: Sirsha Padangusthasanam
- Lifted-leg sole placed on thigh, touching the pelvic joint. - Chest to waist parallel to ground; neck and face aligned. - Grounded leg kept straight with toe pointing forward. - Both hands joined together at the navel.	- Padmasana to be assumed after sarvangasana and padmasana to be touched chest, abdomen . - Palms support back, parallel; elbows aligned with shoulders. - Padmasana crossing to be aligned with chin and Neck placed on the ground - Back maximally stretched upward	- Forehead touching big toe; folded knee aligned with the big toe. - Other leg straight; body weight evenly distributed on both legs - Back maximally straight; both soles completely touching ground. - Back-side wrist of folded leg gripped by other hand in firm fist.



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGO. NUMBER 1195, DATED 14.02-90)
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Senior Age Category Above 45 Men & Women & Professional 40 Above

Note

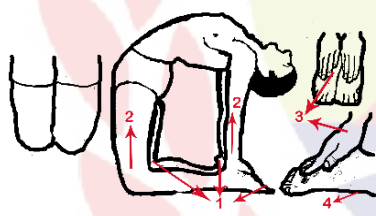
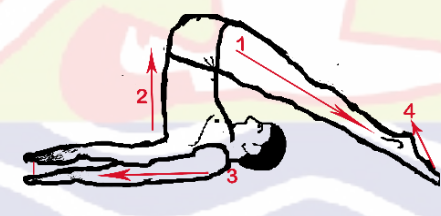
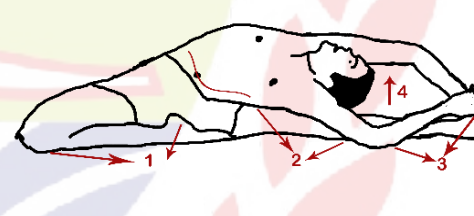
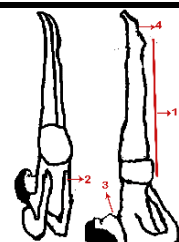
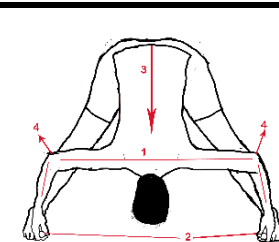
Each competitor shall perform 10 (Ten) Asanas.

Perform all 6 compulsory asanas.. From 12 optional, perform any 4 Optionals —minimum 1 each from G1, G2, G3, and 1 extra from any Optional Category	Name Of Compulsory Asana
Guideline marks: 1st & 2nd = 2 marks, 3rd = 1.5 marks, 4th = 0.5 marks.	C1 : Ustrasanam
Optional Asana Marks Allotment for All Groups	C2 : Halasanam
O1 Carry 8 Marks	C3 : Parivartit Janu Sirasanam 1
O2 Carry 9 Marks	C4 : Sarvangasanam
O3 Carry 10 Marks	C5 : Dhruvasanam
O4 Carry 10 Marks	C6 : Prasara Padottanasanam

Name of Optional Asanas with Grouping

G1: O1: Bhekasanam	G2: O1: Veer Bhadrasanam 2	G3: O1: Urdh Badh Konasanam
G1: O2:Urdh Mukha Svanasanam	G2: O2: Adho Mukha Svanasanam	G3: O2: Srij Ashvsanchalasanam
G1: O3: Saral Natrajasanam	G2: O3: Sahaj Kurmasanam	G3: O3: Parivartit Hast Padangusthasanam
G1: O4: Setubandh Sarvangasanam	G2: O4: Sirshasanam	G3: O4: Kashayapasanam

