

Sourabha G



Name: Sourabha G

DoB: 07-04-2000

Father's Name: Dr PN Ganesh Kumar

Mother's Name: Dr HA Shashirekha

Education: BE - Computer Science & Engineer

Work: Full stack Engineer at Scientist tech, Certified Yoga Instructor

Address: #3018/c, 23rd main, 24th cross, Vijayanagar, 2nd stage, Mysore - 570017

Contents

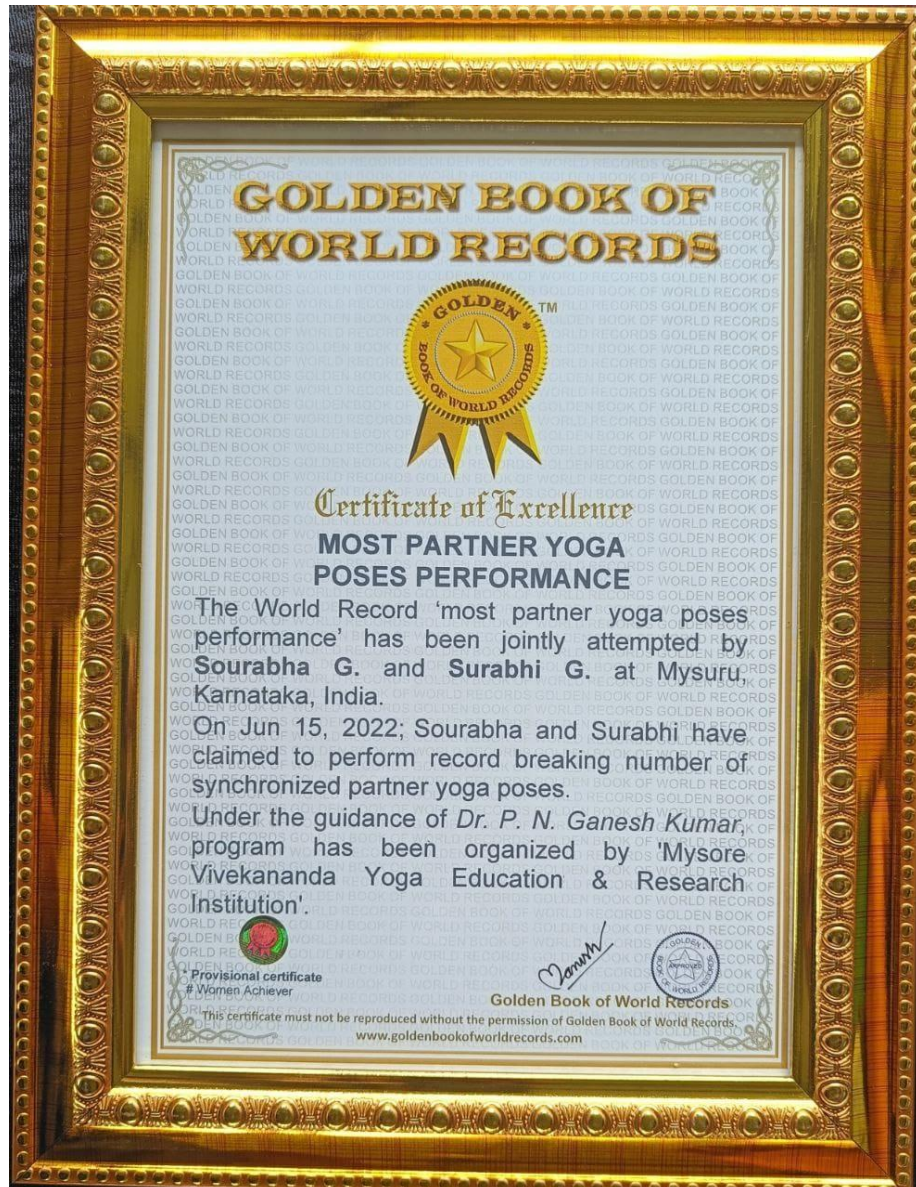
1. Golden Book of World Record Holder - performance of maximum Pair Artistic Yoga Asanas in ONE minute
2. Golden Book of World Record Holder - performance of maximum Pair Artistic Yoga Asanas in shortest time.
3. Member of International Day of Yoga Organizing team (YFM) 2022 on the occasion of Hon'ble Prime Minister visit to Mysore.
4. International Yoga Day Lead Demonstrator 2021
5. International Yoga Day Lead Demonstrator 2020
6. International Yoga Day Lead Demonstrator 2019
7. Lead Instructor - Karnataka Govt. Yoga Dasara Festival 2019
8. Guest Speaker - Yoga Yagna, International level Yogic Lecture 2021
9. 3 times SGFI - National Level Competition, State Level Gold Medalist
10. RPL certified Yoga Instructor
11. State Level Inter-University Yogasana Championship
12. All India Inter-University Yogasana Championship 2021-22
13. State Level VTU Inter-University table tennis Championship
14. Silver medalist - International Yoga Sports Cup 2018 organized by Yoga Sports Federation of India at Haryana
15. Four gold medals in categories Solo and pair Artistic Yoga, Free flow yoga, yoga asanas at 8th IDY National Level Yogasana Championship
16. Speaker-Special dynamic yogic techniques to IAS officer Mrs. Shikha C

