

ASIAN YOGASANA

MEMORANDUM OF ASSOCIATION

सहाय्यक संस्था निबंधक
अ.नगर विभाग, अ.नगर

अर्ज क्रमांक -

1. The name of the Society shall be "ASIAN YOGASANA".

2. The Registered Office of 'Asian Yogasana' shall be in the premises of "Dhruv Global School, Dhandardphal, Sangamner-422605, District- Ahmednagar, Maharashtra, India.".

3. **JURISDICTION:** The ASIAN YOGASANA is a non-profit organization, of unlimited duration which exercises its jurisdiction across the Asian Continent.

AIMS AND OBJECTIVES: The Aims and Objectives for which the ASIAN YOGASANA is established are as under:-

- To be the Asian Chapter of the apex organization 'World Yogasana' and sole charge of all the matters concerned with the Yogasana as competitive sport in Asian Countries. It will also regulate, standardise and lead all the matters concerned.
- To promote and maintain a high standard of Yogasana (Yogasana Postures) as a competitive sport in Asia and to initiate and/or continue such actions that are necessary and/or incidental to the objective. To match the Olympic standards and to prepare an atmosphere for the Association/ Federation/ Organization and sport-persons while facilitating them to participate in the Asian games, games, Olympics and other such sports events such as Commonwealth Games and South Asian games or such sports events where Yogasana as a sport will be a category etc.
- To undertake, advance, promote, impart, cultivate, improve, help, disseminate and encourage directly and/ or indirectly Yogasana Tournaments at Asian level.

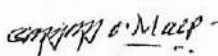
Dr. Sanjay Malpani

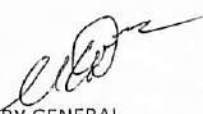
PRESIDENT
Dr. Sanjay Malpani


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- iv. To promote and encourage the physical, moral and cultural education of the youth for the development of character, good health and good citizenship.
- v. To grant recognition/ affiliation to Yogasana Sports bodies from Asia which may be any legal entity, registered in their own Country, working in the field of Yoga or Yogasana Sports and is committed to develop Yoga or Yogasana sports and are capable of organising National and International events in Yogasana Sports, will be eligible to be affiliated member/ associate member.
- vi. To generate and spend funds for the purpose's compatible with the objectives of Asian Yogasana.
- vii. To educate the public at large across Asia regarding the value of Yogasana as a competitive sport.
- viii. To guard and enforce the applicable rules and regulations and maintain the general control over the game of Yogasana particularly with reference to rules, regulations and laws of the Yogasana as competitive sport.
- ix. To have full and complete jurisdiction over all matters pertaining to the participation of different and all Associated and affiliated members in Olympics, Commonwealth Games, Asian Games, South Asian games etc. under the patronage of Asian Yogasana.
- x. To manage, promote, encourage, popularize, standardize and supervise Yogasana as competitive sport at International/Asian continent level.
- xi. To promote, organize, regulate, help, authorize and standardize tournaments and championships of Yogasana as competitive sport in Asia and Seminars and/or Exhibitions on Yogasana as a competitive sport at Asian continent level.
- xii. The Association/ Federation/ Organization will be authorized for the regulation of other Yogasana Sports Bodies and/or Committees/ Association/ Bodies within Asian continent.
- xiii. To encourage, promote, standardize and develop Yogasana and/or Asanas as a competitive sport in Asia. The bodies as mentioned shall fulfil the criteria as declared by Asian Yogasana and/or World Yogasana.


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- xiv. To create a framework for training, orientation and reorientation for coaches and Judges and to provide special coaching by the expert Yogasana Sports person to make the trainee skilled and efficient competitors. To maintain Institutions/Nurseries of Yoga exponents all around the Asia to make the youth experts.
- xv. To start or establish basic/advance training/coaching/institutes for the Coaches, Judges, Sports person(s) and Referees.
- xvi. To create Rules and Regulations for a curriculum and a teaching learning evaluation framework for Yogasana Competitions. The same will be amended time to time by the Executive Committee of Asian Yogasana.
- xvii. To correspond in lawful manner with National Governments and State Governments and to arrange for meetings, conferences, and seminars with the concerned sports authorities from different countries for the purpose of recognition, developing and standardizing Yogasana and its applications to other sports.
- xviii. To arrange, organize and supervise the Yogasana Championships/ Camps/ Conferences/ Seminars/ Training sessions/ Competitions/ Workshops etc., all across Asia.
- xix. To make all endeavours to get the Association/Federation/Organization affiliated with multi-sporting groups in Asian Continent and to make Yogasana as a part of International Multi-Sporting Games such as Olympics, Commonwealth Games, Asian Games and South Asian games etc.
- xx. To help in providing special training and coaching to sport-persons of all age groups to participate in the National and International Yogasana Sports competitions to win the prizes and medals on payment for such training or coaching as per the demand.
- xxi. To regulate and to take disciplinary action against any affiliated Body or individual associated with Asian Yogasana or its affiliated bodies for misbehaviour or any undesirable activity bringing discredit to the Asian Yogasana and Game and the leaders of the fraternity or which is prejudicial to the interest of the Association/Federation/Organization.

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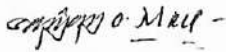
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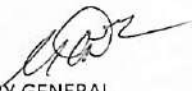
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- xxii. To start/sponsor and /or to subscribe any fund for the benefit of Yogasana Sport-persons/athletes and to achieve the aim and objectives of the Association/Federation/Organization.
- xxiii. To do all other things that may be necessary or expedient to promote the development of sports and games in the country and for the conduct of its business.
- xxiv. To organise, conduct and regulate Yogasana Sports Championships /Camps/ Conferences/ Seminars/ Training sessions/ Competitions/ Workshops and other such Yogasana events at global level.
- xxv. To use the social media, public/ private electronic media platforms for the promotion and/or transmission of the Yogasana as a competitive sport.
- xxvi. To enforce and defend the exclusive right(s) of the Association/Federation/Organization for the use of the Association/Federation/Organization flag, Anthem and Association/Federation/Organization insignia or can confine their use also.
- xxvii. To resist and oppose any form of discrimination on grounds of cast, creed, race, religion, politics, gender or otherwise and to resist violence in sports.
- xxviii. To lay down guidelines to enforce the World Anti-Doping Code and to fight against the use of performance drugs or other related substance and procedures prohibited by the International Olympic Committee or the International Association/ Federation/ Organizations and to adopt and implement World Anti-Doping Code thereby ensuring that the Asian Yogasana's Anti-Doping policies and rules, membership and/or funding requirements and results, management procedures are aligned with the World Anti-Doping Code and to respect all the rules and responsibilities for the International Olympic Committee that are listed within the World Anti-Doping Code.
- xxix. To be the prime organization for the handling of media propagations regarding Yogasana Championships/ Camps/ Conferences/ Seminars/ Workshops related events at Asian as well as at Global level.
- xxx. To abide by and implement the Code of Ethics and Olympic Movement Code on the Prevention of Manipulation of Competitions formulated by


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the International Olympic Committee and ensure that all the members work in consonance with it.

- xxxi. To function as an autonomous body free from any sort of control or interference by the government of any country.
- xxxii. To organise Para Yogasana and Veteran Yogasana Sports Championships.
- xxxiii. Training programs and courses in association with educational institutes.



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9. SIGNATORIES TO THE MEMORANDUM OF ASSOCIATION

We, the undersigned whose names, addresses and occupations are hereunder subscribed are desirous of being formed into a Society named as ASIAN YOGASANA under the Societies Registration Act, 1860 in pursuance of Memorandum regulations of the Association are as follows:

S.No	Name	Designation in Association	SIGN
1	Sanjay Omkarnath Malpani	PRESIDENT	<i>Sanjay O. Malpani</i>
2	Jaideep Arya	VICE PRESIDENT	<i>Jaideep Arya</i>
3	Udit Harish Sheth	VICE PRESIDENT	<i>Udit Sheth</i>
4	M Niranjana Murthy	VICE PRESIDENT	<i>M Niranjana Murthy</i>
5	Ekta Boudierlique	VICE PRESIDENT	<i>Ekta Boudierlique</i>
6	Vishnu Sharma	VICE PRESIDENT	<i>Vishnu Sharma</i>
7	Umang Gopalbhai Dawn	SECRETARY GENERAL	<i>Umang Gopalbhai Dawn</i>
8	Mangesh Shashikant Khopkar	TREASURER	<i>Mangesh Shashikant Khopkar</i>
9	Shreyas Dilip Markandeya	SECRETARY (TECHNICAL)	<i>Shreyas Dilip Markandeya</i>
10	Rajesh Ramakant Pawar	SECRETARY (ORGANISING)	<i>Rajesh Ramakant Pawar</i>
11	Umesh Narang	JOINT SECRETARY	<i>Umesh Narang</i>
12	Disha R Taunk	JOINT SECRETARY	<i>Disha R Taunk</i>
13	Chandra Prakash	JOINT SECRETARY	<i>Chandra Prakash</i>
14	Neha Choudhary	JOINT SECRETARY	<i>Neha Choudhary</i>
15	Dr. Aarti Pal	JOINT SECRETARY	<i>Dr. Aarti Pal</i>

Amrinder
अॅड. उत्तम बाबुराव गावडे
 B.A., LL.M., D.L.L. & LW, DCL.
 ROLL NO. MAH/1874/2008
 Dt. 18/07/2008
 धर्मादाय आयुक्त कार्यालया समोर
 गाळा नं. 25, सावेडी, अहमदनगर
 मो. 917 59 64 606 / 88 30 50 10 55

