

### **Overall Impact of yoga activities amongst sports personnel**

Regular yoga activities and practice sessions have been very influential to bring the positive changes in sports personnel. Athletes are there, who were not securing or achieving anything in their competition even after striving hard, started getting confidence and could bring the laurels as well.

Here are the achievements of some students, before and after:

#### **1) Sneha Rajput**

Ms. Sneha in one year's practice session improved her performance and could manage to secure medal at Khelo India women league. Here are the certificates showing before and after performance...





Before



# SCHOOL GAMES FEDERATION OF INDIA

64TH NATIONAL SCHOOL GAMES 2018-19  
YOGA GIRLS U14  
(AURANGABAD), MAHARASHTRA  
29-01-2019 to 02-02-2019



Type	Registration No.	Certificate No.	Organised By
UNCATEGORIZED	SGFI-2018-19-(AURANGABAD)-VB-61747	61747	Directorate, Sports & Youth Services, Maharashtra State, Pune

## Certificate of Participation

Certified that Miss/Mr SNEHA RAJPOOT

Father's Name Mr. SHRI HARI CHARAN RAJPOOT

Date of Birth 24-05-2005 Class 9

participated in the

64TH NATIONAL SCHOOL YOGA Championship / Tournament 2018-19

from State/UT/Unit VIDYA BHARATHI

in Event/Discipline YOGA

Date- 29-Jan-19

Place- (AURANGABAD)

Padmaashri Nishil Kumar  
President





Observer / Authority  
SGFI

Secretary  
Organising Committee





After:

 **FIT INDIA** | **SAI** |  **Ministry of Youth Affairs and Sports** |  | 

**KHELO INDIA 10 KA DUM**  
Empowering Women through Sports  
10 Disciplines | 10 Cities | Across India  
**12 March 2023**


Certificate No. KI-Yuwl-061


**Certificate of Merit**

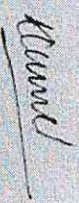
This is to certify that Ms. SNEHA RAJPOOT


D.O.B. 24-05-2005 Daughter/wife of HARICHARAN RAJPOOT

has secured/participated 1<sup>st</sup> in YOGASANA in TRADITIONAL, U-18

 **DR. CV Jayanthi**  
Competition Manager-Yogasana  
(National Level)  
National Yogasana Sports Federation

 **Dr. Aarti Pal**  
Competition Director-Yogasana  
(National Level)  
National Yogasana Sports Federation

 **Lalita Sharma**  
Regional Head  
Sports Authority of India





## 2) Prachi Arkhel

Ms. Prachi also in one year's practice session improved her performance and could manage to secure medal at reputed senior national yogasana championship conducted by National Yogasana Sports Federation (NYSF).





Here are the certificates showing before and after performance...

Before:





After:

**NATIONAL YOGASANA SPORTS FEDERATION**  
Recognised by Ministry of Youth Affairs & Sports, Government of India & Affiliated to World Yogasana & Associate Member Indian Olympic Association  
Registration No. S/N/D/1042/2020

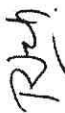
**3<sup>rd</sup> SENIOR NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2022-23**


Organised by  
**RYSA SOCIETY, RAJASTHAN**


**CERTIFICATE OF MERIT**


CERTIFICATE NO:- 35RNC/M72

THIS IS TO CERTIFY THAT  
MR./MRS. PRACHI ARKHEL  
REPRESENTED STATE/U.T.UTTARAKHAND AGE CATEGORYSENIOR GIRLS  
EVENT ARTISTIC GROUP HAS SECURED THIRD POSITION  
IN **3<sup>rd</sup> SENIOR NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2022-23** AT  
MOUNT CARMEL SCHOOL, JODHPUR, RAJASTHAN  
FROM 19<sup>th</sup> TO 21<sup>st</sup> MARCH 2023.

 Rachit Kaushik  
Competition Director  
NYSF

 Dr. Jaideep Arya  
Secretary General  
NYSF

 Udit Sheth  
President  
NYSF





### 3) Shehnazi Khan

Shehnazi Khan also in one year's practice session improved her performance and could manage to secure medal at reputed senior national yogasana champions. hip conducted by National Yogasana Sports Federation (NYSF).

