
योग टी — शर्ट विशिष्टता

Yoga T — Shirt Specification

ICS 11.120.10

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Price Group 9

FOREWORD

This Indian Standard was adopted by Bureau of Indian Standards, after the draft finalized by Yoga Sectional Committee had been approved by the Ayush Division Council.

The draft Indian Standard will be adopted by Bureau of Indian Standards on the recommendation of the Yoga Sectional Committee and approval of the AYUSH Divisional Council.

Yoga is a state of the art for excellent living. Yoga helps and rejuvenates not only physical well-being but also mental and spiritual. A Yoga has gained popularity all over the world. Hence every year on 21st June, 2021, we do celebrate International Day of Yoga. The practice of Yoga is now captivating many fitness enthusiastic. Yoga is a vehicle and people can use to stretch and strength their bodies, mind and spirit.

Various Yoga postures involved movements from static to dynamic like suryanamaskar, tadasana , etc. While performing Yoga practices, a practitioner has to take care of his /her dress in terms of its Stretch ability, durability, breathing and affordability. Though most of the people find loose clothes idea for Yoga practice, it is not necessarily comfortable. In fact, we should avoid wearing very loose and very light clothes.

In society, Yoga dresses are available in various forms. They need to be designed in such a way that while performing Yoga practices, Yoga dresses enhance their ability to focus on their performance and moreover it should be easily, comfortably, gracefully and lesser difficult for them.

Formulation of Indian Standard for the Yoga Dresses would help the Yoga practitioners and students of Yoga and other Yoga enthusiasts to get access to a standardized Yoga accessory which is durable and easily accessible.

Considerable assistance was received from the Textile Department, BIS in formulation of this Indian Standard.

The composition of the committee responsible for the formulation of this standard is given in Annex A.

For the purpose of deciding whether a particular requirement of this standard is complied with the final value, observed or calculated expressing the result of a test or analysis shall be rounded off in accordance with IS 2 : 1960 'Rules for rounding off numerical values (revised)'. The number of significant places retained in the rounded off value should be the same as that of the specified value in this standard.

Yoga T — Shirt Specification

1. SCOPE

1.1 This standard prescribes the requirements of cotton elastane blend, plain or pique knitted Yoga t-shirts.

1.2 This standard does not specify the general appearance, lustre, feel and shade of the Yoga t-shirts.

2. REFERENCE

The standards given below contain provisions which through, reference in this text, constitute provisions of this standard. At the time of publication, the editions indicated were valid. All standards are subject to revision, and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent editions of the standards.

- IS 1720: 1978 Specification for cotton sewing threads (second revision).
- IS 3596: 1967 Glossary of terms relating to hosiery.
- IS 4375: 2019 Specification for men's cotton knitted sports shirt/T-shirt (second revision)
- 105-C10: 2006 Textiles — Tests for colour fastness: Part C10 Colour fastness to washing with soap or soap and soda
- 105-E04:2008 Textiles— Tests for colour fastness: Part E04 Colour fastness to perspiration
- 397(Part1):2003 Methods for statistical quality control during production: Part 1 Control charts for variables
(*second revision*)
- 667 : 1981 Methods for identification of textile fibres (first revision)
- 686 : 1985 Methods for determination of colour fastness of textile materials to daylight (first revision)
- 766 : 1988 Method for determination of colour fastness of textile materials to rubbing (first revision)
- 1390:1983 Methods for determination of pH value of aqueous extracts of textile materials (first revision)
- 1720 : 1978 Specification for cotton sewing threads (second revision)
- 2454 : 1985 Methods for determination of colour fastness of textile materials to artificial light (Xenon lamp)
(*first revision*)
- 3086 : 1965 Code for seaworthy packaging of cotton hosiery yarn and goods
- 3325 : 1965 Code for inland packaging of cotton hosiery yarn and goods
- 6359 : 1971 Method for conditioning of textiles
- 10971 (Part 2) Textiles — Determination of fabric propensity to surface fuzzing and to pilling: Part 2 Modified martindale method (*first revision*)
- 14563(Part1):1998 Textiles — Determination of formaldehyde: Part 1 Free formaldehyde
- 14563(Part2):1999 Textiles—Determination of formaldehyde: Part 2 Released formaldehyde
- 15570 : 2005 Textiles — Method of test — Detection of banned azo colorants in coloured textiles
- 15651 : 2006 Textiles — Requirements for environmental labelling — Specification
- 16322-3 : 2005 Textiles — Determination of spirality after laundering: Part 3 Woven and knitted garments
- ISO 1833-20:2018 Textiles — Quantitative chemical analysis — Part 20: Mixtures of elastane with certain other fibres (method using dimethyl acetamide)
- ISO 4915 : 1991 Textiles - Stitch types - Classification and terminology.