17. Exhibition coordinator - International Yoga Day Exhibition 2022 at Exhibition ground, Mysore.
18. Diploma In Yoga Education - gold medalist
19. State Level Yogasana Sports Referee Examination 2021-22
20. Yogic Immunity booster, Youtube series for VVCE
21. Provided free yoga session for 3 months during Covid pandemic lockdown to increase immunity
22. Yoga Instructor - Induction programmer at VVCE 2021-22

MOST PARTNER YOGA POSES PERFORMANCE (75 pair pyramids in 3:45mins)

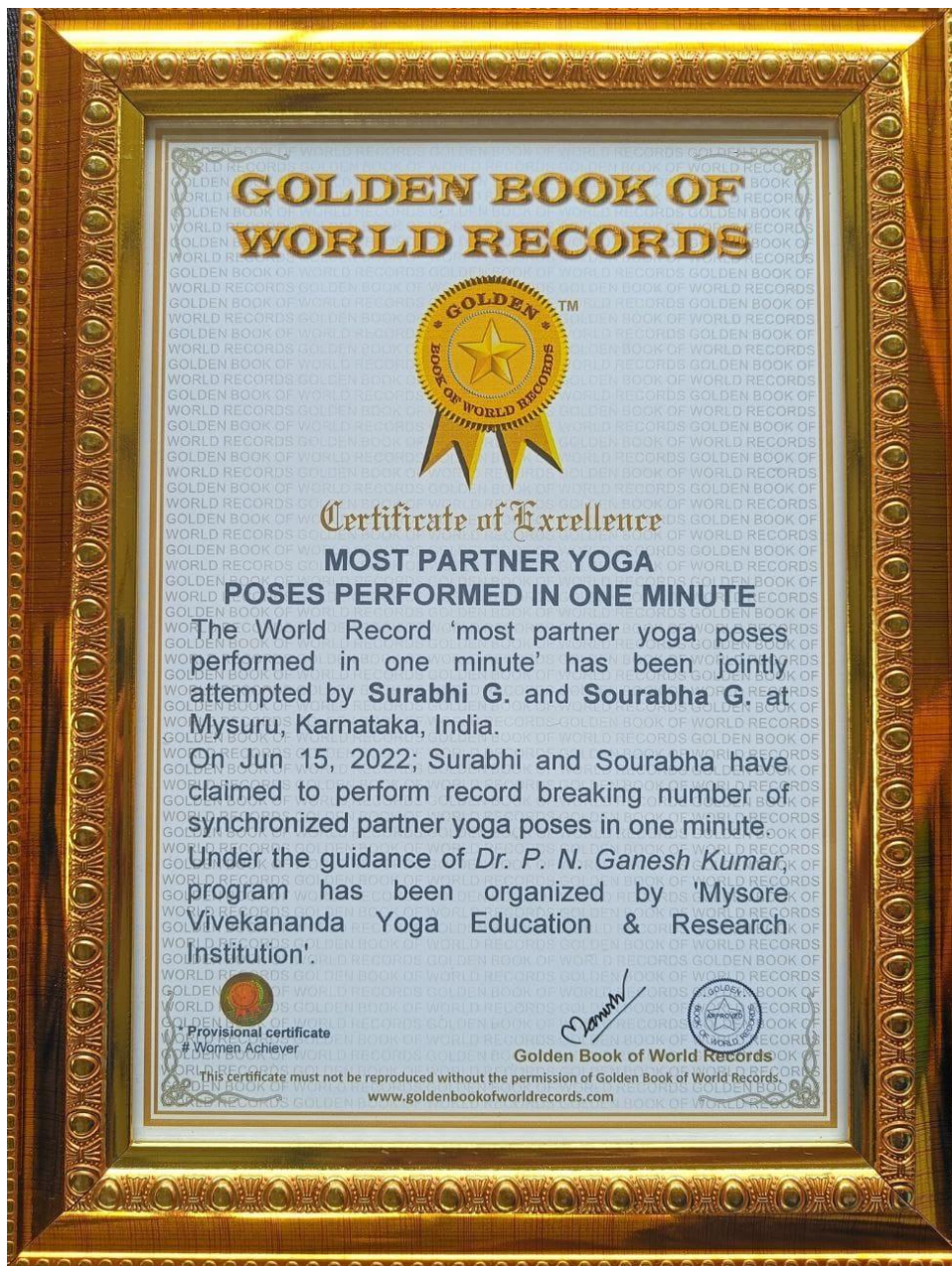
The event was held in the Exhibition ground on 15th June. Totally, 15 world records were created from the institute where I learnt yoga in which I contributed for 2.