RULES AND REGULATIONS OF THE ASIAN YOGASANA

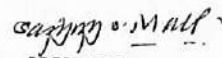
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सहायक संस्था निबंधक
अ.नगर विभाग, अ.नगर

1. DEFINITIONS AND EXPLANATIONS:

In this Constitution the following words, wherever they occur are defined as follows unless otherwise indicated by the context: -

- a) "Association/ Federation/ Organization of National level" means an Association, which is in membership with Asian Yogasana.
- b) "AGBM" means the Annual General Body Meeting of the Asian Yogasana.
- c) "Coach" means who has been qualified as Coach as per the qualification prescribed by the Executive Council of Asian Yogasana.
- d) "Director(s) of Standing Committee" means Director of Standing Committee(s) of Asian Yogasana.
- e) "Convener(s)" means Convener of the Standing Committee(s) of the Asian Yogasana.
- f) "Executive Council" or "EC" means the Executive Council of the Asian Yogasana.
- g) "Elected Members" means the President, Secretary General, Vice President(s), Secretary(s), Joint Secretary(s) and Treasurer of the Asian Yogasana.
- h) "Financial Year" means the period from 1st of April to 31st of March of the subsequent year.
- i) "General Body" or "GB" means the General Body of the Asian Yogasana.
- j) "Joint Secretary(s)" means Joint Secretary(s) of the Asian Yogasana.
- k) "Joint-director(s) of Standing Committee" means Joint-director of Standing Committee(s) of Asian Yogasana.
- l) "Affiliated Members" means those Yogasana Sports bodies which get affiliation under Clause 4 of these Rules and Regulations.
- m) "President" means the President of the Asian Yogasana.
- n) "Judge" means who has been qualified as Judge as per the qualification prescribed by the Executive Council of Asian Yogasana.
- o) "Referee" means who has been qualified as Referee as per the qualification prescribed by the Executive Council of Asian Yogasana.


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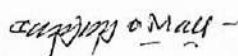

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- p) "Registered Body" means any Organization/ Body/ Association/ Federation/ Organization etc., registered as per laws of its own Country and is working in the field of Yoga or Yogasana Sports.
- q) "Regulations" mean the regulations formed by the Executive Council or General Body of Asian Yogasana.
- r) "Returning Officer" means Returning Officer for conduct of Elections of the Asian Yogasana.
- s) "Rules" mean the rules formed by the Executive Council or General Body of Asian Yogasana.
- t) "Secretary General" or "SG" means the Secretary General of the Asian Yogasana.
- u) "Secretary" means the Secretary of the Asian Yogasana.
- v) "SGBM" means the Special General Body Meeting of the Asian Yogasana.
- w) "Sport person" means any person who is playing in the field of Yogasana Sports at National & International Sports Competitions.
- x) "Standing Committee" means Standing Committee of Asian Yogasana.
- y) "Standing Order" means an order or instruction of Executive Council in force permanently or until changed or cancelled especially.
- z) "Statutes" mean the constitution of Asian Yogasana promulgated and as approved/amended from time to time in any of its General Body Meetings.
- aa) "The Executive Council" or "General Body" mean the EC or GB of Asian Yogasana and meeting of the Executive Council and General Body for all intents and purposes shall be deemed to be the meeting of the Asian Yogasana. The EC will be responsible to take prime decisions till the proper formation of the GB.
- bb) "Treasurer" means the Treasurer of the Asian Yogasana.
- cc) "Vice President" means the Vice President of the Asian Yogasana.
- dd) Words purporting the masculine gender include feminine gender & vice versa as the context permits.

2. FINANCIAL YEAR

The Official year, including financial year of the ASIAN YOGASANA shall be from 1st April to 31st March of financial year.


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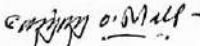
3. MEMBERS OF THE ASIAN YOGASANA:


- a) The Asian Yogasana shall have the following types of members:
- Founder members**, who were involved in formation of organisation.
 - Affiliated Members**, which shall be National Association/ Federation/ Organizations recognised by the government of their respective country.
 - Associate Members** which shall be National Association/ Federation/ Organizations/ Association/Registered Bodies/ Legal entities in the field of Yogasana Sports that are not recognised by the government of their country as Yogasana Sports body,
 - Provisional/Temporary Affiliate Members** which shall be Affiliated/Associate members with provisional membership of Asian Yogasana,
 - Nominated Members**, which shall be nominated from amongst the members of World Yogasana
- b) Only **Affiliated, Associate Members and founder members** will have the right to vote in AGBM.

4. APPLICATION FOR AFFILIATED/ASSOCIATE/MEMBERSHIP:

I. Application for affiliated/Associate Member:

- a) Application for membership as Affiliate or Associate Member shall be submitted to the SG of Asian Yogasana along-with a copy of:
- Its Registration Certificate as per the governing law of its country,
 - A copy of its Rules and Regulations/Constitution/MOA
 - Names and addresses of its Office-bearers,
 - A list of its affiliated Units, if any.
 - Admission fee or proof of payment of the admission fee, as the case may be.
 - Annual subscription fee for the current year.
- b) No Affiliated/Associate Member shall change, extend or alter its territorial jurisdiction without the consent of the Asian Yogasana. The Official Year of all Affiliated/Associate Members shall be from 1st April to 31st March. No Affiliated/Associate Member shall have any rule and regulation in their Constitutions/Rules Regulations/MOA, as the case may be, which is


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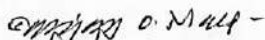
deprecating or contradictory to the Rules, Regulations, Aims & Objectives and Principles of the Asian Yogasana.

- c) The SG of Asian Yogasana shall place before the General Body and the Executive Council such applications for disposal.
- d) On receipt of application for Affiliated/Associate member, the General Body may grant permanent affiliation to the applicant National Association/ Federation/ Organization. The General Body may reject any application for affiliation/Associate without assigning any reason.
- e) On receipt of an application for Affiliated/Associate member, the EC may grant provisional affiliation to the applicant, subject to ratification by the General Body in its next meeting. The EC may reject any application for affiliation without assigning any reason.
- f) In case of rejection of an application for affiliation by the GB or EC, or in the event of disqualification of the applicant, the Admission Fee deposited shall be refunded to the applicant Organization/ Association/ Federation/ Organization/ Association.
- g) After approval/rejection of an application by the EC for provisional affiliation or General Body for permanent affiliation, as the case may be, the SG shall intimate the applicant Association/ Federation/ Organization/ association regarding the decision.
- h) Association/ Federation/ Organizations/ Associations/ Organizations having granted provisional affiliation shall be eligible to participate in the different activities or events including championships, trainings etc. of the Affiliated/Associate. They can attend meetings as invitees. Such Association/Federation/Organizations/Associations/ shall have no right to vote in the meetings of the General Body until their membership is confirmed.

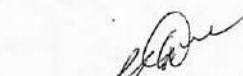


5. DISAFFILIATION, CANCELLATION OR SUSPENSION OF MEMBERSHIP

- I. The member has to maintain legal status with Registering Authority and its fulfilment of regional legal obligations. The Disaffiliation or Suspension of Affiliated/AssociateMember may be done by the General Body for the following reasons:
 - a) To remit the Annual Subscription Fee and other dues by 30th April of the concerned financial year shall render an Affiliated/Associate Member automatically suspended. The Asian Yogasana will serve a notice of at least



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15 days upon the Affiliated/Associate Member before disaffiliating it under this clause. Such defaulter Affiliated/Associate Member may rejoin the Asian Yogasana on payment of a late fee, as prescribed from time to time, provided that all outstanding dues of the Affiliated/Associate Member should also have been cleared.

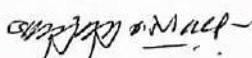
- b) When any Affiliated/Associate member does not participate in any Championship/Tournament conducted by Asian Yogasana consecutively for two years without any valid reason. The reasons for non-participation in Championship/Tournament shall be given to SG of Asian Yogasana in writing, who shall in turn communicate the same to the EC and GB.
- c) When any Affiliated/Associate member does not attend 3 consecutive meetings of Asian Yogasana without any valid reason. The reasons for non-attendance in meetings shall be given to SG of Asian Yogasana in writing, who shall in turn communicate the same to the EC and GB.
- d) When any Affiliated/Associate Member violates the provision of Rules & Regulations, MOA, Code of Ethics and any other policies or rules of the Asian Yogasana.
- e) When any Affiliated/Associate Member withdraw its affiliation suo-moto.
- f) Upon dissolution or declaration of insolvency of an Affiliated/ Associate Member.
- g) When any Affiliated/ Associate Member acts against the interest and reputation of the sport of Yogasana.