IS 9469 : 2003 Textiles — Fabric, cotton, plain (Single Jersey) Knitted [TXD 10: Hosiery]

IS 13003 : 1991 Textiles — Fabric, cotton, interlock-knitted [TXD 10: Hosiery]

3. TERMINOLOGY

For the purpose of this standard, the definitions given in IS 3596 shall apply.

4. TYPES

The Yoga T-shirt shall be of any one of the following four types:

- a. *Type 1* - Round neck Yoga t-shirt: Half sleeve (*see* Fig. 1),
- b. *Type 2* - Round neck Yoga t-shirt: Full sleeve (*see* Fig. 2),
- c. *Type 3* - Collar Yoga t-shirt: Half sleeve (*see* Fig. 3) and
- d. *Type 4* - Collar Yoga t-shirt: Full sleeve (*see* Fig. 4).

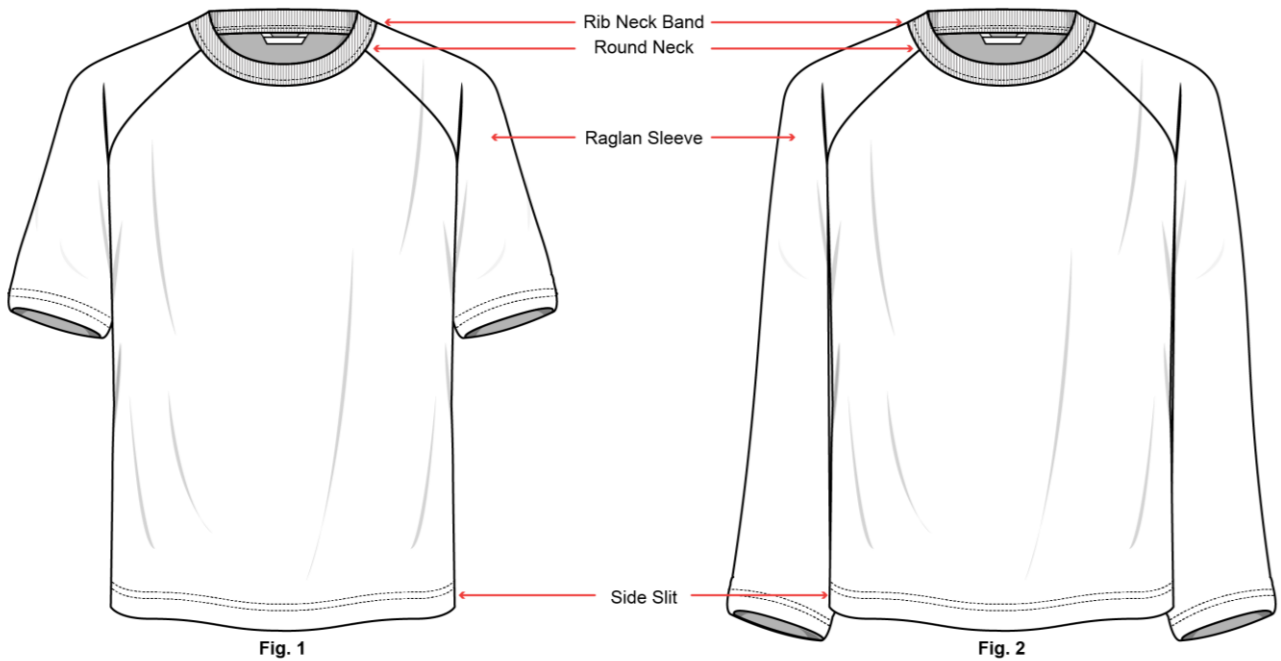


Fig. 1

Fig. 2

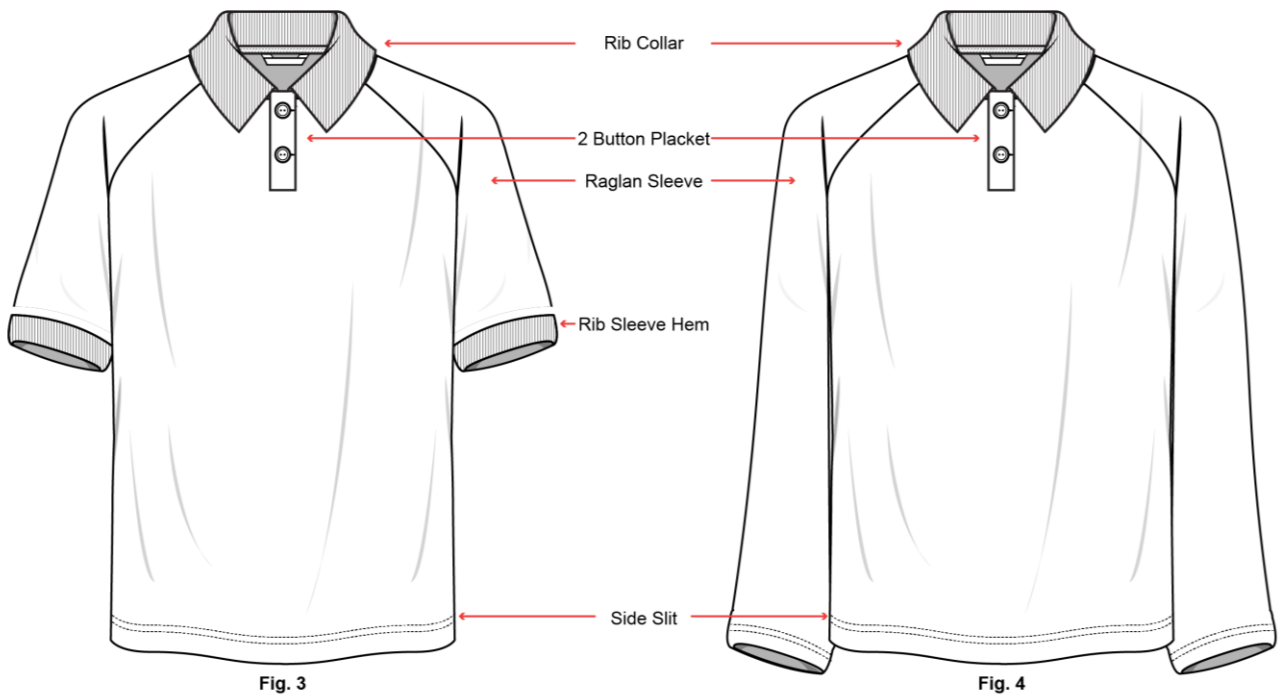


Fig. 3

Fig. 4

5. MANUFACTURE

5.1 Seams and Stitches

5.1.1 For stitching various portions of the Yoga t-shirt, the type of stitches and count of sewing thread used shall apply IS 4375:2019. The sewing thread shall conform to IS 1720. In the case of dyed/printed Yoga T-shirt, the sewing thread should be of a matching shade.

5.1.2 The number of stitches shall not be less than 4 stitches per cm.

5.1.3 Workmanship

5.1.3.1 The seam types and classification are as per the standards of ISO 4915 : 1991.

Table 1 Seams and Stitches
(Clause 5.1.3)

Location	Type of Stitch	Seam type	Thread in needle	Thread in looper
(1)	(2)	(3)	(5)	(6)
Shoulder seam	SNL S	Class 2 - Lapped Seam	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]
