



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