6. MEMBERSHIP FEES

(ADMISSION FEE & ANNUAL SUBSCRIPTION FEE)

The Admission Fee & Annual Subscription Fee payable to the ASIAN YOGASANA shall be as follows:

CATEGORY	ADMISSION FEES	ANNUAL SUBSCRIPTION FEE
Affiliate Members	USD \$300/ INR 2500/-	USD \$100/ INR 8000/-
Associate Members	USD \$200/ INR 15000/-	USD \$100 / INR 8000/-


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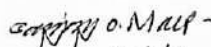

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7. BANKING ACCOUNT

An Account shall be maintained in such scheduled Bank or Banks as may be approved by the Executive Council or the General Body in the name of the Asian Yogasana. The bank account shall be jointly or separately operated by any two out of President, Secretary General, and Treasurer are must. Of the following with the approval of the Executive Council:

8. AUTHORITIES AND OFFICE BEARERS OF THE ASIAN YOGASANA:

- a. The Asian Yogasana shall consist of the following Elected Office Bearers:
 - One President
 - 5 Vice Presidents
 - One Secretary General
 - 2 Secretaries
 - 5 Joint Secretaries
 - One Treasurer
- b. Standing Committees (having one Director, One Joint Director, one Convenor and members as appointed by the General Body).
- c. There shall be the following Standing Committees:
 1. **Organizing Committee**
 2. **Technical Committee**
 3. **Ethics, Disciplinary & Legal Committee**
 4. **Finance Committee**
 5. **Public Relations, Publication and Publicity Committee**
 6. **Public Grievances Committee**
 7. **Election Committee**
 8. **Complaint Committee for Prevention of Sexual Harassment**
 9. **Para Yogasana Sports Promotion Committee**
 10. **Veterans Yogasana Sports Promotion Committee**


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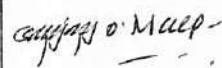

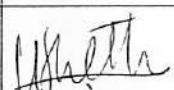



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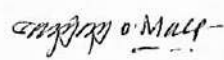

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Directors of the Standing Committees can be called to the EC meeting as and when required. Such other Committees, Sub-Committees, authorities and officers as may be formed or appointed by the Executive Council.

9. NAMES OF THE MEMBERS OF THE ASIAN YOGASANA



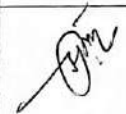



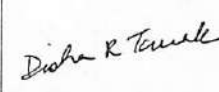
The names, addresses, occupations and designations of the Members of the Association to whom the management of the affairs of the Association is entrusted, as required under Section 2 of the Societies Registration Act 1860 according to the rules and regulations of the Association are as follows:

S.No	Name	Address	Occupation	Designation in Association	SIGN
1	Sanjay Omkarnath Malpani	Malpani House, I.G. Road, Sangamner - 422605 Ahmednagar, MH	BUSINESS SOCIAL WORK VP, NYSF	PRESIDENT	
2	Jaideep Arya	82, Arya Bhawan, Prem Nagar, Karnal-132001	Chairman, Haryana Yog Aayog, Govt. of Haryana, Yog Expert and Doctor	VICE PRESIDENT	
3	Udit Harish Sheth	SE TransStadia, 54-A, Tardeo Road, Mumbai-34	Managing Director, TransStadia	VICE PRESIDENT	
4	M Niranjana Murthy	7, Subramanyapura Main road, SGS Yoga Foundation, Chikkalasandra, Bangalore South, Bengaluru, Karnataka-560061	Founder & President of SGS Yoga Foundation, Chairman, International Yoga Festival Committee	VICE PRESIDENT	
5	Ekta Boudierlique	C-011, Madhuvanam Apartments, Kanha Shantivanam, Ranga Reddy, Telangana.	Yoga Expert, Heartfulness	VICE PRESIDENT	

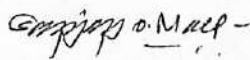

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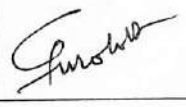


6	Vishnu Sharma	C-7/101, Keshav Puram, North West Delhi, Delhi-110035	Advocate, Delhi High Court, Delhi	VICE PRESIDENT	
7	Umang Gopalbhai Dawn	101, A-2 Megh Dhanush Apartment, Sai Ashish Society, Opposite Chandan Park, City Light, Surat City, SVR College, Surat, Gujrat- 395007	President, Yoga Player Association, India. Joint Secretary, Association of National Sports Association/ Federation/ Organizations (India)	SECRETARY GENERAL	
8	Mangesh Shashikant Khopkar	Tambat Wadi, Khed, Chatao, Ratnagiri, Maharashtra	Yoga Expert	TREASURER	
9	Shreyas Dilip Markandeya	101, Shree Appartment, Sanmitra Colony, Workshop Corner, Nanded, Maharashtra - 431605	Sports Consultant	SECRETARY (TECHNICAL)	
10	Rajesh Ramakant Pawar	A-304, Hill Park CHS, Near Gaondevi Mandir, Vadavli, Section, Ambernath East, Dist Thane - 421501	Yoga Coach	SECRETARY (ORGANISING)	
11	Umesh Narang	1489, Sector-4, Panchkula, Haryana-134112	Advocate, Haryana & Punjab High Court, Chandigarh	JOINT SECRETARY	
12	Disha R Taunk	131, Venkatasamy Road East R S Puram, Coimbatore South, Rathinasabapathy Puram, Coimbatore, Tamil Nadu - 641002,	Yoga Teacher	JOINT SECRETARY	




PRESIDENT
Dr. Sanjay Malpani


SECRETARY GENERAL
Umang Dawn

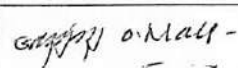
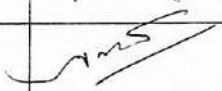

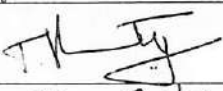


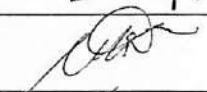
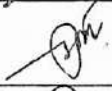



TREASURER
Mangesh Khopkar

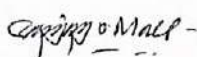
13	Chandra Prakash	Chhanganiyon ka mohalla, Merta, Nagaur, Rajasthan - 341510	Teacher	JOINT SECRETARY	
14	Neha Choudhary	37/559, Vidhya Nagar, Nagla Padi, Dayalbagh, Agra - 282005	Educator	JOINT SECRETARY	
15	Dr. Aarti Pal	Plot No 16, Ganraj Nagar, B/H Mayur Hospital, Ring Road, Indore, Madhya Pradesh	Educator, Player	JOINT SECRETARY	

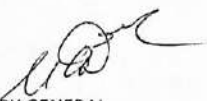
Until the 1st general election takes place, Founder members of the Asian Yogasana will carry on the activities of the Asian Yogasana and conduct elections after inducting members to the Asian Yogasana, after the registration of the Asian Yogasana.

10. SIGNATORIES TO THE MEMORANDUM OF ASSOCIATION


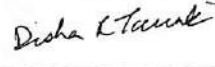
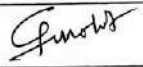
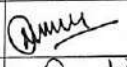
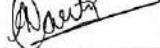
We, the undersigned whose names, addresses and occupations are hereunder subscribed are desirous of being formed into a Society named as ASIAN YOGASANA under the Societies Registration Act, 1860 in pursuance of Memorandum regulations of the Association are as follows:

S.No	Name	Designation in Association	SIGN
1	Sanjay Omkarnath Malpani	PRESIDENT	
2	Jaideep Arya	VICE PRESIDENT	
3	Udit Harish Sheth	VICE PRESIDENT	
4	M Niranjana Murthy	VICE PRESIDENT	
5	Ekta Boudierlique	VICE PRESIDENT	
6	Vishnu Sharma	VICE PRESIDENT	
7	Umang Gopalbhai Dawn	SECRETARY GENERAL	
8	Mangesh Shashikant Khopkar	TREASURER	
9	Shreyas Dilip Markandeya	SECRETARY (TECHNICAL)	
10	Rajesh Ramakant Pawar	SECRETARY (ORGANISING)	


PRESIDENT
Dr. Sanjay Malpani


SECRETARY GENERAL
Umang Dawn


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Mangesh Khopkar

11	Umesh Narang	JOINT SECRETARY	
12	Disha R Taunk	JOINT SECRETARY	
13	Chandra Prakash	JOINT SECRETARY	
14	Neha Choudhary	JOINT SECRETARY	
15	Dr. Aarti Pal	JOINT SECRETARY	

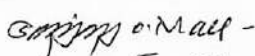
11. THE GENERAL BODY ('GB')


The General Body of the Asian Yogasana shall consist of maximum of the following:

S.NO.	OFFICE BEARERS	No.
1.	Office bearers of the ASIAN YOGASANA (Executive Council)	15
2.	Provision of one representative member of each Affiliated/Associate Member (who shall either be the President or Secretary or any other representative duly authorised by the President.	48
3.	Directors of Standing Committees	10
4.	Nominated Member (one representative nominated by World Yogasana and remaining 4 by Asian Yogasana)	05
5.	Founder Members	15
	TOTAL	93

12. POWER, FUNCTIONS AND DUTIES OF GENERAL BODY

- To formulate and enforce the policies of the Asian Yogasana and issue directions to the office bearers in furtherance of the aims and objective of the Asian Yogasana.
- To carry out effective objectives of the Asian Yogasana.
- To hold election of office bearers of Asian Yogasana after every five years in accordance with the rules of this constitution.
- To consider the annual report, statement of account and budget estimate of the Asian Yogasana.
- To admit membership applications eligible under the Constitution.


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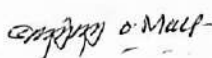

SECRETARY GENERAL
Umang Dawn



TREASURER
Mangesh Khopkar

- f) To exercise such other powers and performs such other duties as are incidental and related to the purpose, objectives and powers of the Asian Yogasana.
- g) To frame bye laws and Rules & Regulations and Code of Conduct etc. which should be consistent with the Memorandum of Association of Asian Yogasana
- h) To form various committees and determine their functions and powers.
- i) To finalise the membership or remove members from the GB as per the rules & regulations of the Asian Yogasana.
- j) To amend rules and regulations from time to time in consonance with the MOA.
- k) To exercise such other power and perform all other duties as are incidental and to relate to the aims and objectives of the Asian Yogasana mentioned in the Memorandum of Association.