Collar	SNL S	Class1 Superimpose Seams	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]
Neck binding	Chain stitch	Class 3 - Bound Seam	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]
Placket	SNL S	Class 1 - Superimpos ed Seams, Class 6 - Edge Neatening	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]
Side seam	5- Thread Overlo ck	Class 1 - Superimpos ed Seams	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]
Bottom hem	Flatloc k	Class 3 - Bound Seam	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]

Hanger loop	Chain stitch	Class 1 - Superimpos ed Seams	100 % Cotton 30 Tex [2 Fold]	100% Polyester Filament, 40 Tex [3 Folded]
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(Note: SNLS = Single Needle Lock Stitch)

5.1.3.2 Yoga T-shirt shall be sewn using 100% Cotton 30 Tex (2 fold) in needle and 100% filament polyester 40 Tex (3 fold) in looper, of matching colour to the fabric shall be used for all the seams and stitches.

5.1.3.3 A shoulder seam, neck seams shall to be stitched with 5 thread over lock and single needle lock stitch for finishing the raw edges of seam.

5.1.3.4 Sleeve arm hole, side seam shall be stitched with 5 thread over lock.

5.1.3.5 Bottom hem and sleeve hem shall be stitched with 2 needle chain stitch of not less than 6 mm width, with hem folding at sleeve ends and bottom shall be depth of 20 mm ± 2 mm using flat lock machine.