Youtube link: [4:04 Now playing Watch later Watch later Add to queue Add to queue](#)



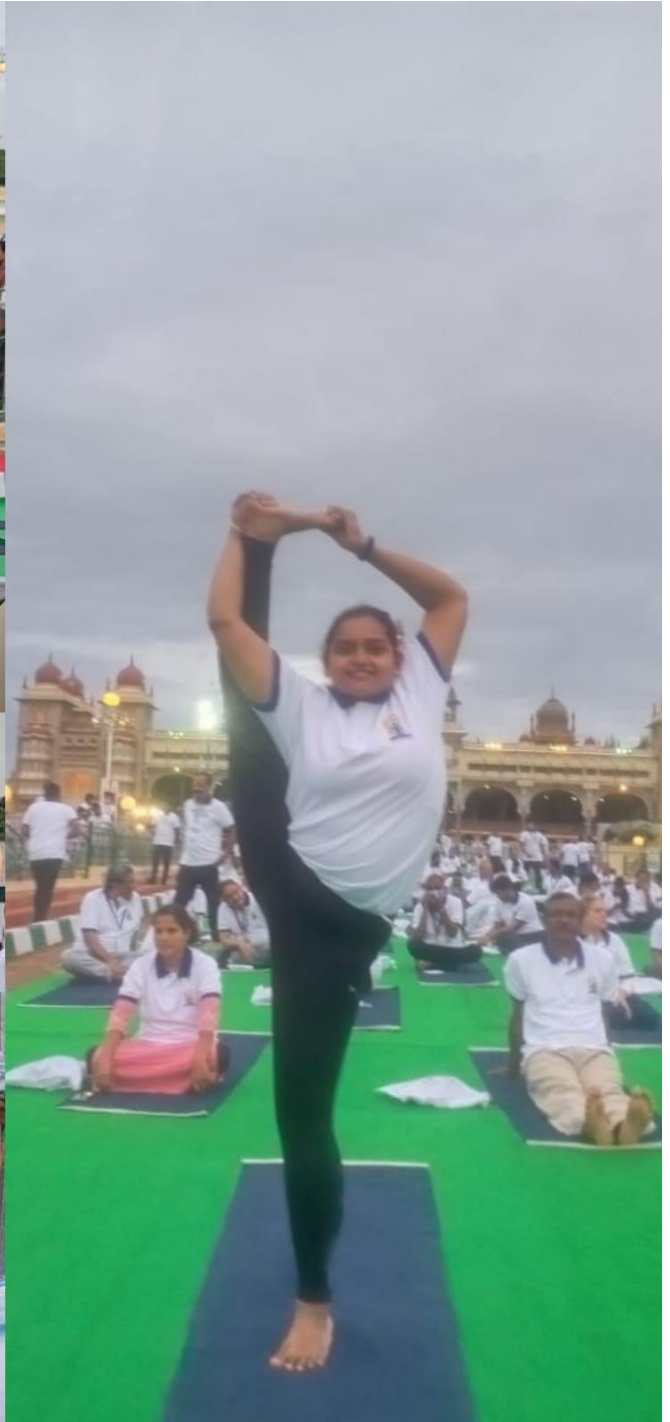
MOST PARTNER YOGA POSES PERFORMED IN ONE MINUTE (37 pair pyramids in 1 minute)