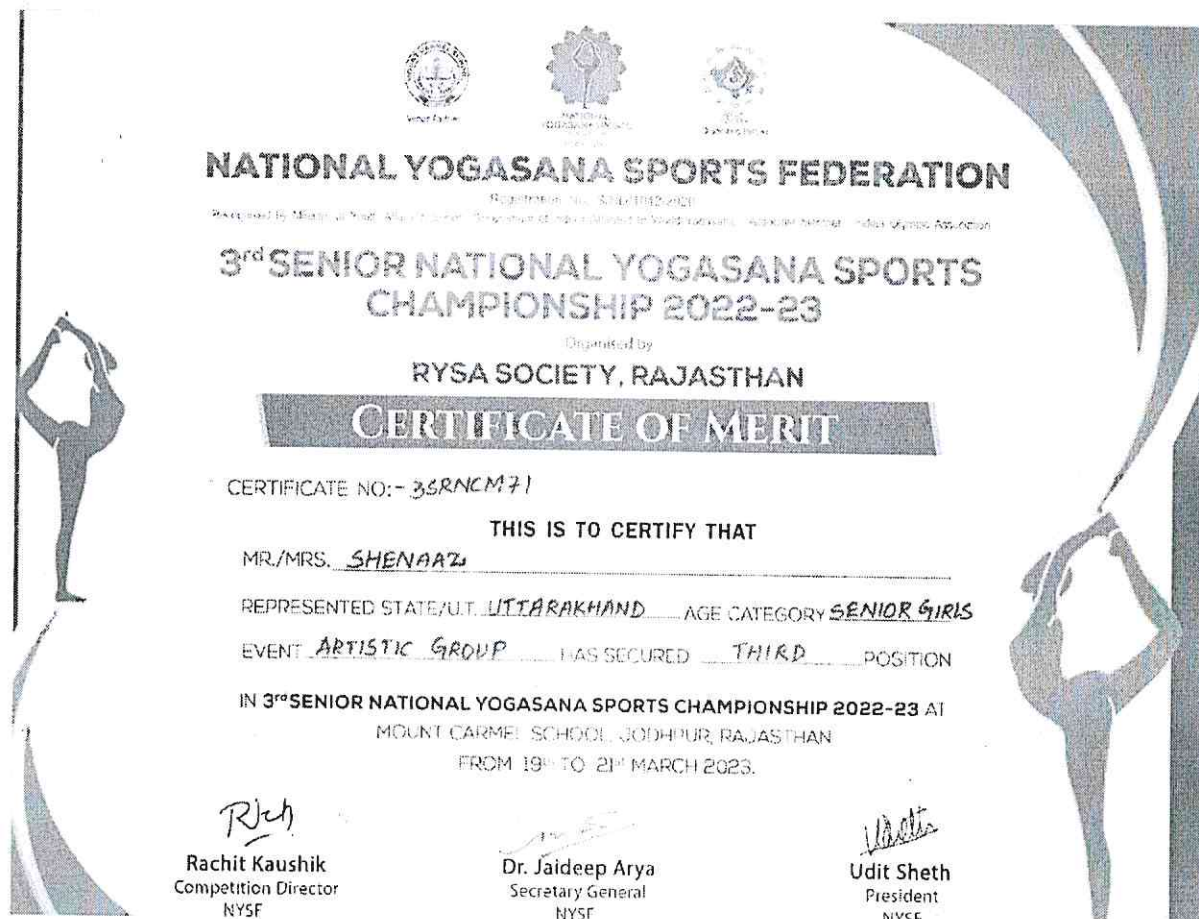
Here are the certificates showing before and after performance...

Before:





After:



Above report shows that how the students could improve their sports practice through yoga training. Yoga practice session have been very effective to improve the sports practice of athletes.

डा० महावीर अग्रवाल  
प्रति - कुलपति  
पतंजलि विश्वविद्यालय, हरिद्वार