5.1.3.6 Suitable reinforcement (neck binding) of 10 mm ±2 mm shall be provided to cover the raw seam edges of neck rib and back panel attachment by using the same body fabric.

5.1.3.7 A hanger loop piece made of narrow woven twill tape of half (fold) length 03 cm and width not less than 4 mm shall be attached to the neck binding and back panel attachment seam. It shall be positioned at right side of the label with clear gap of about 03 cm apart.

5.1.3.8 All the seams and stitches shall be uniform and even sewing thread tension throughout the product.

5.1.3.9 The number of stitches shall not be less than 40 stitches per dm and all the stitches shall be fasted off.

5.2 Yoga T-shirt

5.2.1 The collar, welts at elbow ends of the sleeves or cuffs may be made from rib-knitted fabrics, as desired by the buyer.

5.2.2 The dimensions of collar, and number of buttons to be provided (for reference in Fig 3 and Fig 4) and the length and width of the placket shall be as agreed to between the buyers and the sellers. If desired by the buyers, slide fasteners or press buttons of good quality may be provided in place of buttons.

5.2.3 The Yoga T-shirts may also be embroidered/ printed with motifs or designs as desired by the buyers.

5.3 Freedom from Defects

The Yoga t-shirt should be free from manufacturing defects, such as mends, ladders, dropped stitches, improper reinforcement, missed stitches at the stitched parts, badly sewn and mispositioned buttons, malformed button holes, chemical damages, and dyeing defects, such as streakiness and uneven dyeing.

6. REQUIREMENTS

6.1 Fabric

The Yoga t-shirt shall be tailored from evenly and well-knitted plain knit, pique knit, or interlock knit fabric having the construction particulars given in Table 2. The fabric shall be bleached, dyed or printed to the required shade.

6.1.1 The GSM shall be determined by the method given in Table 2.

Table 2 Construction of Knitted Fabrics*(Clause 6.1)*

Structure	Gauge of the machine	Approximate Count of Yarn - Cotton Count (Tex)	GSM, Min
Plain Knit	22 - 26	32s (18.5) to 45s (13)	120 - 140
Pique	20 - 24	34s (17) to 60s (9.8)	140 - 160
Interlock	20 - 24	34s (17) to 60s (9.8)	140 - 160

GSM Tolerance: = ± 5

* As determined by number of needles per 2.5 cm.

6.2 Dimensions

The dimensions of Yoga t-shirt when measured by the method prescribed in B-2 (see Annex B) shall conform to the requirements of Table 3. The dimensions of Yoga T-shirts have been given only for reference purposes.

NOTE — Size of the Yoga T-shirt is denoted by a number which has numerical value of chest girth in centimetres. *Example:* An 80 size Yoga T-shirt represents a shirt with chest girth of 80 cm.

Table 3 Dimensions of a Yoga T-shirt*(Clause 6.2)*

SI No.	Size	Across Chest at Armhole	Front Length from HPS	Half Raglan Sleeve Length from Center Back	Full Raglan Sleeve Length from Center Back	Armhole Girth	Sleeve Opening	Neck Width [Seam to Seam]	Across Shoulder
1	2	3	4	5	5	6	7	8	9
		A	B	C	D	E	F	G	H
i)	XS	47	68	16	32	41	15.5	17	40
ii)	S	49.5	70	17	33	43	16	17.5	42
iii)	M	52	72	18	34	45	16.5	18	44
iv)	L	54.5	74	19	35	47	17	18.5	46
v)	XL	57	76	20	36	49	17.5	19	48
vi)	2XL	59.5	78	21	37	51	18	19.5	50
vii)	3XL	62	80	22	38	53	18.5	20	52
viii)	4XL	64.5	82	23	39	55	19	20.5	54
	<i>Grading (cm)</i>	2.5	2	1	1	2	0.5	0.5	2
	<i>Tolerance (cm)</i>	1	0.75	0.5	0.5	0.75	0.2	0.2	1

6.3 Other Requirements

The Yoga t-shirt shall satisfy the other requirements as given in Table 4.