13. PROCEEDINGS OF THE GENERAL BODY

- a) The General Body shall ordinarily meet minimum once a year, either physically or virtually. A regular Meeting of the General Body shall be held at such place or platform, date and time, as may be decided by the President.
- b) The President may also convene a Special Meeting of the General Body on receiving a written requisition from not less than half of the total members of Asian Yogasana. At all Special Meetings, no subjects other than those stated in the notice of requisition shall be discussed except when especially authorized by the President.
- c) An Annual Meeting of the General Body shall be held at such time, date and place, as may be determined by the President. At such Annual General Body Meeting, the Annual Report and the Audited Accounts of the Association together with the Auditor's Report thereon shall be submitted, along with the observations, if any, of the Executive Council. The same shall be discussed and can be passed in the same meeting.
- d) Except as otherwise provided in those rules, all meetings of the General Body shall be called through Meeting Notice under the signature of the SG of Asian Yogasana.
- e) Every Notice calling for a meeting shall state the date, time and place at which such meeting will be held and shall be served upon every member of the Asian


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Yogasana not less than 15 days by E-mail or by post before the day appointed for any General meeting and 10 days for Special meeting. An emergency meeting of the General Body can be called by the President in an emergency situation by giving a prior notice of 36 hours to the members. Emergent meeting can be organized only in hybrid mode, every notice of the EOGBM meeting may be sent to the members by way of e-mail ONLY.

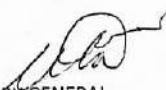
- f) The accidental omission to give Notice to or the non-receipt of Notice by any member shall not invalidate the proceedings at the meeting.
- g) The President shall preside over at every General Body Meeting. In the absence of the President, the other members present shall choose one of the officials of Asian Yogasana to preside over the meeting. One-fifth members of the General Body shall constitute the quorum at any meeting. In case a meeting is adjourned for want of quorum, there shall be no quorum for the adjourned meeting. In the meeting, both physical/ virtual participation will be allowed equally.
- h) In the event of a meeting called for passing of a no confidence motion against an official of the Asian Yogasana, the resolution to that effect has to be passed by at least by 2/3 members present and voting. A resolution of no-confidence not supported by 2/3 majority will be deemed to have fallen through and the motion will be treated as null and void. The quorum for such meeting will be 3/4th of the total strength of the representatives of the Asian Yogasana entitled to vote.
- i) All disputed questions at meetings shall be decided by vote and the opinion of the majority shall prevail.
- j) A decision given by the President of the meeting on a point of order raised by a member shall be final.

14. THE EXECUTIVE COUNCIL ('EC')

The management of the affairs of the Asian Yogasana shall be vested in the Executive Council which shall consist of the following Officials:

S. No.	Designation in the Executive Council	No.
1.	President	1
3.	Vice-President	5
4.	Secretary General	1


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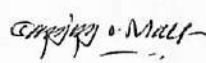



5.	Secretary	2
6.	Joint Secretary	5
7.	Treasurer	1
	Total	15

- a) Unless terminated by the General Body by way of a no-confidence motion, the terms of office of the officials in the Executive Council shall be 5 (five) years from the date of election/nomination.
- b) Any casual vacancy in the membership of the Executive Council caused by death or by any other reasons mentioned hereinabove shall be filled in the same manner as provided in Rule 26 Such a member shall serve on the Executive Council for the remaining period of the tenure of office of the outgoing member.

15. POWER, FUNCTIONS AND DUTIES OF EXECUTIVE COUNCIL

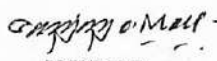
- a) The Executive Council shall have general control over the affairs/activities of the Asian Yogasana and shall have the authority to do, exercise and perform all the powers, acts, and deeds, for the planning, establishment and running of the Asian Yogasana and its branches whether within India consistent with the aims and objective of this constitution, as set forth in the Memorandum of Association of the Asian Yogasana.
- b) To conduct the business of the Asian Yogasana during the interval between meetings of the General Body and duly report all its decisions and actions to the General Body for its approval.
- c) The Executive Council shall have full powers to make such bye-laws as they shall think essential for the regulation of the business of the Asian Yogasana and in particular with reference to (i) the keeping of Accounts; (ii) the preparation and allocation of budget provisions; (iii) the sanctioning of expenditure; (iv) entering into contracts; (v) the appointment of staff and determination of their conditions of services; (vi) creation and abolition of posts; (vii) delegate any of the powers as deem fit to any of the officers of the Asian Yogasana for proper function; (viii) any other purpose that may be necessary.

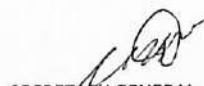

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- d) The Executive Council may amalgamate, coordinate, take over or accept the management and administration of any endowment or trust fund or any subscription, donations or gifts, provided that the same is unaccompanied by any condition inconsistent or in conflict with the objects for which the Asian Yogasana is established.
- e) To appoint special committee for specific function and duty, whenever necessary subject to the approval of the General Board.
- f) To determine/ Train/ Select Yogasana Athlete/ Performers/ Managers/ Coaches/ Judges to be selected for any International contests or foreign championships/ camps/ seminars etc.
- g) To make annual calendar for training and competition (ACTC) with respect to conduct of International level Yogasana sports competitions/ championships/ clinics/ camps/ Conferences/ seminars etc.
- h) To exercise such other powers and to perform such other duties as may be assigned to it by the General Body.
- i) To enter into and/or vary and/or carry out and/or cancel contracts on behalf of the Asian Yogasana.
- j) To explain, define and interpret the provisions of this Constitution when disputed.
- k) To take appropriate steps and decisions, if not covered under this Constitution and forward it to the General Body for its ratification.
- l) To purchase movable and immovable properties for and on behalf of the Asian Yogasana.
- m) To get donation and sponsorship work to provide infrastructure to establish Yogasana Training Nurseries for the Economically backward students.
- n) Nothing in these rules shall prevent the President from exercising any or all the powers of the Executive Council in case of emergency for the furtherance of the objects of the Asian Yogasana and the action taken by the President on such occasions shall be reported to the Executive Council subsequently for ratification.
- o) The Executive Council should select/elect Directors of the Standing-Committees of Asian Yogasana.
- p) To get Tax exemptions in different countries as per the governing law.


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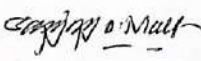

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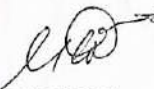

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Mangesh Khopkar



16. PROCEEDINGS OF THE EXECUTIVE COUNCIL

- a) The Executive Council shall meet as often as may be considered necessary by the President for the transaction of the business of the Association but shall meet at least once in a year. The President/SG of Asian Yogasana shall decide the date, time and place of every meeting of the Executive Council and the agenda of the business for discussion at such a meeting.
- b) Any extraordinary meeting of the Executive Council may be held at any time during the year as the President may decide.
- c) An extraordinary meeting of the Executive Council may be called on a written requisition indicating the purpose of the meeting by at least two third members of the Executive Council and on receipt of such a requisition, the SG shall call such a meeting after giving notice and at such time and place as the President may decide. At such a meeting no subject other than those stated in the requisition shall be discussed except when specially authorized by the President.
- d) Every notice calling for a meeting of the Executive Council shall state the date, time and place at which such meetings will be held and shall be served upon every member of the Executive Council not less than 15 days in case of ordinary meeting and not less than 7 clear days in the case of extraordinary meeting before the date of meeting under a Certificate of Posting if sent by post and not less than 1 clear days (24 hours) in the case of extraordinary meeting on a virtual platform.
- e) The Notice and agenda shall also be sent along with the notice of the meeting and where it is not possible, the agenda shall be sent at least 15 days before the ordinary meeting and 7 days before the extraordinary meeting by email or under certificate of Posting if sent by post.
- f) The SG of Asian Yogasana shall send notice of meeting of the Executive Council to the members of the Executive Council.
- g) Any meeting of the EC can also be convened through the Video Conferencing after agenda being received to all the members through electronic media under the chairmanship of the President or by any official as authorized by the President. The notice of such meeting can also be sent through electronic media to all the members concerned. Time, place and manner should be specified.


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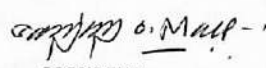

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Umang Dawn

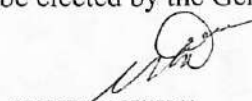

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- h) The accidental omission to give notice or the non-receipt of the notice by any member shall however, not invalidate the proceedings of the meeting.
- i) In the absence of President, the Vice-President senior amongst them shall preside over the Meeting and in the absence of the Vice-President; the members present shall choose one of the senior member as per the hierarchy to preside over the meeting.
- j) One third of the members of the Executive Council present in person shall constitute a quorum at any meeting of the Executive Council. In case a meeting is adjourned for want of quorum, there shall be no quorum for the adjourned meeting.
- k) All disputed questions at meetings of the Executive Council shall be determined by vote and the opinion of the majority shall prevail.
- l) Each member of the Executive Council shall have one vote and in case of equality of votes, the President shall have a casting vote.
- m) Any member desirous of moving any resolution at an ordinary meeting of the Executive Council shall give notice thereof in writing to the SG not less than seven days before the day of such meeting.
- n) Any business which it may be necessary for the Executive Council to perform, may be performed by way of a resolution in writing circulated amongst all its members and any such resolution so circulated and approved by majority of members entitled to vote at a meeting of Executive Council shall be as effectual and binding as if such a resolution had been passed in a meeting of the Executive Council.
- o) President and SG of Asian Yogasana jointly shall have the right to adjourn any meeting.
- p) A decision given by the President of the meeting on a point of order raised by a member shall be final.
- q) All proceedings of the meetings of the Executive Council shall be entered in a Minute Book to be maintained by the SG of Asian Yogasana for the purpose and the President and the SG of Asian Yogasana at the next meeting shall sign all minutes after the same is duly confirmed.

