

YOGASANA BOOK OF WORLD RECORD COUNCIL EDITION-2024

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Yogasana Book of World Record Council

Vol: 1 (2024)

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Message



**YOGASANA
BOOK OF WORLD
RECORD COUNCIL**

Yogasana Book of World Records Council is dedicated to people and organizations in the fields of yoga postures, longevity, fitness, leadership, politics, entertainment, sports, entrepreneurship, innovation, arts and culture, science, social work, social reforms, healthcare, CSR, community development, literature and other fields. We appreciate such people on our platform to inspire others.

Despite many challenges, these people never give up. Their fighting spirit became a source of inspiration for many others.

**YOU CAN ALSO NOMINATE
YOGASANA BOOK OF WORLD RECORD
ALL CATEGORIES OPEN**



DR. ARVIND KUMAR SRIVASTAVA
CHIEF PATRON
YOGASANA BOOK OF WORLD RECORD COUNCIL



Pacatus



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Dr. Malvika Bajpai

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Editorial Note

Congratulations to Team Yogasana Book of World Records Council on completing 3 years of its establishment!

Congratulations to Team Yogasana Book of World Records Council on the publication of the first book!

This is a wonderful team and I would like to congratulate the dedicated and determined Acharyashree Dr. Yash Parashar for his wonderful contribution,

I would like to express my heartfelt gratitude to all the lovely members of our YBWRC family for their untiring support in this great endeavor. The divine blessings of our esteemed Governing Council members, the kind guidance of our esteemed Executive Council members and the loving camaraderie of our Governing Board members enable us to manifest the goodness of yoga in every issue.

The word TEAM can be understood as an acronym for this statement:

Together... everyone... achieves... much more!

And, this is absolutely true for the Yogasana Book of World Records Council team.

The family is to be congratulated for sponsoring the International Yoga Festival every year since its inception. This year, national and international yoga experts will gather at the land of Siddhas.

(Malvika Bajpai)

Founder & Chief Editor

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Acharshri Dr. Yash Parashar

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Mission

To revolutionize global fitness by creating an inclusive platform where youth can explore and excel in Yoga, Aerobics, and Dance. We are committed to promoting holistic well-being, empowering individuals to lead healthier, more vibrant lives through accessible, resourceful, and community-driven activities.

Vision

To become the world's foremost catalyst for change in the fitness and wellness industry, uniting diverse cultures and communities under a shared commitment to longevity, vitality, and mental well-being. We envision a future where the practices of Yoga, Aerobics, and Dance are universally embraced, fostering a world where health and happiness are accessible to all.

(Acharshri Dr. Yash Parashar)

Founder President

Yogasana Book Of World Record Council



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About

The World Fitness Premier League stands at the crossroads of tradition and innovation, blending the time-honored practices of Yoga, Aerobics, and Dance into a powerful platform for personal and collective transformation. This initiative is designed to break down barriers, offering participants from all walks of life the chance to discover their potential without the need for expensive equipment or exclusive facilities.

At its core, the World Fitness Premier League is a celebration of human spirit and resilience. We recognize that true fitness encompasses much more than physical strength—it is a comprehensive approach that nurtures the body, sharpens the mind, and uplifts the soul. By engaging in Yoga, Aerobics, and Dance, participants not only achieve greater physical health but also cultivate mental clarity, emotional balance, and spiritual fulfillment. These disciplines serve as a pathway to a richer, more meaningful life, fostering resilience, discipline, and a profound sense of community.

Our league is dedicated to empowering the youth by providing them with the tools and opportunities to express themselves, develop their skills, and connect with others who share their passion. We bring together individuals from around the globe, creating a vibrant community where cultural differences are celebrated, and the universal language of movement serves as a bridge between people.

We are driven by the belief that fitness should be accessible to everyone, and that the benefits of Yoga, Aerobics, and Dance extend far beyond the individual, contributing to healthier, happier societies. The World Fitness Premier League is not just about competition—it's about inspiring a global movement towards a healthier, more active, and more connected world. By participating, individuals commit to a journey of self-discovery and personal growth, while also contributing to a broader vision of wellness that can transform lives and communities on a global scale.

(Acharshri Dr. Yash Parashar)
Founder President
Yogasana Book Of World Record Council



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Message

Welcome to the Yogasana Book of World Record Council, a visionary initiative dedicated to recognizing and celebrating excellence in the yoga and fitness community. Our dream is to showcase individuals who embody talent, dedication, and achievement in yoga and fitness. Join us on a journey to discover and honor those whose outstanding work sets inspiring examples for society. Together, let's celebrate the pursuit of excellence in the world of fitness.

Introduction

Overview of the Yogasana Book of World Record Council

Our organization is dedicated to recognizing and celebrating excellence in the yoga and fitness community. We showcase individuals who embody talent, dedication, and achievement, setting inspiring examples for society.

The Importance of Recognizing Excellence in Yoga and Fitness

By honoring exceptional individuals, we inspire others and promote a culture of health and fitness, encouraging a global movement towards wellness.

How the Council Inspires and Celebrates Talent and Dedication

Through our initiatives and events, we motivate participants and acknowledge their efforts, fostering a sense of achievement and community.

Period of Operation

Milestones and Achievements from the Past Two Years

Over the past two years, we have reached significant milestones, set numerous records, and celebrated many achievements that highlight the dedication and talent within the yoga and fitness community.

Key Events and Record-Setting Activities

Our major events have showcased notable records and participants, creating a vibrant platform for global yoga enthusiasts.

Impact and Growth of the Council During This Period

We have seen substantial growth in membership, global reach, and influence within the yoga and fitness community, reinforcing our mission to promote excellence.

Coverage

Geographic Reach and Global Participation

We have established a presence in numerous countries and regions, with participation statistics reflecting our global impact.

Demographic Diversity of Participants

Our participants come from diverse backgrounds, including different age groups, genders, and cultures, enriching the community with varied experiences and perspectives.

Notable Records and Their Holders from Various Regions

We profile standout record holders from different parts of the world, celebrating their unique achievements and stories.



(Acharshri Dr. Yash Parashar)
Founder President
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Roadmap

Strategic Plan for the Next Five Years

Our strategic plan outlines our goals and future initiatives, focusing on expanding our reach and impact within the yoga and fitness community.

Upcoming Events and Initiatives

We preview planned events, workshops, and record-setting activities designed to engage and inspire a global audience.

Long-Term Vision and Goals for the Council

Our long-term vision aims to transcend boundaries and unite people in the shared pursuit of wellness excellence, fostering a healthier and more balanced world.

Vision

Our vision is create a groundbreaking Yoga Book of Records that transcends boundaries, uniting people in a shared pursuit of wellness excellence. Aim to establish a world record for the largest collective participation in yoga and fitness events, fostering a global movement towards

Awareness

Our organization is committed to advocating health and fitness across the globe by elevating awareness and motivating healthy lifestyle changes. We believe in creating a vehicle for health and fitness professionals to share their achievements and gain inspiration for world recognition. We create a healthier, more active world community through events, campaigns, and educational leadership.