Table 4 Requirements of Yoga T-Shirt
(Clause 6.3)

Sl No. (1)	Characteristic (2)	Requirement (3)	Method of Test, Ref to (4)
1	Fibre composition (Body, neck band and sleeve)	95% cotton & 5% elastane (+/-5%)	IS 667/IS 17538
2	Type of knit a) Body and sleeve b) Neck band	a. 1 Plain	Visual
		a. 2 Pique	
		a. 3 Interlock	
		b. 1 Self	
b. 2 1 x 1 Rib			
3	Mass of fabric (GSM)	Refer to Table 2 (Clause 6.1)	IS 1964
4	Bursting strength, kPA, Min	600 for cotton	IS 1966 (Part 1)
5	Pilling resistance (18000 rev) for cotton only	4 or better	IS 10971 (Part 1)
6	Dimensional change after washing, (wales and course), percent, Max	± 3	IS 10099 and IS 15370 (Procedure C)
7	Spirality/Skewness, percent, Max	5	IS/ISO 16322-3 (Procedure A)
8	Wettability of cotton fabrics, Max	35	IS 2349
9	Nature of dye	Vat dye for cotton	IS 4472 (Part 1)
10	pH value of aqueous extract	6.0 to 8.5	IS 1390
11	Colour fastness to light	5	IS/ISO 105 B02
12	Colour fastness to rubbing a) Dry b) Wet	4	IS/ISO 105 X12

6.4 Sealed Sample

If in order to illustrate or specify the indeterminable characteristics, such as general appearance, lustre, feel and colour of Yoga t-shirt, a sample has been agreed upon and sealed, the supply shall be in

13	Colour fastness to washing for cotton fabric (a) Change in colour Staining (b) on adjacent fabric	4	IS/ISO 105 C10
14	Colour fastness to perspiration (Acidic and alkaline) (a) Change in colour (b) Staining on adjacent fabric	4	IS/ISO 105 E04

conformity with the sample in such respects.

6.4.1 The custody of the sealed sample shall be a matter of prior agreement between the buyers and the sellers.

6.5 Topical Treatments/ Finishings (Optional)

The below mentioned chemical/mechanical treatments/finishes may also be applied on the Yoga t- shirt, at any stage of production (fiber, yarn, fabric or directly on the garment)

- UV Finish
- Anti Microbial Finish
- Anti Static Finish
- Anti Pilling Finish
- Anti Odour Finish
- Moisture Management
- Wrinkle - Resistant Finish
- Mercerisation
- Calendering
- Singeing

7 ADDITIONAL REQUIREMENT FOR ECO-MARK (OPTIONAL)

7.1 General Requirements

7.1.1 Cotton knitted Yoga t-shirt shall conform to the requirements of quality specified in this standard.

7.1.2 The manufacturers shall produce the consent clearance as per the provisions of Water (Prevention and Control of Pollution) Act, 1974 and Air (Prevention and Control of Pollution) Act, 1981, Water (Prevention and Control of Pollution) Cess Act, 1977, respectively, along with the authorization, if required under Environment (Protection) Act, 1986 and the rules made thereunder to the Bureau of Indian Standards while applying for ECO-Mark. Additionally, the manufacturer shall produce documentary evidence on compliance of the provisions related to noise level and occupational health under the provisions of Factories Act, 1948 and rules made thereunder.

7.1.3 The product packaging may display in brief the criteria based on which the product has been labeled environment friendly.

7.1.4 The material used for product packaging shall be reusable or made from recyclable or biodegradable materials.

7.1.5 Fatty alcohol based non-ionics as emulsifier should be used wherever required.

7.1.6 Polyhalogenated based phenolic fire retardants shall not be used.

7.2 Specific Requirements

7.2.1 Cotton knitted Yoga t-shirt shall confirm to the requirements given in Table 5.

Table 5 Specific Requirements for ECO-Mark

(Clause 7.2.1)

S.No	Parameter*	Max, Limit, mg/kg (ppm)		Method of Test, Ref to
		Close to Skin Clothing	Outer Wear Fabrics	
(1)	(2)	(3)	(4)	(5)
1	Free and releasable formaldehyde	75	300	IS 14563 (Part 1 and 2)
2	Ex tractable artificial sweat/salvia heavy metals mercury	0.1	0.1	IS 15651
3	Chromium III*	0.1	0.1	-
4	Chromium VI*	Nil (Below detectable limit)	Nil	-
5	Sum parameters (as lead) *	10.0	10.0	-
6	Pentachlorophenol (PCP)	0.5 (Detectable limit using GC-MS)	0.5	IS 15651
7	Volatile hydrocarbons (non-halogens)*	150	150	-
8	Volatile halogenated Organics*	200	200	-
9	Pesticides (sum parameter)	1.0	1.0	IS 15651
10	Banned pesticides	Nil (Below detectable limit)	Nil	IS 15651
11	pH of aqueous extract	4.0 -7.5	4.0 -7.5	IS 1390
12	Coupled amines released from azo dyes (sum parameter)	50 (Detectable limit using GC-MS)	50	IS 15570

* The method of tests for Eco-parameters are being developed by the Textiles Committee of Bureau of Indian Standards. Till the methods of test are standardized, the manufacturer shall declare conformance taking into consideration the chemicals auxiliaries and dyes use.

