



**AKS University**  
**SATNA**

The University with Difference

# Sport Events

## Yoga Tournament

2022-23



Sherganj, Panna Road, Satna-485001 (M.P.)

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Sports Council, AKS University, Satna  
Yoga Tournament 2022-23(Open for All)

**About the Event**

Yoga encompasses a collection of physical, mental, and spiritual practices that originated in ancient India, designed to regulate and tranquillize the mind, acknowledging a detached witness-consciousness that remains unaffected by the mind (Chitta) and worldly suffering (Duhkha). A diverse array of yoga schools, practices, and objectives exists within Hinduism, Buddhism, and Jainism, with both traditional and contemporary yoga being practiced globally.

**Coordinators and Juries**

**Event Coordinators:** Mr. Sunil Pandey, Mr. Virendra Pandey and Mr. Babulal Singh

**Judges:** Dr. Dileep Tiwari and Dr. Ganesh Gupta

**Guest of Honors:** Prof. R S Tripathi (Pro- VC, AKS University, Satna)

**Women Yoga tournaments 2022-23 (25/2/2023)**

| Names            | Surya namaskar | Garun Assan | Paschim Makar Asan | Sarvanag Asan | Dharun Asan | Karn Peeda Asan | Add 1 | Add 2 | Total | Rank |
|------------------|----------------|-------------|--------------------|---------------|-------------|-----------------|-------|-------|-------|------|
| Nisha Devi       | 8              | 10          | 9                  | 9             | 3           | 9               | 9     | 10    | 67    | 1    |
| Dhoova Nag       | 8              | 9           | 8                  | 9             | 9           | 9               | 8     | 8     | 66    | 2    |
| Pragya Singh     | 7              | 8           | 8                  | 8             | 9           | 8               | 9     | 8     | 65    | 3    |
| Neha Vishwakarma | 8              | 8           | 8                  | 8             | 7           | 9               | 8     | 6     | 62    | 4    |
| Vaishnavi Singh  | 7              | 7           | 7                  | 8             | 8           | 7               | 7     | 8     | 59    | 5    |
| Akansha Singh    | 9              | 5           | 8                  | 6             | 7           | 7               | 7     | 7     | 56    | 6    |
| Poonam Tiwari    | 8              | 9           | 7                  | 7             | 5           | 6               | 7     | 7     | 56    | 7    |

**Men Yoga tournaments 2022-23 (25/2/2023)**

| Names            | Surya namaskar | Garun Assan | Paschim Makar Asan | Sarvanag Asan | Dharun Asan | Karn Peeda Asan | Add 1 | Add 2 | Total | Rank |
|------------------|----------------|-------------|--------------------|---------------|-------------|-----------------|-------|-------|-------|------|
| Rakesh Paul      | 9              | 9           | 9                  | 10            | 8           | 9               | 9     | 9     | 73    | 1    |
| Krishna Pandey   | 9              | 7           | 9                  | 9             | 10          | 10              | 10    | 9     | 73    | 2    |
| Shivam Agnihotri | 8              | 9           | 9                  | 9             | 8           | 9               | 9     | 9     | 70    | 3    |
| Yash Gupta       | 7              | 9           | 7                  | 8             | 6           | 8               | 8     | 6     | 59    | 4    |



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Photo 1 Intra University Yoga Tournament 2022-23



Photo 2 Intra University Yoga Tournament 2022-23