



Morarji Desai National Institute of Yoga
Ministry of Ayush, Government of India

68, Ashok Road, New Delhi - 110001

Telefax: 011-23711657 Email: dir-mdniy@nic.in

Website: www.yogamdniy.nic.in



Guidelines for Yogasana Competition – 2025 (Final Round)

1. The top 10 selected athletes from the Preliminary Round (Boys and Girls categories) shall visit the MDNIY Institute on 16th June 2025 (Monday). Reporting Time: 8:30 AM for the Final Round. *(The result was uploaded on the MDNIY website on 13th June 2025 and is also enclosed below.)*
2. The syllabus for the Final Round is enclosed below.
3. Athletes must carry their original Aadhar Card along with one photocopy, and two passport-size photographs.
4. A coach, parent, or guardian may accompany the athlete for the Final Round.
5. Athletes shall wear proper yoga attire for the Final Round Yoga Competition.
6. If any athlete wishes to bring their own yoga mat for the competition, they may do so.
7. The result of the Final Round will be announced on 21st June 2025, on the occasion of International Day of Yoga – 2025, for both categories.
8. In case of any discrepancy, the final decision shall rest with the Jury Members and the Director, MDNIY.
9. Athletes shall bring a duly filled and signed/stamped Medical Certificate and Risk Certificate
https://drive.google.com/drive/folders/1mMsHDFYjnQdFhZngKFrc6niGVK9o1LBj?usp=drive_link

Disclaimer: If any candidate is found to have provided false information when asked for the document proof in terms of Age and Resident Proof whether belong to Delhi/NCR or not, they will be immediately disqualified.

Yogasana Competition for Youth, IDY – 2025 (Syllabus)

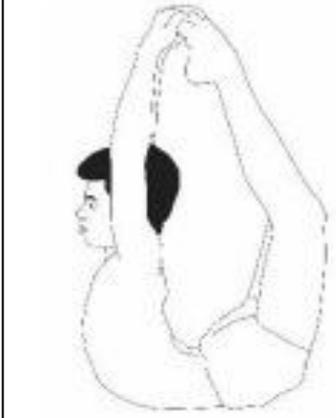
Sub Junior and Junior (Boys and Girls)

Compulsory Asanas (Final Round)

Uttanasana-II



Purna Dhanurasana



Baddha Parivrutta Parsva Konasana



Vataynasana



Padma Sarvangasana



Note: 1. Athlete has to perform 5 Compulsory Asanas (mentioned above) and 2 Optional Asana (of their choice).

2. Holding time for each Compulsory Asana is 30 Seconds and for the Optional Asana is 15 Seconds.



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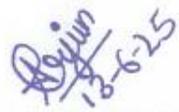
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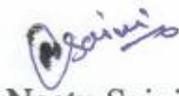
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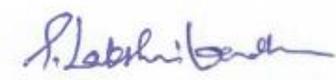
Senior Boys Preliminary Round Result

Chest Number	Participant Full Name	School/Organization/Institute Name	Rankings
SB4	Rahul Verma	Ludlow castle sports complex	1
SB1	Aryan Rajoria	GKU	2
SB10	Lakshy Anand	Mdniy	3
SB2	Aniket	Grow your practice	4
SB16	Jeetu	Aumyogashala foundation	5
SB14	Aditya Lamba	Morarji Desai National Institute of India	6
SB3	Yogesh Yadav	Thyagraj stadium	7
SB15	Harveer	Morarji Desai National Institute of Yoga	8
SB8	Arsh Jain	Mdniy	9
SB6	Aman Kumar	DSVV Haridwar	10


Sh. Arjun Naidu,
Yoga Instructor


Ms. Neetu Saini,
Yoga Instructor


Sh. Tanuj Yadav,
Yoga Instructor


Dr. S. Lakshmi Kandhan,
Assistant Professor (Yoga Therapy)



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Senior Girls Preliminary Round Result

Chest Number	Participant Full Name	School/Organization/Institute Name	Ranking
SG19	Raunak Shishodia	Uttar pradesh yogasana sports association	1
SG15	Ginni	Self	2
SG22	Khushi thakur	Self	3
SG8	Priyanka Bapurao Shinde	Morarji Desai National Institute Of Yoga	4
SG11	Sonali	Chhatrasal stadium	5
SG9	PRIYA YADAV	Shivalay Yogasana Academy of Sports	6
SG3	Preeti Pal	Morarji Desai National Institute of Yoga	7
SG16	payal	morarji desai national Institute of yoga	8
SG6	Payal	Shaheed rajguru college of applied sciences for women	9
SG17	Pooja shah	Morarji Desai national institute of Yoga	10

Arjun
13-6-25
Sh. Arjun Naidu,
Yoga Instructor

Neetu
Ms. Neetu Saini,
Yoga Instructor

S. Lakshmi
Dr. S. Lakshmi Kandhan,
Assistant Professor (Yoga Therapy)

Tanuj
Sh. Tanuj Yadav,
Yoga Instructor