8 MARKING

8.1 A suitable cloth label made of woven cotton, taffeta/ satin or fusing type or a heat transfer label shall be fastened or fused to each Yoga t-shirt at the inside of the neck portion on which the following shall be indicated by printing:

- Size and type of Yoga t-shirt;
- Composition, GSM;
- Indication of the source of manufacture;
- Washing instructions, and

e) Any other information required by the buyer.

NOTE — *The colour from the label shall not bleed on to the Yoga t-shirt during storage or use.*

8.2 The Yoga t-shirt may also be marked with ECO-mark in addition to Standard Mark if the requirements specified in 7 are also satisfied with the Standard Mark. For ECO-mark, following additional information may also be marked on the product. The criteria for which the product has been labeled with ECO-mark.

8.3 BIS Certification Marking

The product(s) conforming to the requirements of this standard may be certified as per the conformity assessment schemes under the provisions of the *Bureau of Indian Standards Act, 2016* and the Rules and Regulations framed thereunder, and the products may be marked with the Standard Mark.

9 PACKING

The Yoga t-shirt shall be packed in bales or cases in accordance with IS 3325 or IS 3086 as the case may be.

10 SAMPLING AND CRITERIA FOR CONFORMITY

10.1 The sampling procedure detailed in 10.2 to 10.3 shall give desired protection to the buyers and the sellers provided the lot submitted for inspection is homogeneous. To achieve this, the manufacturers shall maintain system of process control at all stages of manufacture ensuring that Yoga t-shirt tendered by him for inspection comply with the requirements of this standard in all respects.

NOTE — *For effective process control, the use of statistical quality control technique is recommended and helpful guidance may be obtained in this respect from IS 397 (Part 1).*

10.2 In any consignment all the Yoga t-shirt of the same size and manufactured from the same count and quality of yarn and delivered to a buyer against one despatch note shall constitute a lot.

10.2.1 The conformity of a lot to the requirements of this specification shall be determined on the basis of the tests carried out on the samples selected from the lot.

10.3 All the Yoga t-shirt selected as per column 3 of Table 6 shall be examined for visual inspection, dimension, freedom from defect, gsm etc. Any Yoga t-shirt failing in one or more of the above requirements shall be termed as defective. The lot shall be considered as conforming to the above requirements, if the total number of defectives found in the sample is less than or equal to the acceptance number given in column 4 of Table 6. Otherwise, the lot shall be rejected.

10.3.1 If the samples are found satisfactory according to 10.3, samples will be drawn as per column 5 for physical testing, from the sample originally drawn as per column 3 of Table 6.

10.3.2 For chemical parameters sample to be drawn as per column 7 randomly from the samples as per column 5 of Table 6.

10.3.3 Acceptance number mentioned in the physical parameter (column 6) is inclusive of chemical parameter (column 8) that is, total acceptance number should not exceed acceptance number mentioned in column 6 of Table 6.

Table 6 Sample Size and Permissible Number of Non-Conforming Yoga t-shirt

(Clauses 10.3, 10.3.1, 10.3.2 and 10.3.3)

ANNEX A

(Foreword)

COMMITTEE COMPOSITION

Yoga Sectional Committee, AYD 02

Sl No.	Lots Size in Nos	Visual Inspection, Dimension, Freedom from Defect, gsm etc. at the time of Sampling		Physical Parameters		Chemical Parameters	
		Sample size (3)	Acceptance No. (4)	Sample size (5)	Acceptance No. (6)	Sample size (7)	Acceptance No. (8)
i	Upto 280	13	1	13	1	5	0
ii	281-500	20	2	13	1	5	0
iii	501-1 - 200	32	3	20	2	5	0
iv	1 201-3 200	50	5	32	3	8	1
v	3 201- 10 000	80	7	32	3	8	1

ANNEX B

(Clauses 6.1, 6.2, 6.3, and 7.2.1)

METHOD OF TEST

B-1 CONDITIONING OF TEST SPECIMENS AND ATMOSPHERIC CONDITIONS FOR TESTING

(Clauses 6.3 and 7.2.1)

The test specimens shall be tested in prevailing atmosphere. In case of dispute, the samples shall be conditioned and tested in the standard atmosphere as given in IS 6359.

B-2 DIMENSIONS

(Clauses 6.2)

B-2.1 Procedure

Take a Yoga t-shirt. Lay it flat on a table. Remove all creases and wrinkles by hand without any distortion. Measure the dimensions to nearest 0.1 cm.