Compulsory Asanas

YRS-007 	YRS-015 	YRS-035 
C1 : Ushtrasanam	C2 : Halasanam	C3 : Parivartit Janu Sirasanam 1
1 Knees, heels, and toes kept together in one stable line. 2 Thighs and arms held perpendicular to ground, parallel to each other. 3 Palms placed firmly on the heels for support. 4 Ankles maintained in contact with the ground.	1 Both legs stretched straight with controlled alignment. 2 Back kept straight and evenly extended. 3 Arms parallel at shoulder width; palms on ground, fingers joined. 4 Toes together, stretched and pointing outward.	1 Bent knee grounded; heel at pelvic joint, knee aligned with side waist. 2 Other leg straight; same-side shoulder, waist and head placed on straight leg. 3 Chest and waist in front and face upward ; one elbow grounded and both hands gripping toe 4 Face turned upward with neck aligned and stable balance.
YRS-045 	YRS-025 	YRS-016 
C4 : Sarvangasanam	C5 : Dhruvasanam	C6 : Prasara Padottanasanam
1 Legs, hips, and back aligned in one straight line up to shoulders. 2 Palms support back, parallel; elbows aligned with shoulders. 3 Chin firmly locked to stabilize the neck. 4 Toes pointing upward with legs fully extended.	1 Straight leg grounded, toe forward; both knees kept aligned 2 Bent-leg toe gripped with thumb-index by the same hand from back 3 Chest and navel face front; neck and face aligned forward. 4 Other hand placed on chest in Gyan Mudra.	1 Both upper arms parallel and lower arms perpendicular and parallel to each other. 2 Big toes gripped with thumb-index; upper arms parallel at knee level. 3 Back maximally stretched with neck hanging freely at center. 4 Elbows maintained in contact with the knees.



YOGA FEDERATION OF INDIA

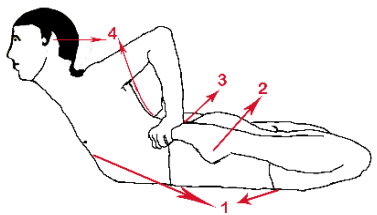
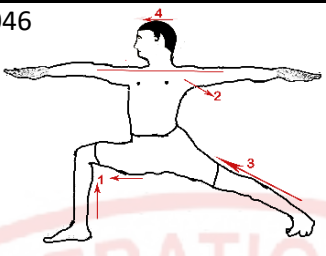
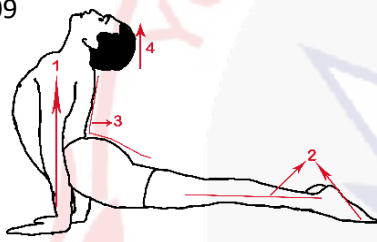
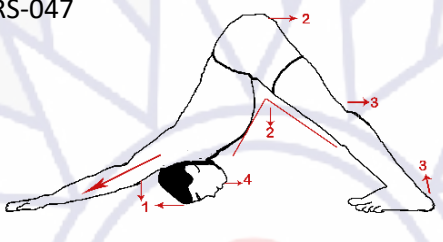
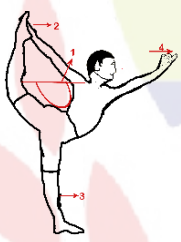
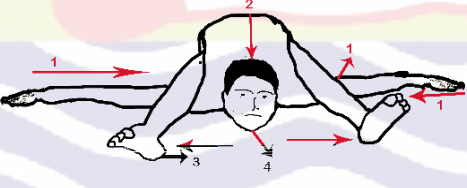
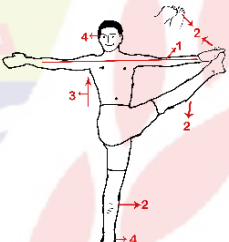
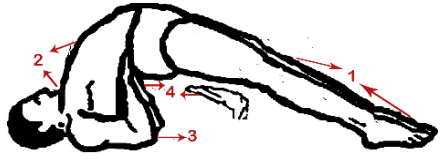
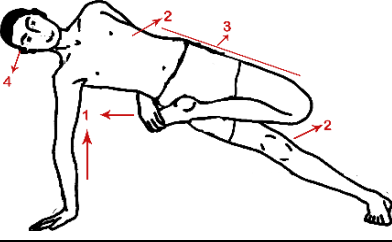
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Senior Age Category Above 45 Men & Women & Professional 40 Above