Youtube link: [1:26 Now playing Watch later Watch later Add to queue Add to queue](#)



International Yoga Day Lead Demonstrator 2022

On the occasion of the Hon'ble Prime Minister Visit to Mysore on International Yoga Day, I volunteered in the preparation tasks and performed as the lead demonstrator with a gathering of ten thousand during the Mega Rehearsal in the Mysore Palace premises. I was also honored to perform yoga near the Prime Minister on the International Day of Yoga 2022.







International Yoga Day Lead Demonstrator 2020

STAR OF MYSORE

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Interaction Day of Yoga 2021

IDY 2021 was celebrated with the slogan 'Be With Yoga, Be at Home'.

I participated as the Lead Demonstrator chosen from the District Department to perform Yoga on 21st June which was given live relay on the Television.



Performance in Vidyuth 2019



Guest Speaker - Yoga Yagna, International level Yogic Lecture 2021

On the occasion of International Day of Yoga on 21st June, the month is celebrated as Yoga month. As a part of the celebration of IDY during COVID-19 lockdown, the International Level Yogic Lecture series called 'Yoga Yagna' was organized in collaboration with Krida Bharathi and Yoga Federation. I gave a speech on "Dynamic



Host: Dr PN Ganesh Kumar
Guest speaker: Sourabha G
Topic: Dynamic yogic approach for tackling lethargy
Date: 19th June 2021
Time: 7pm IST
Platform: Zoom Meeting ID: 874 7285 1767
code: 1111

Yogic Practice to remove lethargy”.

Karnataka Govt. Yoga Dasara Festival 2019

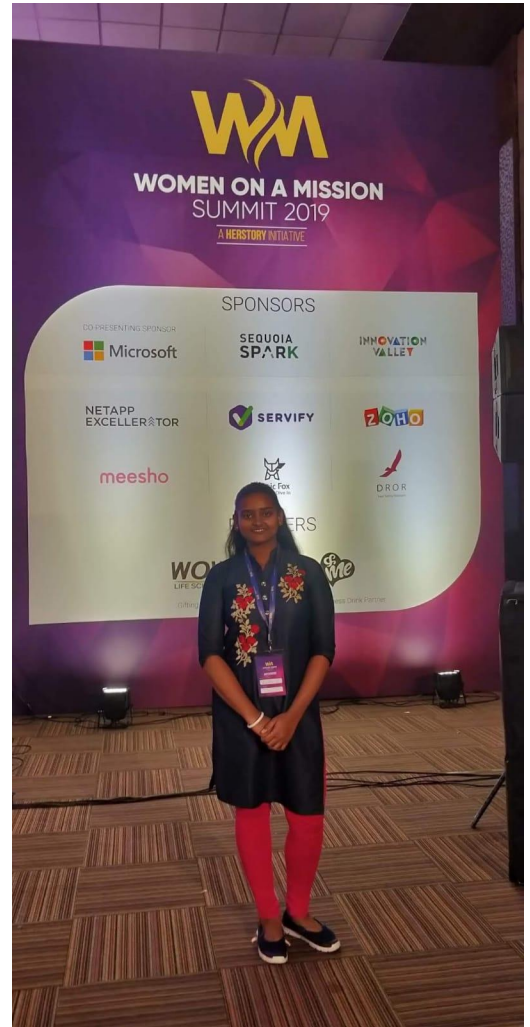
As a part of Yoga Dasara festival organized by the Karnataka Govt, I lead the crowd of two thousand to perform mass yoga demonstration.