Safety

The Yogasana Book of World Record Council has the health, well-being, and safety of all participants, officials, and attendees as our primary concern. We do not allow any attempts of dangerous acts be recognized on the world stage and it is certainly not our intention to support or promote unsafe practices. We also make sure that at all of our events, there is an adequate medical coverage and emergency services dispatch to treat any unforeseen incidents. The health, safety, and well-being of all participants, officials, and attendees are our number one concern. We feel all achievements are to be celebrated in a healthy and supportive key. We do not want anyone to endanger their health or life in an effort to perform or attain an achievement.

Cleanliness

At our event, we are dedicated to preserving the environment by not serving bottled drinks in plastic glasses. We also promote a clean and sustainable environment by not allowing shoes in the area near the arena. Cleanliness is of utmost importance to us, and we pay special attention to sanitation throughout the venue especially with regards to food preparation and service during the world record attempt.



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Infrastructure

We have built the venue to world-class standards, providing all participants with a top-class venue. Our network of country heads allows us to be globally interconnected to provide opportunities for people across the globe. For instance, if a person from Europe wants to apply for a Yogasana World Record, we provide that person with the resources and support to create a record in their own city. Our staff work in conjunction with the Board of Directors, country heads, and observers that watch the applicant perform the record attempt and describe whether the applicant's performance meets the requirements or not.

Support

We provide support for fitness enthusiasts, differently-abled individuals, children and women who strive for international recognition. The Yogasana Book of World Record Council offers a world-class, national platform to showcase exceptional performances in fitness and yoga and to allow individuals to aspire to their utmost standards of mental and physical fitness. We also educated and trained advocates who desire to show example and make their mark on the international community.

(Acharshri Dr. Yash Parashar)
Founder President
Yogasana Book Of World Record Council



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3. World Record for Youngest Shirsasana Achiever for 41 minutes and 1 second: Achieved by Divyanshu, aged 9, from Bahraich (India).
4. World Record for Collective Participation of Over 20,000 Children: Achieved by the Department of Basic Education and District Administration (India) during India's G20 Presidency celebrations in 2023.
5. World Record for 108 and 216 Rounds of Suryanamaskar, Covering 2592 Steps: Achieved by AUM Free Yoga Center (India) with 270 members participating.
6. World Record for Sustaining Pindsayukta Sarvangasana for 5 minutes and 2 seconds: Achieved by T. Kalyani and her daughters (India) at Gadiraju Palace, Visakhapatnam.
7. World Record for Yog Nidra Asana for 28 minutes and 19 seconds: Achieved by Simran Dheda (India).
8. World Record for Hanuman Asana for 8 minutes and 19 seconds: Achieved by Keerat Kaur Ghai (India).
9. World Record for Paschimottanasana for 23 minutes and 24 seconds: Achieved by Anika Rana (India).
10. World Record for Kailasasana for 8 minutes and 16 seconds: Achieved by Khushi Mittal (India).
11. World Record for Sarvangasana for 9 minutes and 1 second: Achieved by Chetna (India).
12. World Record for Ek Pad Skandhasana for 8 minutes and 19 seconds: Achieved by Arshia Gupta (India).
13. World Record for the World's Largest Painting Series Spanning 7 km with 150,000 Participants: Achieved by Saharanpur (India) under the leadership of Dr. Dinesh Chand Singh, IAS, on National Voters' Day.
14. Multiple World Records During Pregnancy by Dia Ahuja (India):
 - a) Warrior Pose for 3 minutes 8 seconds: Achieved at 36 weeks pregnant on April 29, 2023.
 - b) Setubandhasana for 3 minutes 13 seconds: Achieved at 36 weeks 2 days pregnant on May 1, 2023.
 - c) Tiger Pose for 1 minute 11 seconds: Achieved at 37 weeks 5 days pregnant on May 10, 2023.
 - d) Tree Pose for 3 minutes 26 seconds: Achieved at 33 weeks pregnant on April 8, 2023.
15. World Record for the World's Largest Painting Series Representing Yoga Spanning 7 km with 150,000 Students: Achieved by Saharanpur (India).
16. World Record in Ramdootasana for 35 minutes and 28 seconds: Achieved by Bhoomi Tiwari (India).
17. World Record in Rajkapotasana for 5 minutes and 26 seconds: Achieved by Bhoomi Tiwari (India).
18. World Record in Kamarmarod Asana for 12 minutes and 35 seconds: Achieved by Bhoomi Tiwari (India).
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24. World Record in Vajrasana for 45 minutes and 3 seconds: Achieved by Bhawana Shrivastava (India).
25. World Record in Shashankasana for 39 minutes and 11 seconds: Achieved by Anjali Bhardwaj (India).
26. World Record in Plawani Pranayama for 6 minutes in River Water: Achieved by Dr. Dileep Kumar Tiwari (India).
27. World Record in Bhujangasana by Differently 350 abled: 350 differently-abled participants, under the aegis of Samagra Shiksha Abhiyan, Bhagirath Seva Sansthan, Samagra Shiksha, and Basic Shiksha Vibhag, Ghaziabad, India, set a new world record on December 3, 2024, during the International Day of Persons with Disabilities. They performed Bhujangasana for 5 minutes with remarkable determination, courage, and audacity.
28. World Record in Youngest Yoga book author: Aarna Om Singh has become the youngest individual to author two consecutive books on yoga.
29. World Record in Aqua meditation Roma Hemwani (India), aged 57, set the world record for the longest duration of aqua meditation, lasting 1 hour 24 minutes, on World Meditation Day, December 21, 2024, at Hilton Garden Inn, Lucknow.
30. Aarana Om Singh also set a new world record by performing 131 cartwheels in 3 minutes and 56 seconds and 45 cartwheels in 1 minute, as registered in the Yogasana Book of World Record Council.





YOGASANA BOOK OF WORLD RECORD COUNCIL INDIA



The world record of performing Shirshasana for longest duration has been achieved by **Dr Dinesh Chand Singh, I.A.S** , District magistrate, Bahraich , Uttar Pradesh on 9 August 2022. He has created this record by performing Shirsha asana for 59 minutes and 15 seconds at the age of 52 years .The record is achieved during The Yoga camp by Rashtriya yoga, Bharati at Bahraich, Uttar Pradesh.

It is considered as new world record and registered in Yogasana book of world record.



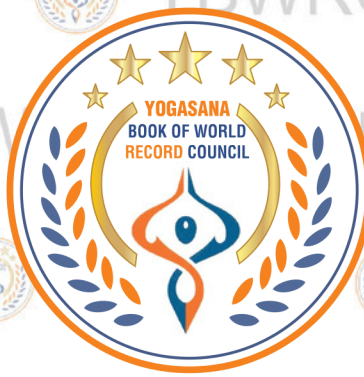
Record C. No.-YBWRC/1002/2023

Keepers of the Yogasana Book of World Record Council
07 January 2023

Malvika Bajpai
Founder & Chief Editor

Acharyashri Yash Parashar
Founder & C.E.O.