B-3 DIMENSIONAL CHANGES (DUE TO RELAXATION) (Clause 6.3.6)

B-3.1 Marking of Test Specimens

B-3.1.1 Take a Yoga t-shirt from the test sample. Cut a test specimen measuring 20 cm × 20 cm from it in such a way that the two of its sides are parallel in the direction of wale and the other two parallel in the direction of course. Mark the direction of wale and course in the test specimen.

B-3.1.2 Mark centrally on the test specimen, by means of indelible ink or a fast dyed cotton sewing thread, an area of 15 cm × 15 cm with two of its sides in the direction of wale and the other two in the direction of course. Spread this test specimen on a flat smooth surface, carefully remove all creases and wrinkles by hand. Within this area, mark six pairs of marks, three pairs each in the wale direction and the course direction in such a way that the distance between each pair of marks is the same.

B-3.2 Procedure

B-3.2.1 Place the test specimen on a glass plate and carefully remove all creases and wrinkles by hand without distorting it and place the other glass plate on the test specimen. Measure the distance between each pair of marks separately to the nearest millimeter.

B-3.2.2 Lay the test specimen flat in a tray of suitable size having minimum depth of 10 cm. Soak it under a head of 25 mm of water containing 0.5 percent suitable wetting agent at room temperature for 2 h. Drain out the water and remove the test specimen carefully it is not stretched and lay it flat on a smooth surface. Remove the excess water by absorbent material and dry it at room temperature.

B-3.2.3 After drying, condition the test specimen to moisture equilibrium at room temperature. Place it on the glass plate, carefully remove all wrinkles and creases and place the other glass plate on the test specimen. Measure the distance between each pair of marks separately to the nearest millimeter.

B-3.3 Calculation

B-3.3.1 Calculate, separately, the percentage of dimensional change both in the direction of wales and in the direction of courses by the following formula:

$$\frac{100 \times (a - b)}{a} S =$$

where,

S = dimensional change, percent;

a = distance between a pair of marks (along the wales or courses direction as the case may be) before soaking; and

b = the distance between the same pair of marks after soaking.

B-3.3.2 Calculate separately the dimensional change between all the three pairs of marks in the direction of wales and in the

direction of courses and calculate the average dimensional change in each direction.

B-4 DETERMINATION OF MASS PER SQUARE METER

(Clauses 6.1)

B-4.1 Take a Yoga t-shirt from the test sample. Lay it flat on a table. Remove all creases and wrinkles by hand without distorting the specimen. Cut a test specimen measuring 20 cm × 20 cm from it in such a way that the two of its sides are parallel in the direction of wales and the other two parallel in the direction of courses.

B-4.2 After conditioning the test specimen to moisture equilibrium at room temperature, measure the weight of the specimen nearest to 0.01 g using a suitable balance.

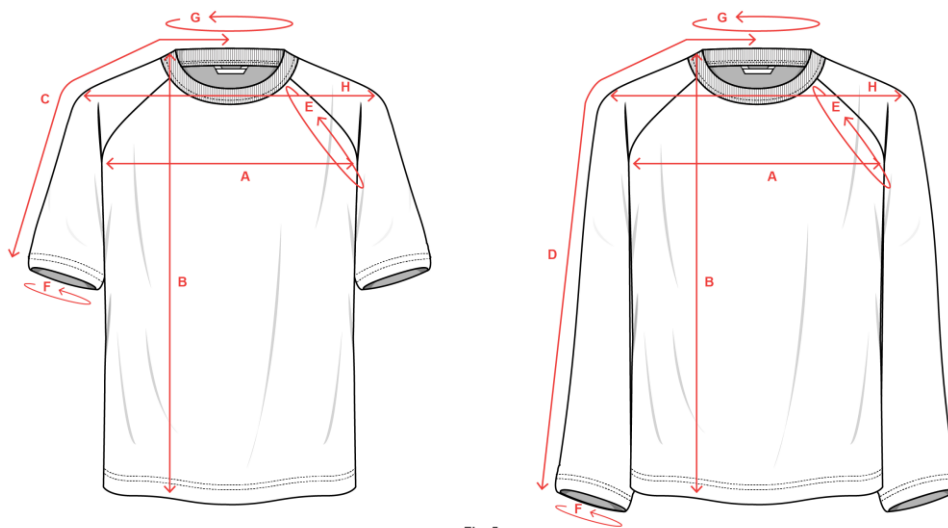


Fig. 5

ANNEX C

(Foreword)