17. STANDING COMMITTEES

There will be the following Standing Committees headed by a Director unanimously selected (failing thereby to be elected by the General Body).


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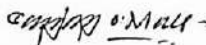
1. Organizing Committee
2. Technical Committee
3. Ethics, Disciplinary & Legal Committee
4. Finance Committee
5. Public Relations, Publication and Publicity Committee
6. Public Grievances Committee
7. Election Committee
8. Complaint Committee for Prevention of Sexual Harassment
9. Para Yogasana Sports Promotion Committee
10. Veterans Yogasana Sports Promotion Committee.


17.1 ORGANIZING COMMITTEE

- a) The Organizing Committee will be chaired by a Director, selected/elected by the General Body. The Secretary (Organization) of the Asian Yogasana may be the Member-Secretary of the Organizing Committee and the members will be nominated by the General Body.
- b) The Organizing Committee shall consist of the following officials: One Director, One Joint-director, 1 Member Convener and minimum 3-5 Members.
- c) The Organizing Committee will look after all the Yogasana Sports events organised by the Asian Yogasana.
- d) The Organizing Committee will propose budget to the General Body for successfully conducting any event, meeting, conference, workshop, seminars and championships.
- e) The Organizing Committee will hold a meeting preferably once in a month or at least once in three months and will give its quarterly report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

17.2 TECHNICAL COMMITTEE

- a) The Technical Committee will be chaired by Director, selected/elected by the General Body. The Convener and the members including one expert member in the field will be nominated by the General Body. The Secretary (Technical) of the Asian Yogasana may be the Member-Secretary of the Technical Committee and the members will be nominated by the General Body.
- b) The Technical Committee shall consist of the following officials: One Director, One Joint-director, One Member Convener and minimum 3 Members. The SG of


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the Asian Yogasana may be the Member-Secretary of the Committee and the members will be nominated by the General Body.

- c) The Technical Committee shall be responsible for effective implementation of the Rules & Regulations in the Yogasana Competitions.
- d) The Technical Committee shall be responsible for making a code of conduct containing exhaustive rules pertaining to the competitors, participants and member of any event. Such code of Conduct as made by the Technical Committee shall be approved by the Executive Committee.
- e) The Technical Committee shall be responsible for finalising the forms, Official Appointment sheets, Scrutiny sheets, Judgment sheets, syllabus for various competitions for different categories and selecting the list of Asanas for each category of the Competitions.
- f) Every matter of conflict arising in any competition would be referred to the Technical Committee and the Technical Committee shall after consultation with the Legal/Disciplinary Committee will inform the status to the Executive Council. The final decision would be announced by the Executive Council and the said decision shall be binding upon the parties concerned. No appeal shall lie against any such decision.
- g) The Technical Committee will hold meeting preferably once in a month or at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

17.3 ETHICS, DISCIPLINARY & LEGAL COMMITTEE

- a) The Ethics, Disciplinary & Legal Committee shall consist of the following officials: One Director (preferably with the expert in the field of law), One Joint-director, One Convener and minimum 3 Members (one International Legal Expert and one National Legal Expert will be nominated by EC).
- b) The Ethics, Disciplinary & Legal Committee will be chaired by Director, selected/elected by the General Body. The Secretary (Organization) of the Asian Yogasana may be the Member-Secretary of the Committee and the members will be nominated by the General Body.
- c) All proposals relating to the preparation and amendment of the Constitution of Asian Yogasana, its Rules & Regulations and Bye-laws seeking legal advice and to oversee the process of initiating, developing, reviewing and approving

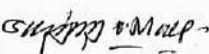

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all standards developed, shall be referred to the Legal Committee, which shall consider them and make its recommendation thereon to the Executive Council. The Executive Committee has the right to accept or reject the proposal/recommendations.

- d) The Legal Committee shall have authority to do and exercise all the powers, acts and deeds for defending the court cases pertaining to the Asian Yogasana and recommending suing the persons doing wrong or creating hurdles unnecessarily for the growth of the activities of the Asian Yogasana, as set forth in the Memorandum of Association.
- e) The Standing Legal Committee can recommend to the Executive Council to make such changes in bye-laws of the Association as they shall think essential for the regulation of the legal aspects of the Association and shall receive the appeals submitted by the members or general public to give appropriate legal view to the Executive Council/General Body. The legal questions submitted to it by the Executive Council/General Body or any of the council/body/committee shall be suitably handled legally.
- f) The Legal Committee shall have the power to initiate, develop, review and approve all the standards developed in the Yogasana Literature, Yogasana postures and other Yogasana related activities.
- g) The Ethics and Discipline Committees will work in consultation with the Technical Committee in matter of conflict arising in any competition as and when the situation arises. The decision of the Legal and Technical Committee as declared jointly will be final. In case of any dispute the said decision shall have a binding force.
- h) The Ethics and Discipline Committees will work in consultation with the Public Grievances Committee in matter to look after the complaints of public grievances referred to it by the Public Grievances Committee and will advise to the EC. The EC in consultation with the Legal Committee will declare the final decision which shall be binding.
- i) The Ethics and Discipline Committee will be responsible to initiate disciplinary proceedings as and when referred to it, by holding proper inquiry as per law and give its findings on the charges levelled against the delinquent. The inquiry report with findings shall be submitted to the Executive Committee within stipulated time. The findings of the Ethics and Discipline Committee shall be considered by the Executive Committee for passing further order of Punishment


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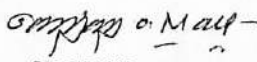

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on the delinquent. In case of any legal dispute the inquiry report shall have a binding force.

- j) The Ethics, Disciplinary & Legal Committee will hold meeting preferably once in a month and at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

17.4 FINANCE COMMITTEE

- a) The Finance Committee will be chaired by Director (preferably with the expert in the field of finance), selected/elected by the General Body. The Treasurer of the Asian Yogasana may be the Member-Secretary of the Finance Committee and the members will be nominated by the General Body.
- b) The Finance Committee shall consist of the following officials: One Director, One Joint Director, One Member Convener and minimum 3-5 Members.
- c) The following matters shall be referred to the Finance Committee which shall consider them and make its recommendation thereon to the Executive Council /General Body, namely:
- i. Control of the finances and accounts of the Association.
 - ii. Transfer or accept transfer of any immovable or movable property on behalf of the Association with the concurrence of the Executive Council.
 - iii. Consideration of the accounts and scrutinize tenders and purchase/sell proposals for expenditure.
 - iv. Ways and means to raise funds for the Association.
 - v. The Annual Accounts and financial estimates of income and expenditure of the Association prepared by the Treasurer. Audit point.....
 - vi. Budget for the total recurring and non-recurring expenditure for the year, based on the income resources of the Association.
 - vii. The Finance Committee shall submit its report to the Executive Committee within stipulated time for consideration.
 - viii. The Finance Committee will hold meeting preferably once in a month and at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.


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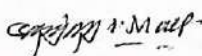

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17.5 PUBLIC RELATIONS, PUBLICATION AND PUBLICITY COMMITTEE


- a) The Public Relations, Publication and Publicity Committee ("PPPR") will be chaired by Director, selected/elected by the General Body. One expert member from the field nominated by the Director and 3 members will be nominated by the General Body.
- b) The Public Relations, Publication and Publicity Committee shall consist of the following officials: One Director, One Joint Director, One Convener and minimum 3 Members. The SG of the Asian Yogasana may be the Member-Secretary of the Committee and the members will be nominated by the General Body.
- c) All proposals relating to Publicity, Broadcasting, Publications, Publications and member generation of the Association shall be referred to the Publicity, Publication and Public Relations Committee, which shall consider them and make its recommendation thereon to the Executive Council.
- d) The Publicity, Publication and Public Relations Committee shall have general control of all the publications - both print and electronic media - of the Asian Yogasana. The Committee shall be responsible for the publicity of the objects and functions of the Asian Yogasana.
- e) The Committee shall have general jurisdiction of all Public Relations and generation of membership/funds/donation of the Asian Yogasana. The Committee shall have authority to do and exercise all the powers, acts and deeds for the planning, execution and bringing out high quality publications - both in content and presentation of the Asian Yogasana and its branches around the globe, consistent with the aim and objectives of the Asian Yogasana, as set forth in the Memorandum of Association.
- f) The Committee shall have authority to do and exercise all the powers, acts and deeds for the planning, executing and developing very fine public relations with media and other Governmental departments, etc. and give wide content publicity of the Asian Yogasana and its branches whether within or



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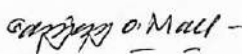
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outside India consistent with the aim and objectives of the Asian Yogasana, as set forth in the Memorandum of Association.

- g) The Executive Council may by resolution delegate such administrative powers and financial allocation as it may think proper to the Director of the Committee as may be considered necessary. The Committee will prepare its budget for the year, keep proper accounts of receipts and payments as also income and expenditure and submit to the Finance Committee for approval and ratification whenever necessary.
- h) Nothing in these rules shall prevent the Director of the Committee from exercising any or all its powers in case of emergency for the furtherance of the publicity, publications and Public relations of the Asian Yogasana as per the rules, regulations laid down by this Constitution and the action taken by the Director on such occasions shall be reported to the EC subsequently for ratification. However, for any false or questionable decision the recommendation of EC will be necessary and in case of immediate action written consent of President shall be required.
- i) The PPPR Committee will hold meeting preferably once in a month and at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

17.6 PUBLIC GRIEVANCES COMMITTEE

- a) The Public Grievances Committee will be chaired by Director, selected/elected by the General Body. The SG of the Asian Yogasana may be the Member-Secretary of the Public Grievances Committee and the members will be nominated by the General Body.
- b) The Public Grievances Committee shall consist of the following officials: One Director, One Joint-director, One Member Convener and minimum 3-5 Members.
- c) The Public Grievances Committee shall look after all the complaints of public grievances and resolve the issues raised at the earliest possible. In case of any inability of the said Committee to resolve any issue, the said issue will be sent


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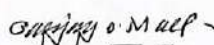



to the Legal Committee for its advice. The EC in consultation with the Legal Committee will declare the final decision which shall be binding.