YOGASANA BOOK OF WORLD RECORD COUNCIL INDIA

Hav. Deepak Kumar

serving in Indian army since 2007 successfully climbed Mt. Ya lung Ning and Pt 5639 Ladakh summit in 2 hours. On 30th December he has created record of doing yogasana at 19000 ft. above sea level. It is considered as new world record and registered in Yogasana book

of world record



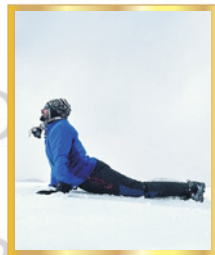
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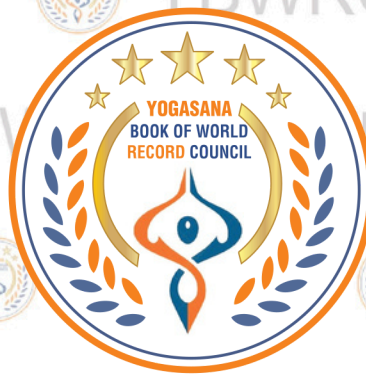
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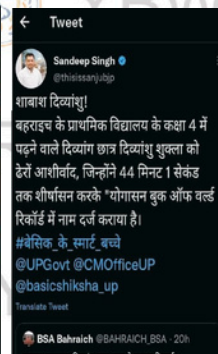


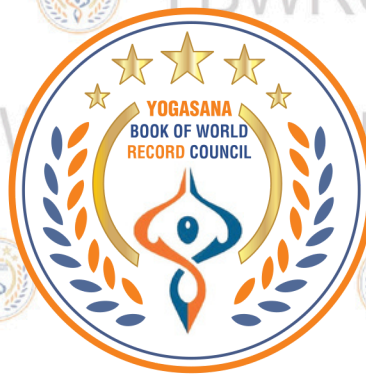


YOGASANA BOOK OF WORLD RECORD COUNCIL INDIA

Divyanshu Mishra, a differently-abled individual from Bahraich, Uttar Pradesh, set a world record by performing Shirshasana (headstand) for an impressive 44 minutes and 1 second. This extraordinary feat took place at Thakur Hukum Singh Kisan PG Degree College in Bahraich on 21 January 2023.

His accomplishment has been officially registered in the Yogasana Book of World Record Council.



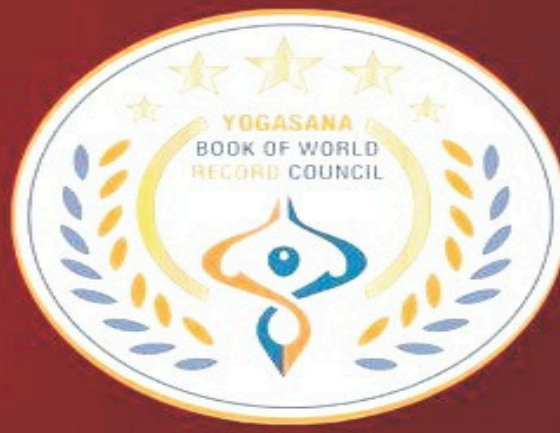


YOGASANA BOOK OF WORLD RECORD COUNCIL INDIA

Mrs. Tenka Kalyani 43 years, along with her two daughters, Bantupalli Juhi Vaishnavi Age 13 years & Bantupalli Krishi vaagdevi 11 years has set a remarkable world record by successfully holding the Pind Sayunkta Sarvanagasana for an impressive duration of 5 minutes and 2 seconds. The extraordinary feat was accomplished at Gadiraju Palace Beach Road, Visakhapatnam, on the 9th of January 2024.

This achievement is duly recognized and recorded as an outstanding accomplishment in the field of physical fitness and endurance. It is new record and has been Registered in Yogasana Book Of World Record Council.





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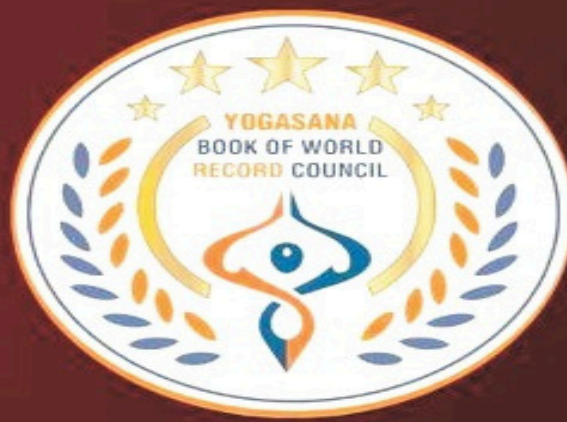
SIMRAN DEDHA World Record Holder



YOGASANA BOOK
OF WORLD RECORD COUNCIL



The World Record of Performing Yog Nidra Asana for the longest time, 28 minutes and 19 seconds, was achieved by SIMRAN DEDHA (INDIA) at Kirney Badminton Sport Academy Noida, Uttar Pradesh, India, on 24 January 2024. During the yoga camp organized by U.P. Yoga Association District G.B. Nagar. This is a New World Record and has been registered in the Yogasana Book of World Record Council.

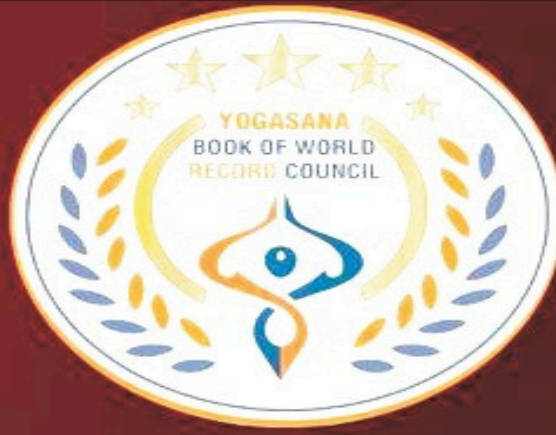


YOGASANA BOOK OF WORLD RECORD COUNCIL

ANIKA RANA World Record Holder



The World Record of Performing Pashchimottan Asana for the longest time, 23 minutes and 24 seconds, was achieved by ANIKA RANA (INDIA) at Kirney Badminton Sport Academy Noida, Uttar Pradesh, India, on 24 January 2024. During the yoga camp organized by U.P. Yoga Association District G.B. Nagar. This is a New World Record and has been registered in the Yogasana Book of World Record Council.