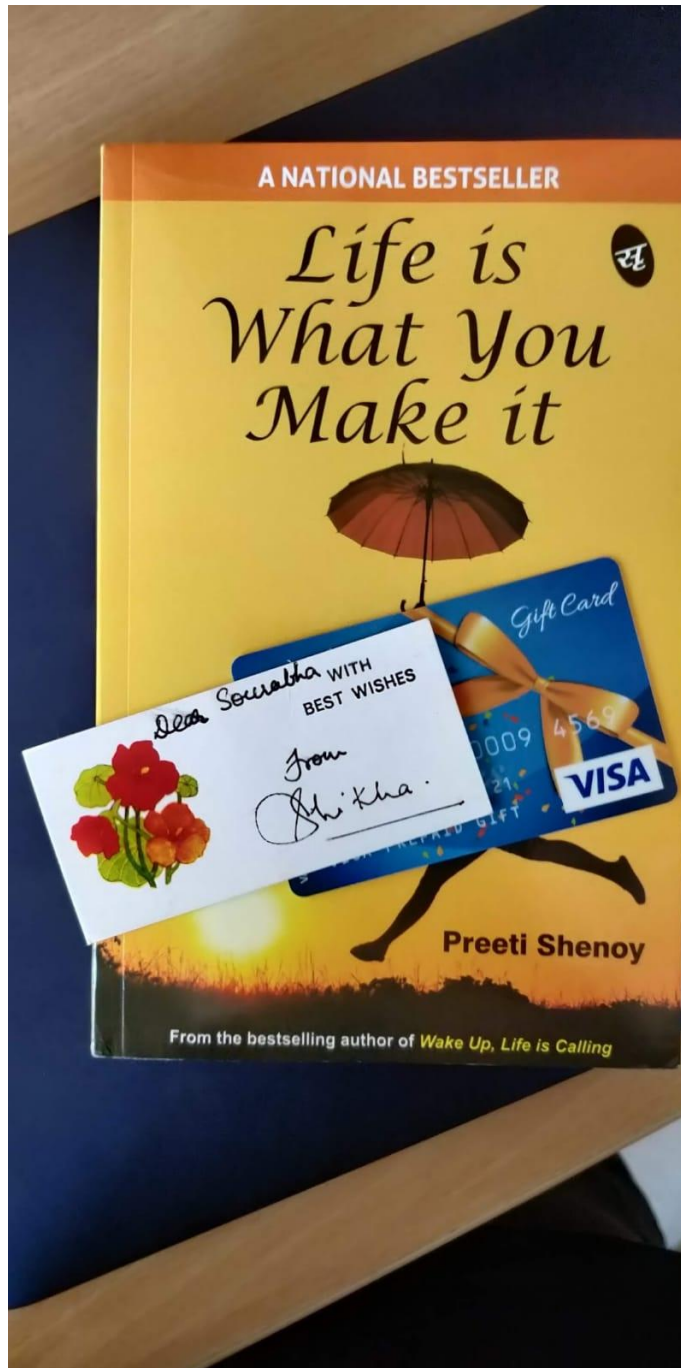
Women on Mission Summit 2019

Women on Mission (WoM) International Conference was held on the occasion of International Women's day. In the conference, I got to meet **Mrs. Sudha Murthy**, the **Chief Scientist** at **DRDO** and other elate personalities who shared their journey and guided the young entrepreneurs like us.



Speaker - Special session on dynamic yogic techniques to IAS officer Mrs. Shikha C (DC)

I conducted a special yoga session for Mrs. Shikha C, DC, on dynamic yogic techniques. As an honorarium, I received Rs. 5000/- and the book "Life is What you Make it".



