

## **Report on**

# **“Yogathon 2023”**

**School/Department:** Department of Physical Education and Sports/National Service Scheme (NSS) /National Cadet Corps (NCC)

**Venue:** REVA University – Saugandhika, REVA Sports Ground

**Date:** 15<sup>th</sup> January

**Year:** 2023

**Description of Event:**

Greetings of the Day!

We are happy to inform you that the NSS unit, NCC Wing, Department of Physical Education and Sports of REVA University in association with the Department of Youth Empowerment and Sports, Education Department, Government of Karnataka is organizing Yogathon 2023 to implement the National Education Policy (NEP) and to promote yoga as a life-goal for the youth of Karnataka. As a culmination of **Yogathon**, it has been decided to hold a **Guinness World Record** event on **15<sup>th</sup> January 2023**, involving 10,000 Yoga trainers and upto 10 lakh yoga wellness volunteers across all districts of the state as a part of the National Youth festival-2023. In this REVA University is selected as the Nodal Centre for 7,000 Yoga participants. Among all universities in Bangalore Urban, only REVA University is selected as Nodal Centre. In this regard, I request you to participate enthusiastically and motivate the students.

Time: 6 to 8.30 AM

Venue: Saugandhika and REVA Sports Ground

Registration Link:

<https://forms.office.com/r/Nzq1whNeh7>

Website:

<https://www.yogathon2022.com/>

### **Highlights of Yogathon 2023**

- Tie-up with Morarji Desai National Institute of Yoga (MDNIY) and Yoga Certification Board, Govt of India (YCB) to promote Yoga literacy across the State. Under this scheme –
  - a. MDNIY has offered to train and provide for YCB Level 1 certification for Yoga Instructors through the appointment of AYUSH TV as a PrCB (Personnel Certificate Body accredited by YCB). This certification is based on successful online assessment and payment of a nominal fee of Rs. 1,500 + GST to YCB through the Yogathon 2022 portal (significantly reduced fees and a relatively easy process of getting certified). YCB certifications are now an important component in employment opportunities in the Govt and private sectors.

b. Anyone who's a Yoga enthusiast can register for the 'Yoga for Wellness' Volunteer Certification program of YCB at Yogathon-2022 portal and get YCB certified at a nominal charge of Rs. 100+GST.

c. Any YCB-certified Yoga instructor who enrolls 150+ participants in Yogathon 2022 is eligible for an award of Rs. 10,000 on successful participation in the MDNIY-YCB program of the Yogathon 2022 project.

- DYES, GOK is organizing a Guinness World Record (GWR) attempt on January 15<sup>th</sup>, 2023 for the largest number of people performing Yoga-Asana at the same time across 60 locations in Karnataka. All successful participants in this program will get a GWR certificate in their name – a lifetime opportunity. Successful participation in GWR is also an important criterion for YCB certification.

### Benefits for schools from **Yogathon 2022©**

- Schools can train their teachers to become YCB-certified Yoga instructors at a nominal cost of Rs.1500 + GST.
- **Schools will receive Rs.10,000** for every 100 students who participate in Yogathon 2022.
- Schools participating in the **Yogathon 2022©** will receive an institutional certificate
- Schools with 300+ registered students get a chance to display banners at **Guinness World Record Venue**
- Participating schools enrolling at least 300 paid volunteers will get the designation of a **YCB-certified Yoga Centre.**
- YCB courses at discounted rates for one year.
- The students and teachers are offered education and training support from AYUSH-TV for all YCB-related Yoga courses.
- Participating schools will get covered for their focus on the Yoga & Wellness of their students in the TV Channels partnering with Yogathon 2022.
- Schools will receive a certificate of participation in the District level Quiz and State Level Quiz.
- Schools participating in the Yoga Youth Quiz can stand a chance to win trophies (Winner, first runner-up, and second runner-up) at the District and State levels.

### Photos:









**NSS unit, NCC Wing,  
Department of Physical Education and Sports,  
REVA University**

in association with

**Department of Youth Empowerment and Sports,  
Education Department, Government of Karnataka**



Bengaluru, India







 **15<sup>th</sup> January, 2023**

 **6:00 AM to 8:30 AM**

**Venue : Saugandhika and REVA Sports Ground**

**Registration Link:**



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<https://www.yogathon2022.com/>

[www.reva.edu.in](http://www.reva.edu.in)

https://www.yogathon2022.com/yoga-world-record/

In association with

[About](#)   [Schedule](#)   [Yoga Protocols](#)   [Frequently Asked Questions](#)   [Pay Here](#)   [Register Here](#)

**To Know More**  
**Call: 080 - 69043800**

**Know your address to perform GWR venues in your home district.**

## GWR VENUES FOR YOGATHON - 2022

Bengaluru Urban

Address : Kanteerva Stadium, Sampangi Rama Nagara, Bengaluru, Karnataka 560027 [Map Location](#)

Address : J P Narayan Sports Complex, Bilmaranahalli, Bengaluru, Karnataka, 562157 [Map Location](#)

Address : REVA University, Kattigenahalli, SH 104, Srinivasa Nagar, Bengaluru, Karnataka 560064 [Map Location](#)

yogathon2022.com/benefits/

### Coordinators:

**Dr Deepak C S, Director, Department of Physical Education and Sports**

**Dr Mune Gowda, NCC officer**

**Prof. Madhu B P, NSS Programme Coordinator**