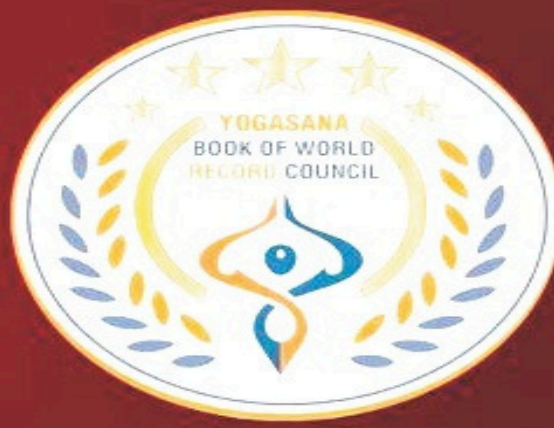


YOGASANA BOOK OF WORLD RECORD COUNCIL

ARSHIA GUPTA World Record Holder

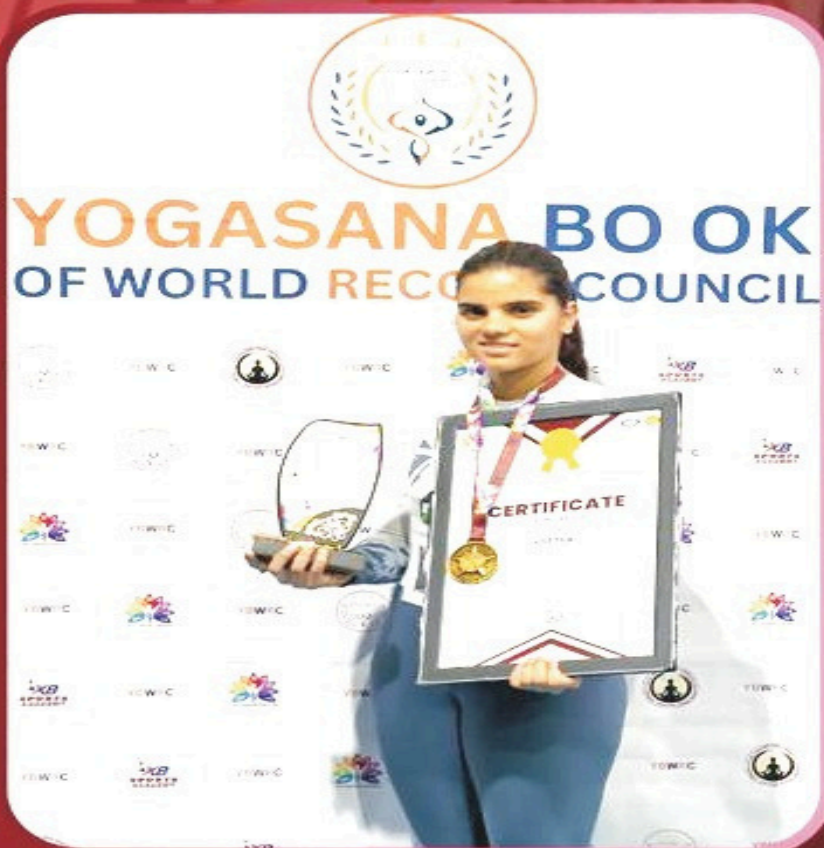


**The World Record of Performing
Ek-Pada-Skandh Asana for the
longest time,
19 minutes and 38 seconds,
was achieved by
ARSHIA GUPTA (INDIA)
at Kirney Badminton Sport
Academy Noida, Uttar Pradesh,
India, on 24 January 2024. During
the yoga camp organized by U.P.
Yoga Association District G.B.
Nagar. This is a New World
Record and has been registered
in the Yogasana Book of World
Record Council.**

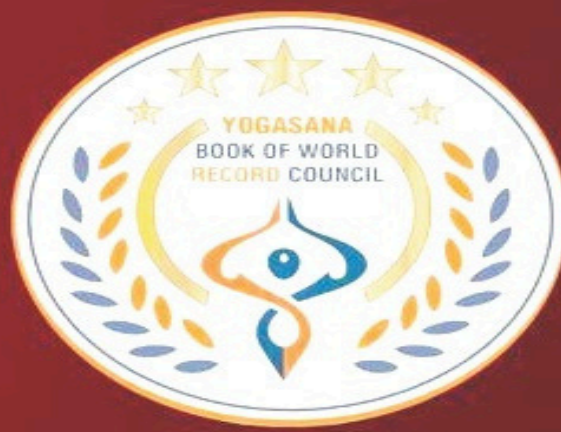


YOGASANA BOOK OF WORLD RECORD COUNCIL

CHETNA CHAUDHARY World Record Holder



**The World Record of
Performing Sarvang Asana for
the longest time,
09 minutes and 01 seconds,
was achieved by
CHETNA CHAUDHARY (INDIA)
at Kirney Badminton Sport
Academy Noida, Uttar Pradesh,
India, on 24 January 2024. During
the yoga camp organized by U.P.
Yoga Association District G.B.
Nagar. This is a New World
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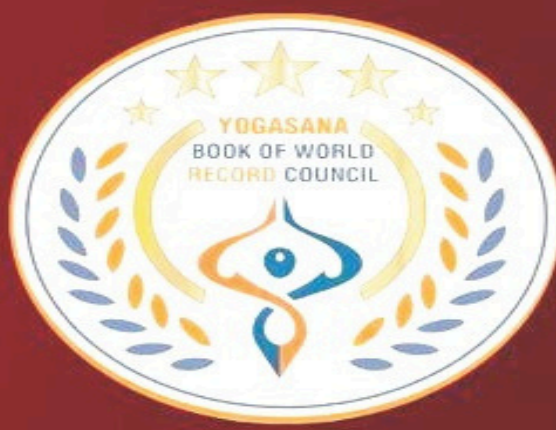
KEERAT KAUR GHAI World Record Holder



YOGASANA BOOK OF WORLD RECORD COUNCIL



The World Record of Performing Hanuman Asana for the longest time, 08 minutes and 19 seconds, was achieved by KEERAT KAUR GHAI (INDIA) at Kirney Badminton Sport Academy Noida, Uttar Pradesh, India, on 24 January 2024. During the yoga camp organized by U.P. Yoga Association District G.B. Nagar. This is a New World Record and has been registered in the Yogasana Book of World Record Council.



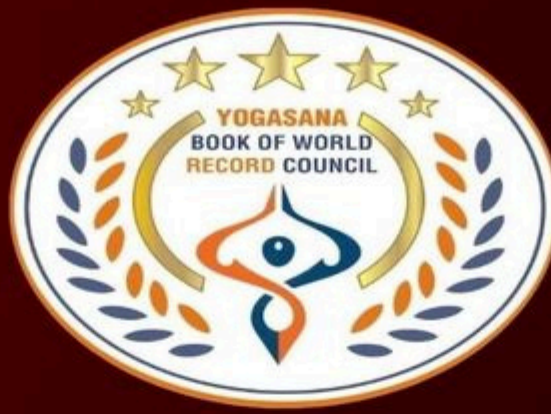
YOGASANA BOOK OF WORLD RECORD COUNCIL

KHUSHI MITTAL World Record Holder



The World Record of Performing Kailas Asana for the longest time, 08 minutes and 16 seconds, was achieved by KHUSHI MITTAL (INDIA) at Kirney Badminton Sport Academy Noida, Uttar Pradesh, India, on 24 January 2024.

During the yoga camp organized by U.P. Yoga Association District G.B. Nagar. This is a New World Record and has been registered in the Yogasana Book of World Record Council.



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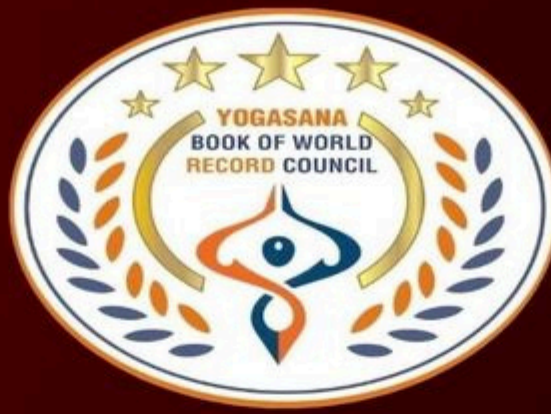
Tenka Kalyani & Daughter Trio World Record Holder



This is to certify that Mrs. Tenka Kalyani (43 yr) along with her two daughters, Bantupalli Juhi Vaishnavi (13 yr) old and Bantupalli Krishni Vaagdevi (11 Yr) has set a remarkable world record by successfully holding the Pind Sayunkta Sarvanagasana for an impressive duration of 5 minutes and 2 seconds. The extraordinary feat was accomplished at Gadiraju Palace Beach Road, Visakhapatnam, on the 9th of January.

