



# NATIONAL YOGA FEDERATION OF INDIA

Affiliated Member

**INTERNATIONAL YOGA COMMITTEE-IYC**

&

**ASIAN YOGA COMMITTEE-AYC**



**HEAD OFFICE:** Unit No. - Office 512, Parsvnath, Planet Plaza, TCG - 8/8 & 9/9 Vibhuti  
Khand, Gomti Nagar, Lucknow-226010, (U.P.) INDIA

**e-mail:-** [info@nyfi.org.in](mailto:info@nyfi.org.in) **Website:-** [www.nyfi.org.in](http://www.nyfi.org.in)

**From Date** \_\_\_\_\_ **to** \_\_\_\_\_, **at** \_\_\_\_\_

**Age Group** Junior / Senior \_\_\_\_\_ **Male/ Female**

**Event:** Artistic Yogasana Competition/Artistic Pair Yogasana Competition/Rhythmic Yogasana Competition

## **SCORE SHEET**

S. No	Name of Competitor	State	Time	8-10	Choice of	Synchroni-	Perfor-	Total
			Duration	Asanas	Asanas	zation	mance	Marks
			5 Marks	5 Marks	5 Marks	5 Marks	10 Marks	30 Marks

Name of Referee

Name of the State

Signature

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