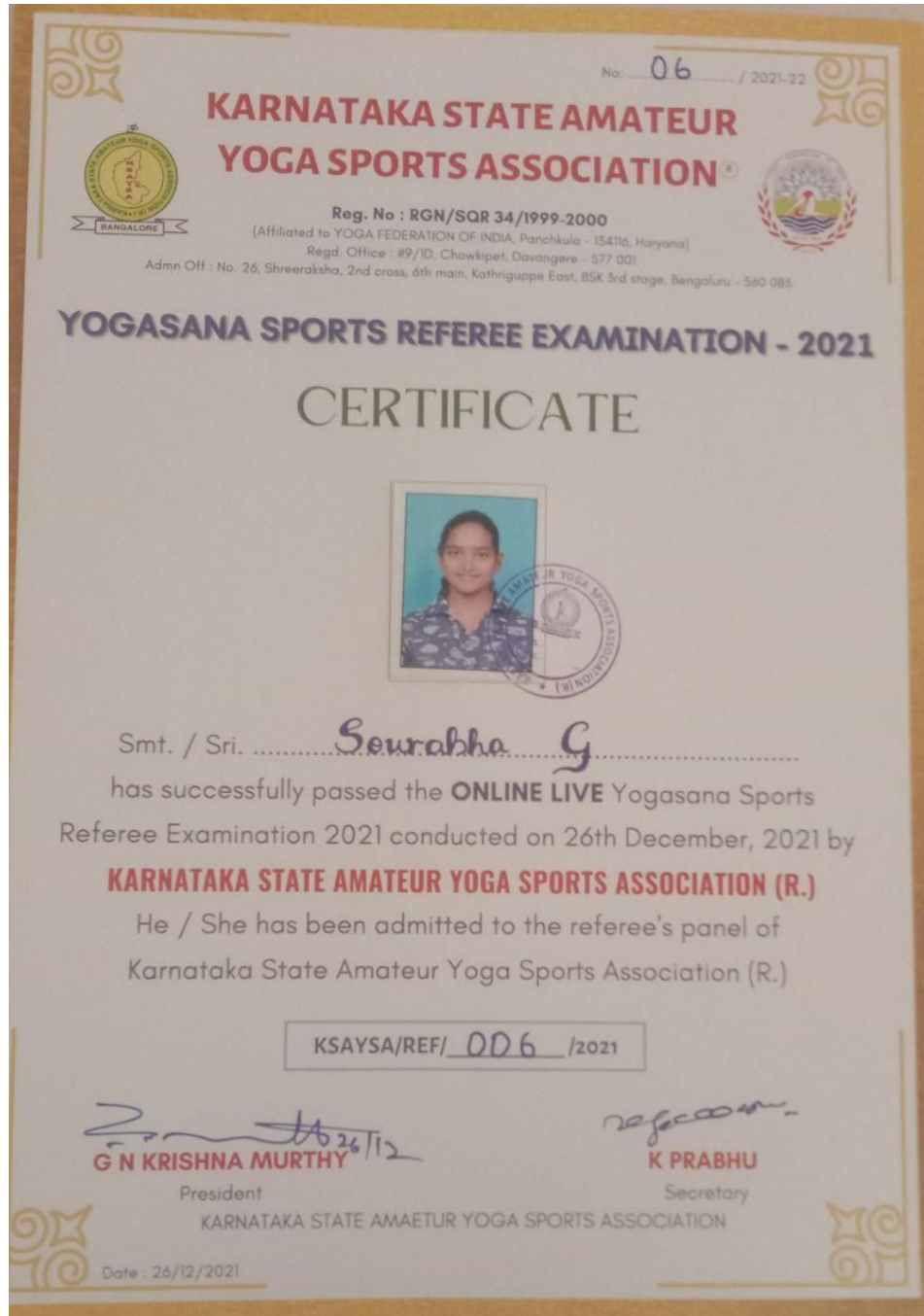
Diploma In Yoga Education - gold medalist

I graduated with a Diploma in Yoga Education with the Gold medal from YSF and the World Yoga Alliance in 2019.



State Level Yogasana Sports Referee Examination 2021-22

I successfully cleared the examination and qualified as a State Level Yogasana Sports Referee.
I'm eligible to take the position of referee in State Level Yogasana Competitions.



Exhibition coordinator - International Yoga Day Exhibition 2022 at Exhibition ground, Mysore.