- d) The Committee will give its annual report to the General Body meeting of the Asian Yogasana.
- e) The Public Grievance Committee will hold meeting preferably once in a month and at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

17.7 ELECTION COMMITTEE

- a) The Election Committee will be chaired by Director, selected/elected by the General Body. The Secretary General of the Asian Yogasana may be the Member-Secretary of the Election Committee and the members will be nominated by the EC.
- b) The Election Committee shall consist of the following officials: One Director, One Joint Director, One Member Convener and minimum 3 Members.
- c) The Election Committee shall be responsible for the successful and impartial election of the office bearers following the election procedure as set forth in the Memorandum of Association.
- d) The Election Committee shall provide all the required documents from the Asian Yogasana office as and when desired by the Returning Officer. The Director and members will support the smooth functioning of the Election Process and shall abide by the decisions of the Returning Officer. The decision of Returning Officer shall be final and binding upon the members concerned. The Rules & Regulations in Clause 23 will be followed.
- e) That the Election Committee shall work under the Direct Control of the Returning Officer and the decision of the Returning Officer shall be final and binding upon the GB/members.
- f) The Election Committee will send the Election observer to conduct the fair elections of affiliated Members of Asian Yogasana. The committee shall hold meeting preferably once in a quarter or at least once in six months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.


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17.8 COMPLAINT COMMITTEE FOR PREVENTION OF SEXUAL HARASSMENT

- a) The Complaint Committee will be chaired by Director (only woman) selected/elected by the General Body. The Secretary General of NYSF may be the Member-Secretary of the Complaint Committee and the members will be nominated by the EC. The Complaint Committee shall consist of following officials: One Director, One Joint Director, One Convener and minimum 3 members.
- b) The Complaint Committee shall be constituted in compliance with the relevant governing law, rules and regulations as amended from time to time. The procedures of said committee shall be governed by the applicable law, rules and regulations.
- c) To draft rules/regulations prohibiting sexual harassment in rules and regulations and provide for appropriate penalties in such rules against the offender.
- d) Provide appropriate conditions in respect of work, leisure, health and hygiene to further ensure that there is no hostile environment towards women and no employee woman should have reasonable grounds to believe that she is disadvantaged in connection with her carrier.
- e) Women should be allowed to raise issues of sexual harassment in forums and it should be affirmatively discussed as appropriate
- f) Complaint Mechanism: Complaint mechanism should be setup for redressal of the complaint made by the victim. Such complaint mechanism should ensure time bound treatment of complaints.
- g) Disciplinary Action: Where such conduct amounts to misconduct, appropriate disciplinary action should be initiated in accordance with rules.
- h) Criminal Proceedings: Where such conduct amounts to a specific offence under the Indian Penal Code or under any other law, the Asian Yogasana shall initiate appropriate action in accordance with law by making a complaint with the appropriate authority. In particular, it should ensure that victims, or witnesses are not victimized or discriminated against while dealing with complaints of sexual harassment. The victims of sexual harassment should have the option to seek transfer of the perpetrator or their own transfer.



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- i) The complaint mechanism should be adequate to provide, where necessary, a special counsellor or other support service, including the maintenance of confidentiality. Further, to prevent the possibility of any undue pressure or influence from senior levels, such Complaints Committee should involve a third party, either NGO or other body who is familiar with the issue of sexual harassment.
- j) Awareness: Awareness of the rights of female employees in this regard should be created in particular by prominently notifying the guidelines in a suitable manner.
- k) Third Party Harassment: Where sexual harassment occurs as a result of an act or omission by any third party or outsider, the Committee will take all steps necessary and reasonable to assist the affected person in terms of support and preventive action.

17.9 PARA YOGASANA SPORTS PROMOTION COMMITTEE

- a) The Para Yogasana Sports promotion committee will work on the Principle of Right to Equal opportunity for Para athletes and will work for development of Yogasana Sports for para-athletes keeping in mind the difficulties faced by them.
- b) The Committee shall consist of the following officials: One Director, One Joint Director, One Convener, and minimum 3 Members. The members will be nominated by the General Body.
- c) The Para Committee shall be responsible for effective implementation of the Rules & Regulations in the Para Yogasana Competitions.
- d) The Para Committee shall be responsible for making a code of conduct containing exhaustive rules pertaining to the competitors, participants and member of any event of Para Yogasana. Such code of Conduct as made by the Para Committee shall be approved by the Executive Committee.
- e) The Para Committee shall be responsible for finalising the forms, Official Appointment sheets, Scrutiny sheets, Judgment sheets, syllabus for various competitions for different categories and selecting the list of Asanas for each category of the Para Competitions.


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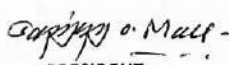

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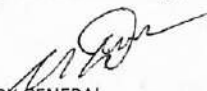

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- f) The Para Committee will propose budget to the General Body for successfully conducting any event, meeting, conference, workshop, seminars and championships related to Para Yogasana.
- g) Every matter of conflict arising in any Para competition would be referred to the Para Committee and the Para Committee shall after consultation with the Legal/Disciplinary Committee will inform the status to the Executive Council. The final decision would be announced by the Executive Council and the said decision shall be binding upon the parties concerned. No appeal shall lie against any such decision.
- h) The Para Committee will hold meeting preferably once in a month or at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

17.10 VETERANS YOGASANA SPORTS PROMOTION COMMITTEE

- a) The Veterans Yogasana Sports promotion committee will work for development of Yogasana Sports for Veterans keeping in mind their potential in Yogasana Sports.
- b) The Committee shall consist of the following officials: One Director, One Joint Director, One Convener and minimum 3 Members. The members will be nominated by the General Body.
- c) The Veterans Committee shall be responsible for effective implementation of the Rules & Regulations in the Veterans Yogasana Competitions.
- d) The Veterans Committee shall be responsible for making a code of conduct containing exhaustive rules pertaining to the competitors, participants and member of any event of Veterans Yogasana. Such code of Conduct as made by the Veterans Committee shall be approved by the Executive Committee.
- e) The Veterans Committee shall be responsible for finalising the forms, Official Appointment sheets, Scrutiny sheets, Judgment sheets, syllabus for various competitions for different categories and selecting the list of Asanas for each category of the Veterans Competitions.
- f) The Veterans Committee will propose budget to the General Body for successfully conducting any event, meeting, conference, workshop, seminars and championships related to Veterans Yogasana.


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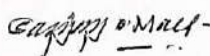
- g) Every matter of conflict arising in any Veterans competition would be referred to the Veterans Committee and the Veterans Committee shall after consultation with the Legal/Disciplinary Committee will inform the status to the Executive Council. The final decision would be announced by the Executive Council and the said decision shall be binding upon the parties concerned. No appeal shall lie against any such decision.
- h) The Veterans Committee will hold meeting preferably once in a month or at least once in three months and will give its quarter report to EC and its annual report to the General Body Meeting. The meeting of the Committee can be held on virtual platform with date, time and manner prescribed before the meeting.

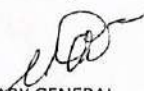
18. ACCOUNTS AND AUDIT:


- a) The Treasurer shall maintain regular accounts of all transactions of Asian Yogasana. The Treasurer shall also maintain accounts of all the money and properties pertaining to the financial activities of the Asian Yogasana.
- b) The Treasurer shall be responsible for an internal audit, reports of which shall be kept by the Treasurer. The treasurer should have to discuss all the Income Expenditure with the Finance Committee and can have the support from the Finance Committee members to manage the Finance of the Asian Yogasana in a proper manner. The trial balance will be submitted to a registered Chartered Accountant for a final annual audit. The treasurer will maintain the digital record of Income and Expenditure and will keep the records intact for a minimum period of five years.
- c) The accounts of Asian Yogasana shall be audited annually by a registered Chartered Accountant (to be selected by EC) The report of such annual audit, quarterly and interval audit shall be communicated to Executive Council and submitted to the General Body for its approval.

19. ANNUAL REPORT

An annual report of the proceedings of the Association and of all work undertaken during the year shall be prepared and submitted to the Executive Council by the SG of Asian Yogasana based on the reports submitted by different Directors of the 9 Standing Committees. After approval by the Executive Council, the same will be presented by the SG in the General Body of the Asian Yogasana.


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20. ANNUAL LIST

Every time after elections of Office Bearers is conducted, a list of the Office-bearers and members of the Association shall be filed with the Registrar of Societies/ Assistant Charity Commissioners Office.

21. LEGAL PROCEEDINGS

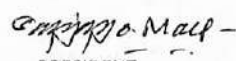
- a) The Association may sue or be sued in the name of the Secretary General of the Asian Yogasana as per provisions laid down under Section 6 of the Societies Registration Act, 1860 .
- b) All the unresolved disputes arising within the Asian Yogasana shall firstly be referred by the Asian Yogasana for amicable settlement by a Mediator as selected by the EC. In case of non-settlement of the said dispute, thereafter, the same dispute will be referred to the Arbitration Tribunal under the Arbitration Act, 1996. For this purpose, the Asian Yogasana shall elect a panel of Arbitrators to be decided by the General Body at their Annual General Meeting out of whom parties to the disputes in an Association/Federation/Organization will elect one Arbitrator each and the third Arbitrator of the said panel will be mutually agreed upon by the two arbitrators. The arbitration proceedings shall be completed within the period specified under the Arbitration Act, 1996 or with the time extended by the Arbitrators with the consent of the parties. The venue and seat of arbitration shall be at Registered Office/ Head Office.
- c) The Courts at Registered Office/ Head Office shall have the exclusive jurisdiction for all the disputes relating to the Asian Yogasana.