This achievement is duly recognized and recorded as an outstanding accomplishment in the field of physical fitness and endurance. Congratulations to Mrs. T Kalyani and her daughters for their exceptional dedication and performance.

**It is new record and has been Registered in
Yogasana Book Of World Record Council.**



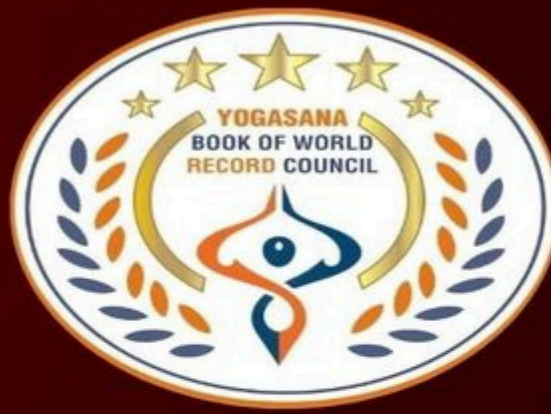
YOGASANA BOOK OF WORLD RECORD COUNCIL

Bhoomi Tiwari World Record Holder



The World Record for
Performing the Ramdootasana
for the Longest Duration 35 min.
27 sec. was achieved by
Bhoomi Tiwari (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the 10th
International YOGA Day
celebration at Moti Mahal
Vatika, Hazratganj, Lucknow,
Uttar Pradesh, India.

This remarkable achievement is
officially recognized and has
been registered in the Yogasana
Book of World Record Council.



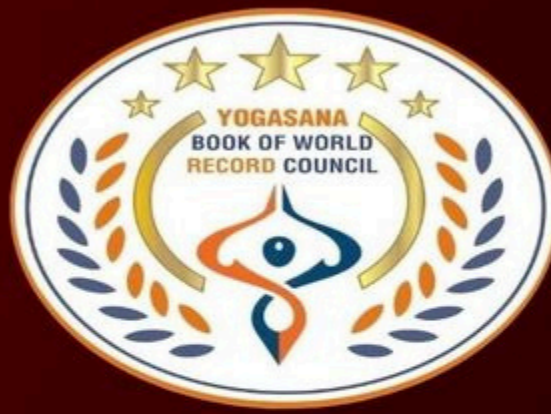
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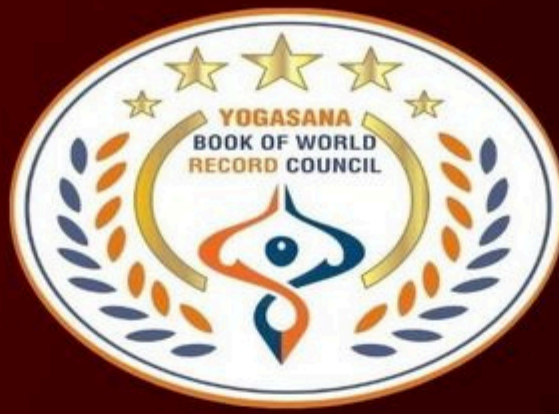
YOGASANA BOOK OF WORLD RECORD COUNCIL

Bhoomi Tiwari World Record Holder



The World Record for Performing the Rajkapot Asana for the Longest Duration 05 min. 26 sec. was achieved by Bhoomi Tiwari (INDIA) at Moti Mahal Vatika on 19 June 2024 during the 10th International YOGA Day celebration at Moti Mahal Vatika, Hazratganj, Lucknow, Uttar Pradesh, India.

This remarkable achievement is officially recognized and has been registered in the Yogasana Book of World Record Council.



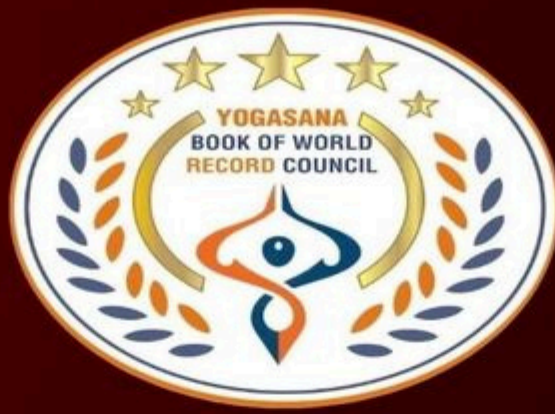
YOGASANA BOOK OF WORLD RECORD COUNCIL

Saumya Ojha World Record Holder



The World Record for performing
the Timyasana for the Longest
Duration 07 min. 15 sec.
was achieved by
Saumya Ojha (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the
10th International YOGA Day
celebration at Moti Mahal Vatika,
Hazratganj, Lucknow,
Uttar Pradesh, India.

This remarkable achievement is
officially recognized and has been
registered in the Yogasana Book of
World Record Council.



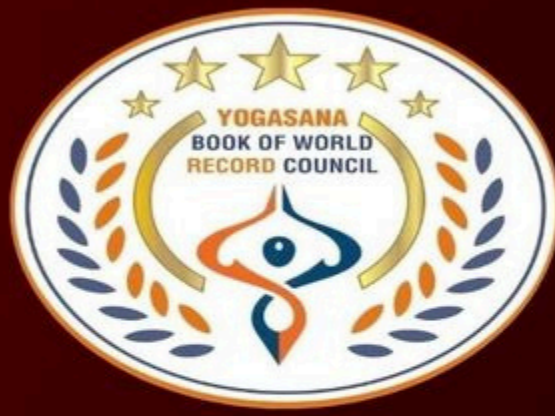
YOGASANA BOOK OF WORLD RECORD COUNCIL

Saumya Ojha World Record Holder



The World Record for Performing
the Parivartit Janu shirshasan for
the Longest Duration 23 min. 34sec.
was achieved by
Saumya Ojha (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the 10th
International YOGA Day celebration
at Moti Mahal Vatika, Hazratganj,
Lucknow, Uttar Pradesh, India.