COMMITTEE COMPOSITION

Yoga Sectional Committee, AYD 02

<i>Organization</i>	<i>Representative(s)</i>
Krishnamacharya Yoga Mandiram (KYM), Chennai	YOGACHARYA S. SRIDHARAN(<i>Chairperson</i>)
Dev Sanskriti Vishwavidyalaya, Haridwar	DR. SURESH BARNWAL
Government Nature Cure Hospital, Hyderabad	DR. N. BHANU KIRAN
Heartfulness Institute, Gurugram	SH. ANUJ SETYA
Indian Institute of Technology , Center for Biomedical Engineering , New Delhi	PROF. K. K. DEEPAK DR DEEPAK JOSHI (<i>Alternate I</i>) DR. AYUSHEE KHAJURIA (<i>Alternate II</i>)
Indian Yoga Association (IYA), New Delhi	DR. S. P MISHRA SH. P.C KAPOOR (<i>Alternate I</i>) DR. RAJANISH SHARMA (<i>Alternate II</i>)
Institute of Salutogenesis and Complementary Medicine (ISCM), Puducherry	DR. ANANDA BALAYOGI BHAVANANI DR. MEENA RAMANATHAN (<i>Alternate</i>)
Isha Foundation, Coimbatore	SWAMI ULLASA SH. ARUN MEHTA (<i>Alternate</i>)
Kaivalyadhama, Lonavla	SMT. RENU JAIN SMT. SHALINI SRIVASTAVA (<i>Alternate</i>) SH. SANJEEV KUMAR DWIVEDI (<i>Alternate II</i>)
Indian Medicines Pharmaceutical Corporation Limited, Ramnagar	SHRI RAHUL KUMAR SHRI KAVI RAJ RAI (<i>Alternate I</i>) DR BALAJI PANIGRAHI (<i>Alternate II</i>)
Krishnamacharya Yoga Mandiram (KYM), Chennai	SHRI T. SWAMINATHAN
Morarji Desai National Institute of Yoga, New Delhi	DR. ISHWARA N. ACHARYA DR. GURU DEO (<i>Alternate</i>)
Patanjali Yogpeeth, Haridwar	DR. NIDHEESH KUMAR YADAV DR. AARTI PAL (<i>Alternate</i>)
Ramamani Iyengar Memorial Yoga Institute, Pune	SH. BIRJOO H. MEHTA SH. MALAV DANI (<i>Alternate</i>)
National Medicinal Plants Board, New Delhi	DR R MURUGESWARAN DR CHINMAY RATH (<i>Alternate</i>)
Shiv Naresh Sports Private Limited , New Delhi	SH. SHIV PRAKASH SINGH SH. VISHNU BHAGAT (<i>Alternate I</i>) SH. GURMEHAR KAUR MODI (<i>Alternate II</i>)
Sivananda Yoga Vedanta Nataraja Centre, New Delhi	SH. PRAKASH CHAND KAPOOR SH. VIJAY (BIJAYENDER SINGH) (<i>Alternate</i>)
Sri Sri School of Yoga, Bengaluru	SH. MAYUR KARTHIK SH. PUSHPDANT (<i>Alternate I</i>) SMT. NIYATI PURI (<i>Alternate II</i>)
Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	DR. B R RAMAKRISHNA DR. VASUDEV VAIDYA (<i>Alternate I</i>) MS. ANUPA CHHANTYAL (<i>Alternate II</i>)
The Yoga Institute, Mumbai	SMT. PADMINI RATHORE PREMA PARAB (<i>Alternate I</i>)

Organization

Representative(s)

Wintex Appare Limited, New Delhi

MS. ROHINI GHOSH (*Alternate II*)

SH. MAYANK GUPTA
MS. RANU GUPTA (*Alternate I*)
SH. KRISHNA GUPTA (*Alternate II*)

Yoga Vidya Niketan, Mumbai

DURGADAS SHAMBA SAVANT
NEHA ABHIMANYU KERURE (*Alternate I*)
UTKARSHA SRIVASTAVA (*Alternate II*)

In Personal Capacity

MS. LAXMI DEVI AERE

BIS Directorate General

SHRIMATI RACHNA SEHGAL, SCIENTIST 'G'/SENIOR DIRECTOR AND
HEAD (AYUSH)
[REPRESENTING DIRECTOR GENERAL (EX – OFFICIO)]

Member Secretary

DR VENKATESWAR RAO
SCIENTIST 'C'/DEPUTY DIRECTOR
(Ayush), BIS