Presenting in front of the **Deputy Commissioner of Mysore.**



Yoga Instructor - Induction programmer at VVCE 2021-22



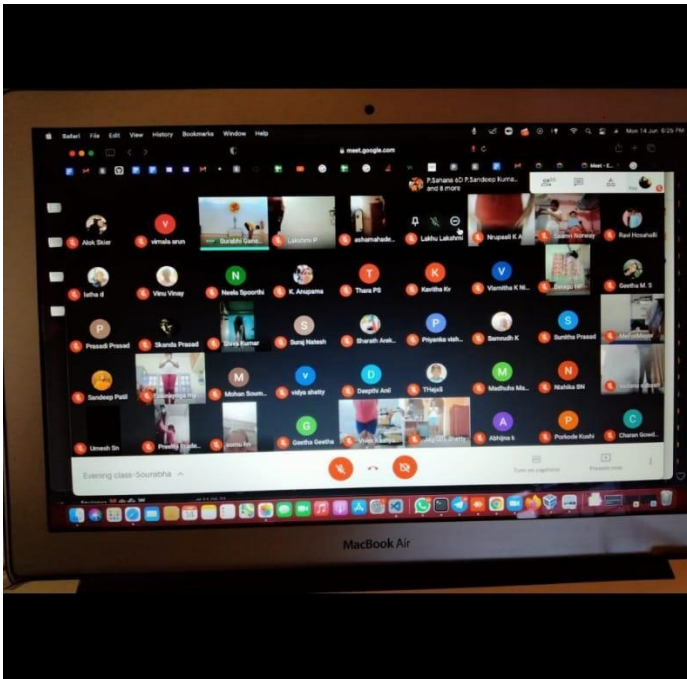
Yogic Immunity booster, Youtube series for VVCE

Released 7 day video series addressing various disorders that can be tackled by Yoga

Link to playlist: [7 Now playing Play all](#)

Provided free yoga session for 3 months during Covid pandemic lockdown to increase immunity

As a part of my 4th AICTE activity I conducted free yoga classes for the public for 3 months. The classes were held via online platforms like GMeet and Zoom. The goal of these classes was to encourage the public to practice yoga to maintain their health and fitness during the time of Covid-19. The classes aimed to provide the allround benefit covering the Shitalikarana Vyayama, SuryaNamaskar, Guru Namaskar, Asanas, Pranayama, Dhyana, Kriya and Deep relaxation. This will help to keep a healthy body by increasing the immunity. This helps to prevent other diseases. The classes were held twice a day for one hour each in the morning and Evening. At Least 70-90 practitioners attended the sessions everyday. The session mostly covered the practical aspects of yoga giving a slight peek at the theory.



International Level Yogas Sports Cup 2018

The International level yoga sports cup was held at Karnal, Haryana, India on 2-4th November 2018.

I secured silver medal (2nd place) under the category of Artistic Yoga - solo



IDY National Level Yogasana Championship

I participated in the National Level IDY Yogasana Championship and won 5 gold medals in various categories.





MYSORE VIVEKANANDA YOGA EDUCATION AND RESEARCH INSTITUTION ®.

Panchajanya, # 3018/C, 23rd Main, 24th Cross, 2nd Stage, Vijayanagar, Mysore-19, Karnataka, India
Regd. under the societies registration act XVI of 1860 Regd. No Mys-S169 - 2008-09

In Association With Yoga Federation Of Mysore, Yoga Sport Foundation, University Of Mysore & Kridabharathi Mysuru
on the occasion of **AZADI KA AMRUTH MAHOTSAV** and the Memory of *Hon. Prime Minister SRI NARENDRA MODI* visit to celebrate **8th International Day of Yoga-2022 @ Mysuru**



NATIONAL LEVEL YOGASANA CHAMPIONSHIP

Certificate of Honour

This is to certify that *Ms/Mr/Mrs* **Sourabha**.....

Representing..... **Karnataka**.....

Has won **Ist** place in the category of *Yogasana / Artistic Pair*
Yoga/ Free Flow Yoga / School and College level Under the age group..... 15-25 years.....

held by **Mysore Vivekananda Yogas** on **11th and 12th June 2022** at *Senate Bhavan, Mysore*

Chief Organiser

P.N. GANESHA KUMAR
President, Yoga Sports Foundation



MYSORE VIVEKANANDA YOGA EDUCATION AND RESEARCH INSTITUTION ®.