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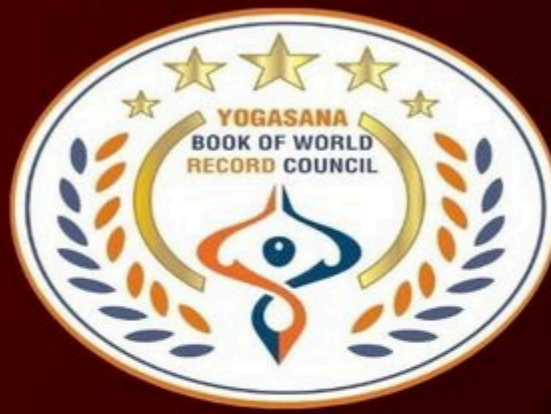
YOGASANA BOOK OF WORLD RECORD COUNCIL

Shrishti Sonkar World Record Holder



**The World Record for Performing
the Padputra Parivartit Janu
shirshasana
for the Longest Duration
33 min. 06 sec. was achieved by
Shrishti Sonkar (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the 10th
International YOGA Day celebration
at Moti Mahal Vatika, Hazratganj,
Lucknow, Uttar Pradesh, India.**

**This remarkable achievement is
officially recognized and has been
registered in the Yogasana Book of
World Record Council.**



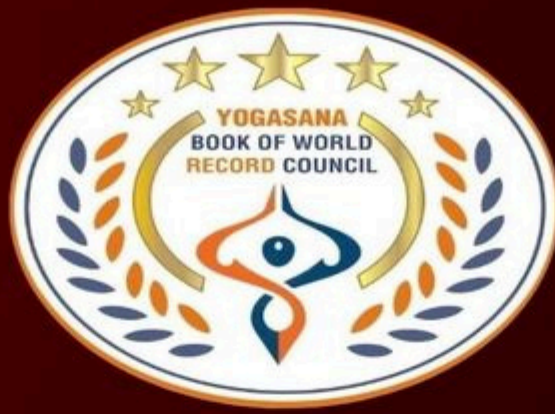
YOGASANA BOOK OF WORLD RECORD COUNCIL

Bhavana Shrivastava World Record Holder



The World Record for
Performing the Vajrasana
for the Longest Duration
45 min. 03 sec. was achieved by
Bhavana Shrivastava (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the 10th
International YOGA Day celebration
at Moti Mahal Vatika, Hazratganj,
Lucknow, Uttar Pradesh, India.

This remarkable achievement is
officially recognized and has been
registered in the Yogasana Book of
World Record Council.



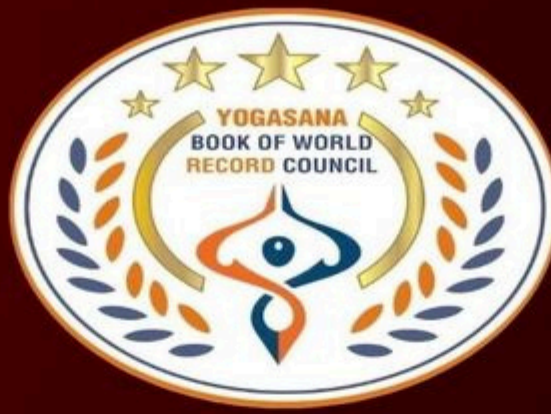
YOGASANA BOOK OF WORLD RECORD COUNCIL

Anjali Bhardwaj World Record Holder



The World Record for
Performing the Shashankasana
for the Longest Duration
39 min. 11 sec. was achieved by
Anjali Bhardwaj (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the 10th
International YOGA Day celebration
at Moti Mahal Vatika, Hazratganj,
Lucknow, Uttar Pradesh, India.

This remarkable achievement is
officially recognized and has been
registered in the Yogasana Book of
World Record Council.



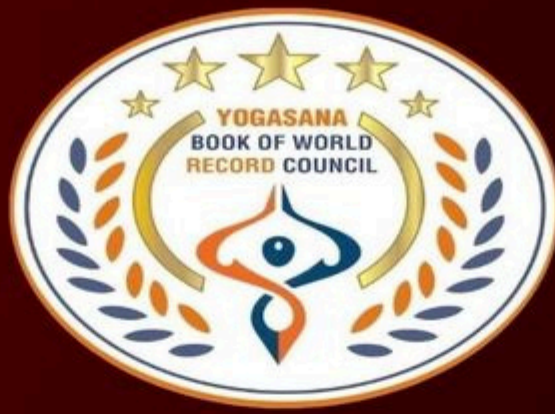
YOGASANA BOOK OF WORLD RECORD COUNCIL

Aarna Khurana World Record Holder



The World Record for Performing the Supt Titibhasana for the Longest Duration 33 min. 06 sec. was achieved by Aarna Khurana (INDIA) at Moti Mahal Vatika on 19 June 2024 during the 10th International YOGA Day celebration at Moti Mahal Vatika, Hazratganj, Lucknow, Uttar Pradesh, India.

This remarkable achievement is officially recognized and has been registered in the Yogasana Book of World Record Council.



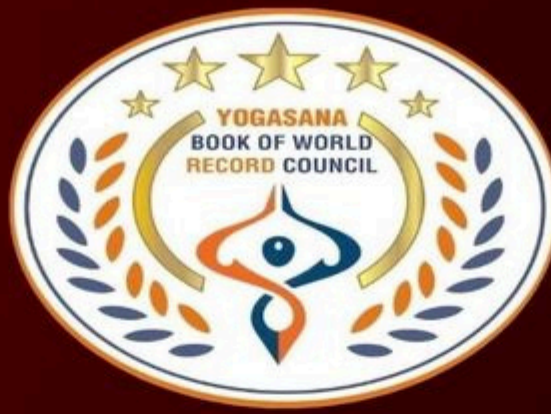
YOGASANA BOOK OF WORLD RECORD COUNCIL

Aarna Khurana World Record Holder



The World Record for
Performing the
Padma Chakrasana
for the Longest Duration
02 min. 31 sec. was achieved by
Aarna Khurana (INDIA)
at Moti Mahal Vatika
on 19 June 2024 during the 10th
International YOGA Day celebration
at Moti Mahal Vatika, Hazratganj,
Lucknow, Uttar Pradesh, India.

This remarkable achievement is
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registered in the Yogasana Book of
World Record Council.

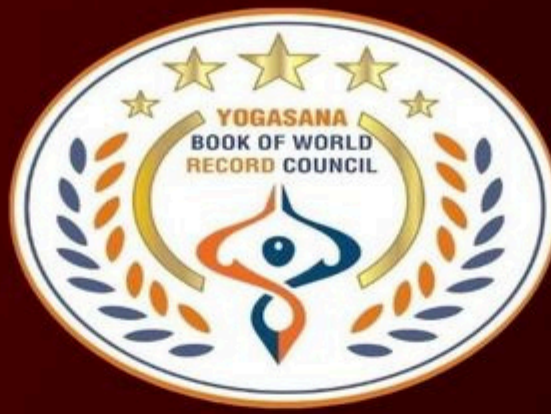


YOGASANA BOOK OF WORLD RECORD COUNCIL

Dia Ahuja World Record Holder



DIA AHUJA
born on 14 February 1982
from Lucknow (India), Dia Ahuja
set a World Record on
29th April 2023 has created
by holding the **WARRIOR POSE**
on for the longest time
3 minute 08 second during
her 36 week of pregnancy.
This is a new world record for the
longest time holding the warrior
pose by a pregnant woman.
The Record has been Officially
registered in
**Yogasana Book of World Record
Council.**