Optional Asanas

YRS-008 	YRS-046 	YRS-048 
G1: 01: Bhekasanam 1 Both thighs and abdomen grounded; chest lifted facing front. 2 Both knees bent outward; heels drawn toward hips touching outer sides. 3 Palms placed on toes from above; fingers forward, soles pressed. 4 Spine maximally arched with face and neck held in front.	G2: 01: Veer Bhadrasanam 2 1 Front shin vertical, thigh parallel; front toe pointing sideways. 2 Chest and navel facing front; both arms extended in one straight line. 3 Back leg fully straight with sole grounded; toe facing front. 4 Neck and face aligned; gaze steady over the front hand.	G3: 01: Urdh Badh Konasanam 1 Both soles joined firmly; heels drawn close to the pelvic joint. 2 Both knees and thighs grounded evenly with symmetrical alignment. 3 Back, neck, and head straight; chest lifted and open. 4 Hands joined in Namaste overhead; arms straight, arms touching ears
YRS-009 	YRS-047 	YRS-049 
G1: 02: Urdh Mukha Svanasanam 1 Elbows straight and perpendicular to the ground beneath shoulders. 2 Both legs joined, fully straight; only toes touch ground, thighs, knees and ankle lifted. 3 Spine forms a maximum smooth arch through the back. 4 Neck stretched long with face lifted upward.	G2: 02: Adho Mukha Svanasanam 1 Arms straight and Palms shoulder-width with forehead on ground 2 Hips lifted high; spine long, forming an inverted "V" shape 3 Both legs straight with heels pressing toward the ground. 4 Head relaxed between arms; neck aligned, gaze toward feet.	G3: 02: Sriy Ashvsanchalasanam 1 Front shin vertical, thigh parallel; back leg knee-to-toe grounded. 2 Opposite upper arm presses thigh; chest & Naval faces backward after twisting 3 Back straight; shoulders, neck, and head aligned in one line. 4 Both palms joined in Namaste at the center of the chest.
YRS-111 	YRS-017 	YRS-122 
G1: 03: Saral Natrajasanam 1 Back, hips, and thighs form a arch with knee and shoulder aligned. 2 Lifted-leg big toe gripped from inner side by same-side hand. 3 Grounded leg straight with toe pointing forward. 4 Other hand straight in Gyan Mudra; face and gaze forward toward mudra.	G2: 03: Sahaj Kurmasanam 1 Both arms placed under knee pits and aligned in one straight line. 2 Back straight; chest bends forward, abdomen rests between thighs. 3 Both legs apart; knees extended with heels on ground. 4 Chin on ground with toes stretched out	G3: 03: Parivartit Hast Padangusthasanam 1 Both hands aligned together in one straight line. 2 Both legs straight; lifted big toe gripped by opposite thumb-index. 3 After twist, back stretched upward; shoulders aligned. 4 Neck and face aligned with chest; grounded toe in front
YRS-067 	YRS-146 	YRS-050 
G1: 04: Setubandh Sarvangasanam 1 From Sarvangasana, legs stretched straight with soles touching ground. 2 Trunk held maximally straight with firm chin lock. 3 Shoulders and elbows kept parallel to each other. 4 Palms support the back with thumbs and fingers joined.	G2: 04: Sirshhasanam 1 Front portion of the head firmly placed on the ground. 2 Head, back, hips, and legs aligned in one straight vertical line. 3 Toes pointing upward, aligned with the center line of the body. 4 Upper arms up to elbows parallel and evenly balanced.	G3: 04: Kashayapasanam 1 Grounded arm perpendicular & Foled leg toe to be gripped with lifted hand from back. 2 Grounded leg Striaight diagonally with shoulder; chest, waist facing front. 3 Both knees aligned and lifted leg knee to shoulder in one line 4 Neck and face aligned with shoulders, facing upward.