

Press Release

2nd NATIONAL YOGASANA SPORTS CHAMPIONSHIPS 2021-22

World's first comprehensive rulebook for Yogasana Sports introduced by NYSF

Olympic Code of Points have been analysed and studied to develop the rulebook

AI and Biometrics to change the judging system of Yogasana Sports

300 Yogasanas covered in the World's first comprehensive rulebook for Yogasana Sports

New Delhi, 12th November 2021: After waiting for several decades, Yogasana as a Sports is now shaping up to become the most competitive and sought-after sport. A milestone step has been taken to build a bridge between Yogasana - India's heritage sports and the modern world. On the momentous 75 years of Independence, Yogasana as a sport gets more competitive and structured with the World's first comprehensive rulebook for Yogasana Sports introduced at National Yogasana Championship in Bhubaneswar, Odisha by the National Yogasana Sports Federation (recognized by the Ministry of Youth Affairs and Sports, Government of India). The World's first comprehensive rulebook for Yogasana Sports is a stepping stone for India to eye a spot as future Olympics Sports.

The National Yogasana Sports Federation (recognized by the Ministry of Youth Affairs and Sports, Government of India) is consistently working towards building a strong culture of fitness, competition, well-being, and growth through the practice and development of Yogasana. With the World's first comprehensive rulebook for Yogasana Sports, NYSF has paved the way for India to nurture world-class Yogasana sports talents from the block, district, and state to national levels and thereon from international levels.

“Traditionally Yogasana is not perceived as a sport, but it is important that the world realises its versatility and potential to transform. By embracing the first National Yogasana Championships, young

*athletes from across the country have shown their support in our belief. We are committed towards making Yogasana Sports an international level platform with an Olympic roadmap.”, said **Udith Sheth, NYSF President.***

Olympic Code of Points has been analysed and studied to develop the rulebook for yogasana sports. In this first comprehensive rulebook for Yogasana Sports, an astounding 300 Yogasanas have been included, after 2 years of intense research and recommendations of experts from across the world. The National Yogasana Sports Federation technical committee members Mr. Umang Dawn (Athlete and Director of Technical Committee, NYSF), Mr. Sanjay Malpani (Convener of Technical Committee), and other technical committee members have tirelessly worked with 20 experts from different states on developing the rulebook. Judges from across the country who are a part of the National Yogasana Sports Championships have been given training on this rulebook so as to ensure that the marking of each competition is transparent, objective, and fair. Detailed guidelines have been given for awarding points in accordance with parameters such as holding, mounting, dismounting, toe, and hand pointing, etc.

Talking about the ingenious structure of National Yogasana Sports Championships, **Dr. Jaideep Arya, Secretary General, NYSF** said *“Yogasana has great potential to transform itself from the traditional format into the modern and futuristic structure. Reinventing Yogasana as Sports will create tremendous change in the way it is perceived by the masses. We are excited by the great enthusiasm with which young athletes and coaches from across the country have participated in the first national championship and hope to see it grow in the future.”*

The National Yogasana Championships have been structured in line with modern sports competitions, they are equipped with cutting-edge technology. To make judging transparent, specially designed software is being used to record scores in an anonymous and unbiased system. Live score sheets are displayed and athletes, coaches, and parents can also view these scores on real-time basis on their mobile phones.

Work is underway to revolutionize the judging and scoring system with Artificial Intelligence (AI) and Biometrics. Skeleton scans for each posture would be recorded and matched with the contestant for scoring purposes in the future.

560 bright, talented, and young athletes from 30 states who participated in the first National Yogasana Championships are aiming high for 50 medals in a uniquely designed competition.

About National Yogasana Sports Federation (NYSF):

The NYSF (National Yogasana Sports Federation) has been formed by like-minded stakeholders who intend to create a strong culture of fitness, competition, well-being, and growth through the practice and development of Yogasana. The NYSF is recognized by the India Olympic Association as its associate member and also part of the international federation ‘World Yogasana Sports Federation’.

In Indian traditions, yoga is not only a meditative and spiritual practice but also a physical exercise. While in modern-day Indian practices, yoga has also evolved into a competitive exercise that lets the practitioners compete in a healthy environment and engage in complex yoga asanas. Therefore, for the preservation and development of yoga as a competitive sport, a national-wide federation was required to be constituted at the National level to promote ‘Yogasana As A Sport’. In view of the realization of that need, the Ministry of Youth Affairs and Sports, Government of India recognized National Yogasana Sports Federation of India in December 2020.