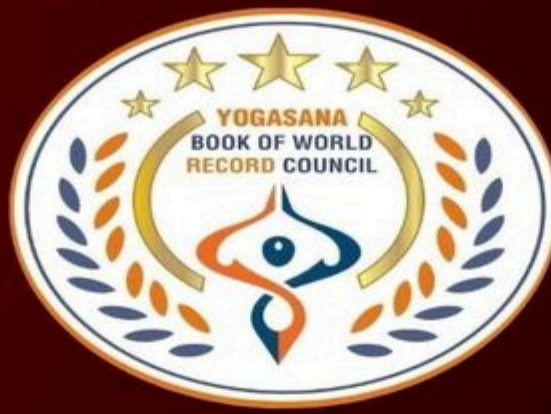


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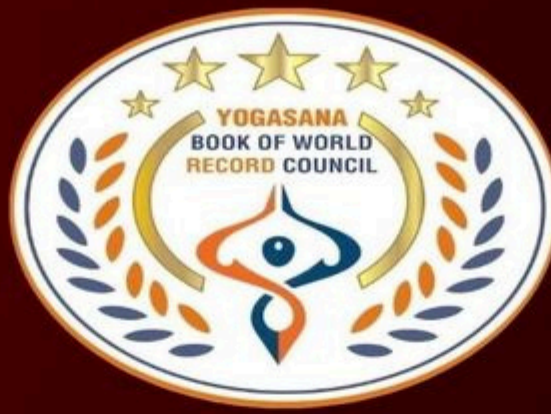


YOGASANA BOOK OF WORLD RECORD COUNCIL

Dia Ahuja World Record Holder



DIA AHUJA
born on 14 February 1982
from Lucknow (India) has created
a world record by holding the
TIGER POSE on 10th May 2023
for the longest time for
1 minute 11 second during her
37 week 5 Days of pregnancy.
This is the new world record even
made by a pregnant woman.
This has been recorded as a new
world record and registered in
Yogasana Book of World Record
Council.

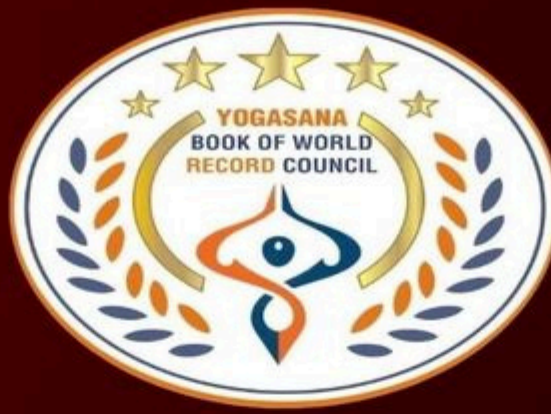


YOGASANA BOOK OF WORLD RECORD COUNCIL

Dia Ahuja World Record Holder



DIA AHUJA
born on 14 February 1982
from Lucknow (India) has created
a world record by holding the
TREE POSE on 8th April 2023
for the longest time for
3 minute 26 second during her
33 week of pregnancy.
This is the new world record even
made by a pregnant woman.
This has been recorded as a new
world record and registered in
Yogasana Book of World Record
Council.



YOGASANA BOOK OF WORLD RECORD COUNCIL

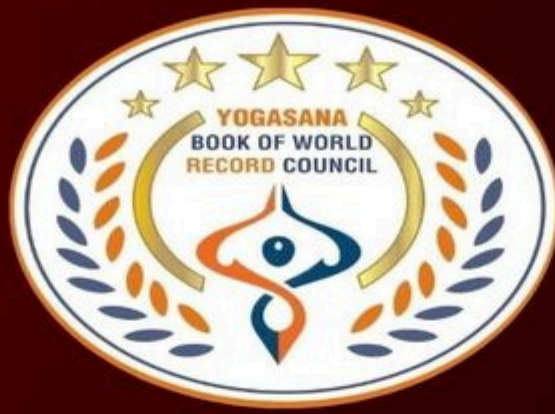
Aarna Om Singh World Record Holder



This is to certify that Aarana Om Singh has achieved the remarkable distinction of being the youngest individual to author two consecutive books on yoga.

This exceptional accomplishment has been officially recognized and registered by the Yogasana Book of World Record Council.

**131 cartwheels in 3 min 56 sec
45 cartwheels in one minute**



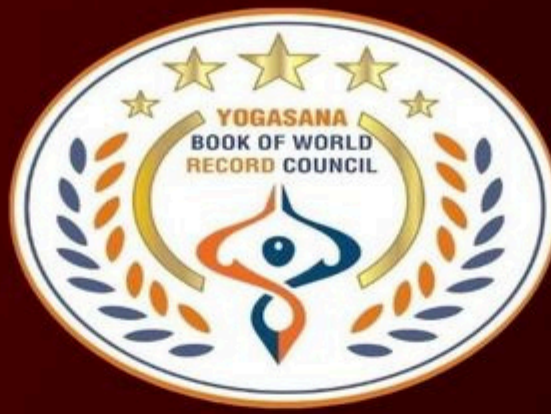
YOGASANA BOOK OF WORLD RECORD COUNCIL

Mrs. Roma Hemwani World Record Holder



The world record for the longest duration of aqua meditation was achieved by Roma Hemwani (India), aged 57 years, on the occasion of World Meditation Day, 21 December 2024, at Hilton Garden Inn, Vibhuti Khand, Lucknow.

This new world record has been officially registered in the Yogasana Book of World Record Council.



YOGASANA BOOK OF WORLD RECORD COUNCIL

Dr. Dileep Kumar Tiwari World Record Holder

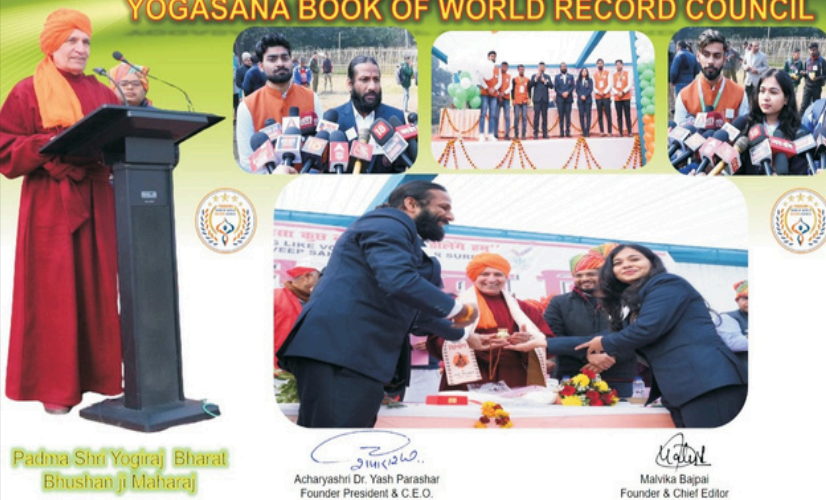


**The World Record for
Performing
PALAWANI PRANAYAMA IN
river water for the longest
duration of 6 minutes has
been achieved by
DR. DILEEP KUMAR TIWARI
(INDIA) is a 39 year's old male
and the Head of the
Department of Yogic Science
at AKS University, Satna**



YOGASANA BOOK OF WORLD RECORD COUNCIL INDIA

YOGASANA BOOK OF WORLD RECORD COUNCIL



Padma Shri Yogiraj Bharat Bhushan ji Maharaj

Acharyashri Dr. Yash Parashar
Founder President & C.E.O.