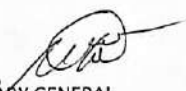
22. DISOLUTION AND ADJUSTMENT OF AFFAIRS


If the Asian Yogasana needs to be dissolved, it shall be dissolved as per provisions laid down under Section 13 and 14 of the Societies Registration Act, 1860.

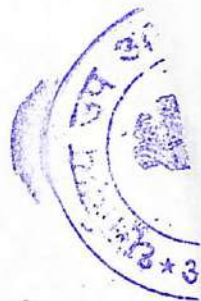
23. ELECTIONS:

Elections shall be held after a period of Four years at the Annual General Body Meeting to elect the Elected Members from amongst the representatives of the Affiliated Member. Elections can also be held before the due date i.e., from the date of assuming the charges as the President till the completion of the tenure as


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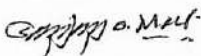

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prescribed of five years and a schedule of elections shall also be issued under the signature of the SG of Asian Yogasana.

The following process of 16 days (mentioned day wise) will be adopted for the conduct of the elections for various posts of the Asian Yogasana:-

- a) Each Affiliated Member affiliated with the Asian Yogasana will intimate the name(s) of their representative which is to be signed by both President and Secretary General of the member unit [names of such representatives may be sent by way of a single letter or by separate letters], within 4 days from the notification of the date of elections. In the event of a conflict between the President and the Secretary of the member unit, the representatives sent by the President shall be final. The notice of Annual General Body Meeting will be sent to all member unit(s), fifteen (15) clear days in advance. (Day '1')
- b) The EC will nominate the Returning Officer as suggested by President to conduct the process of elections.
- c) The SG of Asian Yogasana will prepare the list of member units and circulate to all concerned before fifteen (15) days of the AGBM. The list of Electoral College will be handed over to the Returning Officer on the same day. (Day '2').
- d) Nomination for the post of President and Secretary General should be proposed by at least two authorized representatives of two different member units and also endorsed by two authorized representatives of two different member units.
- e) For all other posts, one Proposer and one Second from authorized representative of member unit will be required.
- f) Nomination for the post of Office Bearers will be filed before 13 days prior to AGM. The Prescribed form of nomination shall be submitted for scrutinize in the office of Returning Officer (Day '3' to '5').
- g) Returning Officer will prepare the list of nominations Post wise and publish it in his office. (Day '7').
- h) Returning Officer will scrutinize each nomination to determine its validity and prepare a list of valid nominated candidates. (Day '9').
- i) The withdrawal of nomination may be made from 6 days prior to the AGM. (Day '10').



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- j) The Returning Officer will prepare the Final List of contesting candidates and display it in his office and on the Asian Yogasana Web-Site. (Day '11'). In case only one candidate has applied for the post and there is no need for election, the same may be declared by the Returning Officer as Final Result. The candidate will be declared unanimous unopposed office bearer of the Asian Yogasana.
- k) The Annual General Body Meeting will be held on Day '16' and if required polling for the post of Office bearers will be held in the AGBM only. In the AGBM, the Returning Officer will try to elect the President and Office bearer unanimously, in case of no unanimity, the voting will be done by Secret Ballot. The counting of votes will be done immediately after the voting is completed.
- l) Returning Officer will declare the results of all the posts of Office Bearers, after the whole process of Election is over.

24. VOTING

- a) Only Affiliated will have right to vote in AGBM.
- b) Voting will be done by secret ballot.
- c) No proxy voting shall be allowed.

25. TENURE OF POSTS:

(a) **PRESIDENT**

One term of elected President shall be of five (5) years. He/ She can be elected as President again with the fresh elections.

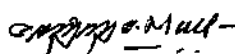
(b) **OTHER OFFICE BEARERS**

One term of elected Secretary General, Vice President, Secretary, Treasurer and other office bearers shall be of five (5) years. He/ She can be elected for either of the posts again with fresh elections.

26. VACANCIES:

The office of a member of the General Body or Executive Council (including that of an Office Bearer) shall fall vacant:

- a) If the member national Association/Federation/Organization, he/she represents, ceases to be a member of Asian Yogasana.


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- b) If he/she resigns from his/her post/from membership by a notice in writing to the SG of Asian Yogasana and his resignation shall be accepted by the Executive Council (In the case of non-availability of SG of Asian Yogasana, the notice of the resignation shall be addressed to the President).
- c) In case of death or inability of the member / office bearer.
- d) In case if any vacancy falls vacant, same may be filled in the next Executive Council Meeting, and if required the President / SG of Asian Yogasana so decides, the election can be held in the House itself for the vacant post. The President / SG of Asian Yogasana can invite nomination(s) in the House and if required, election can be conducted by the secret ballot under the supervision of President or the House.

27. MEETINGS:

This is the era of digitalization. So, meetings may be conducted in Physical/Virtual/Hybrid Mode.

A. ANNUAL GENERAL BODY MEETING (AGBM):

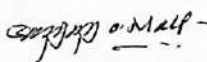
The AGBM of the Asian Yogasana shall be held once every year at a place, date & time and specific agenda to be decided by the President / Secretary General. As far as possible the meeting shall be held by rotation at different places.


B. SPECIAL GENERALBODY MEETING (SGBM):

SGBM may be summoned at any time by the President at his discretion or shall be convened by the Secretary General if 2/3rd affiliated members want any urgent or serious matter(s) concerning the affairs of Asian Yogasana or the sport of Yogasana to be discussed.

C. EMERGENT GENERAL BODY MEETING:

Notwithstanding anything in the Constitution, an emergent meeting of the General Body may be convened by the President /SG of Asian Yogasana on urgent specific matters.


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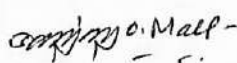
28. NOTICES AND QUORUM FOR MEETINGS:


In convening meetings, the notice period and quorum, as given hereunder shall be observed:


S. NO.	MEETING	NOTICE PERIOD	QUORUM
1.	Annual General Body Meeting	15 Clear days	1/5 th of the (annual meeting of the representative assembly) entitled to vote or 15 representatives whichever is less
2.	Executive Council Meeting	15 Clear days	One-third Representatives
3.	Special General Body Meeting	10 Clear days	One-third Representatives
4.	Standing Committee Meetings	3 Clear days	One-third Representatives
5.	Emergent General Body Meeting	36 hours	One-third Representatives
6.	Extraordinary Executive Council Meeting	24 hours	One-third Representatives

29. DUTIES OF THE OFFICE BEARERS:**A. PRESIDENT:**

- a) The President shall be the head of Asian Yogasana and shall preside over all meetings of the Assembly and the Executive Council. He shall guide the Asian Yogasana in all the activities. He shall exercise superintendence over Office Bearers and the Members of the Executive Council and other Committees in discharging their duties. He shall have overall powers of supervision over the working of the Asian Yogasana and its efficient administration. The President and in his absence, the selected chairman of any Meeting shall have full powers to preserve order in all meetings and shall have all the powers and privileges which are generally vested in him under this MoA and shall be rectified by the President


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himself for as may be prescribed by the members of the EC or the GB, as the case may be.

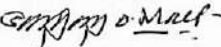
- b) In addition to his deliberative vote, the President shall have a casting vote in case of a tie.
- c) The President shall ensure that the financial position of the Asian Yogasana is sound and no unauthorized expenditure is incurred. The President is authorized to sanction expenditure up to any amount for any one item, which is not included in the budget. Expenditure in excess of this amount will be sanctioned by the Executive Council.
- d) In case of emergencies, the President will have full power to issue orders, which should subsequently be confirmed/ ratified by the Executive Council.


B. VICE-PRESIDENT:

- a) Vice President will exercise the powers of the President if and when the President authorises the Vice President to that effect. The President may authorise the Vice President to manage affairs in specified jurisdiction or to manage any specific project or to chair any Sub Committee Meeting. He may further be assigned powers and functions by the Executive Council.
- b) The Vice-President shall also exercise such powers and discharge such functions as laid down in these Rules and Regulations and Bye-Laws of the Association and as may be assigned and fixed by the Executive Council.

C. SECRETARY GENERAL:

- a) The SG shall be the Executive Officer of the Asian Yogasana and shall be responsible for carrying out all the decisions of the Assembly, Council and Committees and shall see that all the rules of the Asian Yogasana are observed by all concerned.
- b) The SG shall convene all Meetings of the General Assembly and Executive Council, as per the rules specified under this MOA and shall record and sign minutes and resolutions of all such meetings. He shall be responsible for


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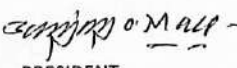

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carrying on all correspondence in the name of the Asian Yogasana or as otherwise directed by the President.