Panchajanya, # 3018/C, 23rd Main, 24th Cross, 2nd Stage, Vijayanagar, Mysore-19, Karnataka, India

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on the occasion of AZADI KA AMRUTH MAHOTSAV and the Memory of Hon. Prime Minister

SRI NARENDRA MODI visit to celebrate 8th International Day of Yoga-2022 @ Mysuru



NATIONAL LEVEL YOGASAMA CHAMPIONSHIP ONLINE

Certificate of Honour

This is to certify that **Ms/Mr/Mrs** **Sourasaha S.**.....

Representing..... **Karnataka**.....

Has won **Ist**.....

..... **18-25 yrs**..... **girls**..... in

Mysoore Vivekananda Yogas on 5th June 2022 at **Mysoore** .

[Signature]
Chief Organiser

[Signature]
P.N GANESHA KUMAR
President, Yoga Sports Foundation





MYSORE VIVEKANANDA YOGA EDUCATION AND RESEARCH INSTITUTION ®.

Panchajanya, # 3018/G, 23rd Main, 24th Cross, 2nd Stage, Vijayanagar, Mysore-19, Karnataka, India

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SRI NARENDRA MODI visit to celebrate 8th International Day of Yoga-2022 @ Mysuru



NATIONAL LEVEL YOGASANA CHAMPIONSHIP



Certificate of Honour

This is to certify that *MS/MR/MTS* *Saurabh G*.....

Representing.....*Karnataka*.....

Has won*Gold*..... place in the category of *Yogasana / Artistic Pair*

Yoga/ Free Flow Yoga / School and College level Under the age group.....14-25 girls.....

held by **Mysore Vivekananda Yogas on 11th and 12th June 2022** at Senate Bhavan, Mysore

P.N. Ganesh Kumar
Chief Organiser

P.N GANESHA KUMAR
President, Yoga Sports Foundation





MYSORE VIVEKANANDA YOGA EDUCATION AND RESEARCH INSTITUTION ®.

Panchajanya, # 3018/G, 23rd Main, 24th Cross, 2nd Stage, Vijayanagar, Mysore-19, Karnataka, India
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on the occasion of **AZADI KA AMRUTH MAHOTSAV** and the Memory of Hon. Prime Minister
SRI NARENDRA MODI visit to celebrate **8th International Day of Yoga-2022 @ Mysuru**



NATIONAL LEVEL YOGASANA CHAMPIONSHIP

Certificate of Honour

This is to certify that Ms/Mr/Mrs **Souvarna S**

Representing..... **Kanavahala (V.V.C.E., Mysore)**

Has won **Gold** place in the category of Yogasana / Artistic Pair

Yoga / Free Flow Yoga / School and College level Under the age group..... **18 - 25 years**

held by **Mysore Vivekananda Yogas on 11th and 12th June 2022** at Senate Bhavan, Mysore

[Signature]
Chief Organiser

[Signature]
P.N GANESHA KUMAR
President, Yoga Sports Foundation



State Level Inter-University Yogasana Championship

The competition was held in VVCE, Mysore conducted by VTU. I represented VVCE and secured **1st place**, with a gold medal. I was awarded with **25 gram of silver**. I was selected to the National level Inter-University Yogasana Championship as the captain of the VTU team.



Vidyavardhaka College of Engineering

Autonomous Institution, Affiliated to VTU Belagavi
Accredited by NBA & NAAC with A Grade
III Stage, Golulam, Mysuru 570 002, Karnataka, India

Congratulations!






Sourabha G

7th sem CSE

On becoming individual champion in VTU state level intercollegiate
Yoga Competition which was held at VVCE

 vce.ac.in

    @vvceofficial

All India Inter-University Yogasana Championship 2021-22

The All India Inter-University Yogasana Championship was held at Kalinga University, Odisha in the month of December 2021. I represented VTU as the captain of the VTU team. The team secured **5th position**.



State Level VTU Inter-University table tennis Championship

I represented VVCE in the state level table tennis championship VTU held at RVCE, Bangalore on 28th November 2022.



(Note: I have attached the images for the proof of my participation since I haven't received the certificates for any of these competitions from VVCE and VTU for the same. The authentication of these can be confirmed from the Physical Education Dept, VVCE)