Malvika Bajpai
Founder & Chief Editor

UNIQUE WORLD RECORD



Dr. Dinesh Chandr Singh
(IAS)
District Magistrate and Chief
Electoral Officer of
Saharanpur

"This unique idea is being accomplished under the direction and Supervision of Election commission of India and Chief electoral officer (CEO) Uttar Pradesh"



The world's largest painting series has been made in Saharanpur in which 7000 canvas have been added and a painting series has been created over a range of 7 kilometers which is the largest painting series in the world till date. It has been created and witnessed by 1.5 lakh students and electorals of district Saharanpur.

This painting series has been made on the occasion of National Voters' Day on 25th January 2024 to make people aware of the right to vote and adopt a healthy lifestyle. The innovative idea and record work have been done under the dynamic leadership of Dr. Dinesh Chandra Singh IAS, District Election Officer of Saharanpur with the initiative of all the public representatives and the entire district administration of Saharanpur, U.P. (INDIA) a world record has been established. Team Saharanpur is highly thankful for the motivation and support of the Honourable Election commission of India and Honourable Chief electoral officer (CEO) Uttar Pradesh. Special thanks to the electorals of district Saharanpur, School and college students, print media and all the political parties, who helped and supported DEO Team Saharanpur to create such a wonderful record.

We wish this record will motivate the electorals to vote ethically. We are also hopeful to expect an increase in the voter turnout in the forthcoming General Lok Sabha election 2024.

It is considered as a new world record and has been registered in the Yogasana Book of World Record Council.

Acharyashri Dr. Yash Parashar
Founder President & C.E.O.

Malvika Bajpai
Founder & Chief Editor

"7000 Canvas Painting world record in History at Dist.Saharanpur"



DM.Dinesh Chandr Singh (IAS) gave hearty warm wishes to Acharyashri Yash Parashar(CEO & Founder Prisedent of YBWRC) and Malvika Bajpai (Founder & Chief Editor of YBWRC) and their whole entire team of Yogasana Book of World Records Council for achieving success in the field of Yoga. Even District Magistrate proudly said that he also associated with the yoga Family.

He said as per report National Voters' Day was celebrated with great enthusiasm at Company Bagh, Saharanpur on thursday. Which was inaugurated by lighting the lamp in front of the idol of Lord Ganesha. Young, disabled and elderly voters were honored on this occasion. During this, an oath was also administered to the people present for 100% voting.

The main objective behind the celebration is to encourage, facilitate, and maximise enrolment, especially for new voters.



25.01.24

सहारनपुर

सिटी वेब
न्यूज



राष्ट्रीय मतदाता दिवस पर
सहारनपुर ने बनाया वर्ल्ड रिकॉर्ड



YOGASANA BOOK
OF WORLD RECORD COUNCIL

An ISO 9001 : 2015 Certified Organization Regd. with MCA Govt. of India under NITI AAYOG

Date :



DML Dinesh Chandr Singh (IAS) gave hearty warm wishes to Aacharyashri Yash Parashar (CEO & Founder President of YBWRC) and Malvika Bajpai (Founder & Chief Editor of YBWRC) and their whole entire team of Yogasana Book of World Records Council for achieving success in the field of Yoga. Even The District Magistrate proudly said that he also associated with the Yoga family.

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Malvika Bajpai
Founder & Chief Editor
Yogasana Book Of World Record Council



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+911204442380.



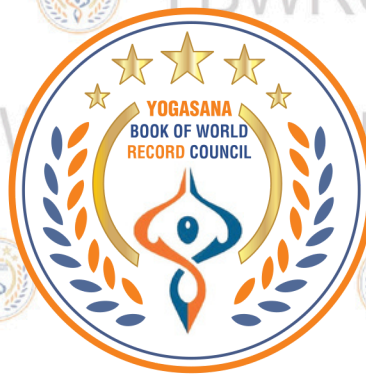
yogasanabookworldrecord@gmail.com



www.yogasanabookwrc.com

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YOGASANA BOOK OF WORLD RECORD COUNCIL **INDIA**

Dia Ahuja born on 14 February 1982 from Lucknow (India) has created a world record by holding the warrior pose on 29th April 2023 for the longest time for 3 minutes 08 seconds during her 36 week of pregnancy. This is the new world record ever made by a pregnant woman. This has been recorded as a new world record and registered in Yogasana Book of World Record Council.

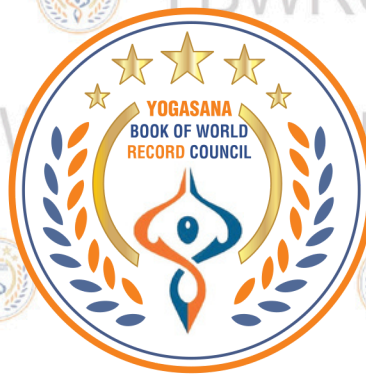


**Record C. No.-YBWRC/SCRH/000002
Keepers of the Yogasana Book of World Record Council
08 May 2024**

***Dia Ahuja born on 14 February 1982 from Lucknow (India) has created a world record by holding the tree pose on 8th April 2023 for the longest time for 3 minutes 26 seconds during her 33rd week of pregnancy.*This is the new world record ever made by a pregnant woman. This has been recorded as a new world record and registered in Yogasana Book of World Record Council.**



**Record C. No.-YBWRC/SCRH/000005
Keepers of the Yogasana Book of World Record Council
08 May 2024**



YOGASANA BOOK OF WORLD RECORD COUNCIL **INDIA**

Dia Ahuja born on 14 February 1982 from Lucknow (India) has created a world record by holding the Setubandhasana on 1st May 2023 for the longest time for 3 minutes 13 seconds during her 36 week 2 Days of pregnancy. This is the new world record ever made by a pregnant woman. This has been recorded as a new world record and registered in Yogasana Book of World Record Council.



Record C. No.-YBWRC/SCRH/000003

**Keepers of the Yogasana Book of World Record Council
08 May 2024**

Dia Ahuja born on 14 February 1982 from Lucknow (India) has created a world record by holding the Tiger Pose on 10th May 2023 for the longest time for 1 minutes 11 seconds during her 37th week 5 Day of pregnancy. This is the new world record ever made by a pregnant woman. This has been recorded as a new world record and registered in Yogasana Book of World Record Council.



Record C. No.-YBWRC/SCRH/000004

**Keepers of the Yogasana Book of World Record Council
08 May 2024**

WORLD'S GRETEST RECORDS



Mass record of 216 Suryanamaskars consisting of a total of 2592 steps has been created in 88 mint by members of Aum Free Yoga center under the Supervision of Mr Chilaka Venkata Ramesh and T Kanyani ji at Gadiraju palace beach road Visakhapatnam, Andhra Pradesh on 9th January 2024. This remarkable feat has been achieved by the members through their unwavering courage and consistent efforts and is truly an exemplar for the society. Heartiest Congratulations to you all amazing Yogies .



YOGASANA BOOK OF WORLD RECORD COUNCIL

An ISO 9001 : 2015 Certified Organization
Regd. with MCA Govt. of India under NITI AAYOG

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