- c) The SG shall be in-charge of all records and documents (including the register of members) as may be necessary for the smooth and efficient working of the Asian Yogasana.
- d) The SG shall have custody and will be responsible to maintain the office and office assets in proper order and condition all trophies, souvenirs and seals and insignia of the Asian Yogasana of all movable and immovable properties of the Asian Yogasana and maintain up to date stock book and have annual stock taking made of all such properties.
- e) The SG shall transact all official business of the Asian Yogasana.
- f) The SG shall act as Convener of the Executive Council of the Asian Yogasana.
- g) The Asian Yogasana can sue or be sued in the name of the SG only.
- h) The SG shall conduct all affairs of the Asian Yogasana according to its MOA, Rules, Regulations and Bye-Laws.
- i) To issue notice to member units for non- payment of dues and subscription fees. Forward all bills for payment to the Treasurer upto the extent sanctioned in the Budget estimates.
- j) Ensure that the accounts of the Asian Yogasana have been properly maintained by the Treasurer and are regularly audited.
- k) Prepare every year, an Annual Report of the working of the Asian Yogasana and place the same before the Executive Council so that the same can be approved by the Council.
- l) SG of Asian Yogasana can help the organizing committee of the Athletes for various Yogasana Sports Athletics Meets.
- m) In his absence, he can give charge to any of the Secretary(s), Asian Yogasana or may bifurcate the duties amongst multiple Secretaries.

D. TREASURER:


- a) The Treasurer shall be the custodian of funds/ accounts of the Asian Yogasana. Prepare and place the Budget for the year before the Council for necessary sanction that shall allocate the Budget grants to the different heads of expenditure.


PRESIDENT
Dr. Sanjay Malpani


SECRETARY GENERAL
Umang Dawn


TREASURER
Mangesh Khopkar



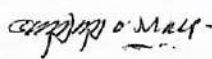
- 
- b) Make all payments of the Asian Yogasana after the connected bills and vouchers have been duly checked by him and passed for payment by the President/ EC/ SG of Asian Yogasana.
 - c) Deposit all money as and when received from the President/SG of Asian Yogasana or any other sources into accounts of the Asian Yogasana with banks as early as possible.
 - d) Have charge of all funds of the Asian Yogasana.
 - e) Maintain the Books of accounts of the Asian Yogasana.
 - f) Operate the Bank accounts of the Asian Yogasana jointly with either President or SG.


E. SECRETARY(s):

a) The Secretary(s) shall exercise such powers and discharge such functions as laid down in the Rules and Regulations, MOA and Bye-Laws of the Association and as may be assigned and fixed by the Executive Council. He will be entrusted with the task to assist the SG of Asian Yogasana in the implementation and working of the Asian Yogasana. In absence of SG the secretary can issue the agenda and MOM. He shall be authorised to communicate with any Govt. Department and Association/Federation/Organization on behalf of this World level Sports Association/Federation/Organization. He shall also be responsible for convening meetings of the General Body and Executive Council, can issue the notices to the members as well as record the minutes of the meetings in the absence of the SG, Asian Yogasana.

F. JOINT SECRETARY(s):

a) The Joint Secretary(s) shall exercise such powers and discharge such functions as laid down in these Rules and Regulations and Bye-Laws of the Association and as may be delegated by the Executive Council. He will be entrusted with the task to assist the SG of Asian Yogasana in the implementation and working of the Asian Yogasana. He shall also be responsible for convening meetings of the General Body and Executive Council, can issue the notices to the members as well as record the minutes of the meetings in the absence of the SG, Asian Yogasana.


PRESIDENT
Dr. Sanjay Malpani


SECRETARY GENERAL
Umang Dawn


TREASURER
Mangesh Khopkar

G. DIRECTORS OF THE STANDING COMMITTEES

The Directors shall exercise such powers and discharge such functions as laid down in the Rules and Regulations and Bye-Laws of the Asian Yogasana and as may be assigned and fixed by the Executive Council/President. The Directors shall also preside over the meetings of the respective Standing Committee.

H. JOINT-DIRECTORS OF THE STANDING COMMITTEES

The Joint-directors shall exercise such powers and discharge such functions as laid down in these Rules and Regulations and Bye-Laws of the Asian Yogasana and as may be assigned and fixed by the Executive Council/President.

I. CONVENERS OF THE STANDING COMMITTEES

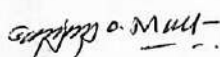
The Conveners shall exercise such powers and discharge such functions as laid down in these Rules and Regulations and Bye-Laws of the Asian Yogasana and as may be assigned and fixed by the Executive Council/President. The Conveners shall be responsible for convening meetings of their respective Standing Committees and shall also maintain the minutes of the meetings. Conveners shall also be responsible for carrying out and complying with the decisions taken by the General Body, Executive Council and their respective Standing Committees.


30. APPLICATION OF THE ACT

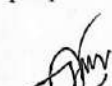
All the provision under all the Sections of the Societies Registration Act, 1860 shall apply to the Asian Yogasana.

31. AMENDMENTS OF MEMORANDUM, RULES AND BYE-LAWS

- a) The Executive Council shall have the power to alter, extend or abridge the purpose for which the Asian Yogasana is established as stated in the Memorandum of Association in the manner as provided for in the Societies Registration Act (XXI of 1860).
- b) No amendment shall be made to these Rules except at the Annual General Body Meetings (AGBM) or Special General Body Meetings (SBGM) or Executive Council Meetings of the Asian Yogasana and unless supported by two-third of the representatives present and voting. The Bye-Laws can be amended at a meeting of the Executive Council convened for the said purpose.


PRESIDENT
Dr. Sanjay Malpani


SECRETARY GENERAL
Umang Dawn


TREASURER
Mangesh Khopkar



We the undersigned members of **ASIAN YOGASANA ("AY")**, C/O Dr Sanjay Malpani, Dhruv Global School, Dhandarphal, Sangamner - 422605, Dist- Ahmednagar, Maharashtra, Sangamner, hereby declare that we have every intention to bring in existence as per Registration of societies Act 1860 and with this object we all unanimously formed on - / /2022 and for registration of this institution as we set out hands to sign on declaration.

Sr. No.	Name of the member	Address	Signature
1	Sanjay Omkarnath Malpani	Malpani House, I.G. Road, Sangamner 422605 Ahmednagar, Maharashtra	<i>Sanjay O. Malp...</i>
2	Jaideep Arya	82, Arya Bhawan, Prem Nagar, Karnal 132001	<i>Jaideep Arya</i>
3	Udit Harish Sheth	SE TransStadia, 54-A, Road, Mumbai-34 Tardeo	<i>Udit Harish Sheth</i>
4	M Niranjana Murthy	7, Subramanyapura Main road, SGS Yoga Foundation, Chikkalasandra, Bangalore South, Bengaluru, Karnataka- 560061	<i>M Niranjana Murthy</i>
5	Ekta Boudelique	C-011, Madhuvanam Apartments, Kanha Shantivanam Ranga Reddy, Telangana	<i>Ekta Boudelique</i>
6	Vishnu Sharma	C-7/101, Keshav Puram, North West Delhi, Delhi - 110035	<i>Vishnu Sharma</i>
7	Umang Gopalbhai Dawn	101, A-2 Megh Dhanush Apartment, Sai Ashish Society, Opposite Chandan Park Ciity Light, Surat City, SVR College, Surat Gujrat - 395007	<i>Umang Gopalbhai Dawn</i>
8	Mangesh Shashikant Khopkar	Tambat Wadi, Khed, Chatao Ratnagiri, Maharashtra	<i>Mangesh Shashikant Khopkar</i>
9	Shreyas Dilip Markandeya	101, Shree Apartment, Sanmitra Colony, Workshop Corner, Nanded, Maharashtra 431605	<i>Shreyas Dilip Markandeya</i>
10	Rajesh Ramakant Pawar	A-304, Hill Park CHS, Nagar Gaondevi Mandir, Vadavli, Section, Ambernath East, Dist Thane 421501	<i>Rajesh Ramakant Pawar</i>
11	Umesh Narang	1489, Sector 4, Panchkula, Haryana 134112	<i>Umesh Narang</i>

Sanjay O. Malp...
PRESIDENT

Udit Harish Sheth
SECRETARY

Jaideep Arya
TREASURER

Sanjay O. Malp...
अड. उत्तम अमराव गावडे
B.A., LL.M., DLL & LW, DCL.
ROLL NO. MAH/1874/2008
Dt. 18/07/2008
धर्मादाय आयुक्त कार्यालया समोर
वाळा नं. 25, सावेडी, अहमदनगर
नो. 917 59 64 606 / 88 30 50 10 55

12	Disha R Taunk	131, Venkatasamy Road East R S Puram, Coimbatore South Rathinasabapathy Puram Coimbatore, Tamil Nadu 641002	<i>Disha R Taunk</i>
13	Chandra Prakash	Chhanganiyon ka Mohalla, Merta, Nagaur, Rajasthan 341510	<i>Chandra Prakash</i>
14	Neha Choudhary	37/559, Vidhya Nagar, Nagla Padi, Dayalbagh, Agra 282005	<i>Neha</i>
15	Dr Arti Pal	Plot No 16, Ganraj Nagar, B/H Mayur Hospital, Ring Road, Indore, (MP)	<i>Dr Arti Pal</i>

Place - Ahmednagar

Date : ____ Sep 2022

I know the above signatory members. They have signed on this statement before me.

Sanjay O. Malp
Dr. Sanjay Omkarnath Malpani
(Signature)



खरी प्रतीक्षी

अधिक्षक

नॉंदणी कार्यालय
विभाग, अहमदनगर

नक्षल तयार करणार-
रुजवात करणार-

Sanjay O. Malp
अड. उमम बाबुराव गावडे
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Sanjay O. Malp
Dr. Sanjay Omkarnath Malpani
PRESIDENT

Umapal
Umang Gopalbhai Dawn
SECRETARY

Mangesh
Mangesh Shashikant Khopkar
TREASURER