

SPECIAL OLYMPICS BHARAT YOGA AND FITNESS VIRTUAL COMPETITION 2020

THE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

WITH

SPECIAL OLYMPICS BHARAT

02 - 09 DECEMBER

BUILDING BACK BETTER

Towards an inclusive, accessible and sustainable post COVID-19 world by, for and with persons with disabilities.

SPECIAL OLYMPICS BHARAT- GOA

63 Athletes in YOGA
and 50 Athlete in
fitness from Goa Has
participated in the
competition

Yoga and Fitness competitions were held in Yoga from October to November . There were 244 athletes from 17 states who participated in Yoga , Goa participation alone was 63 athletes . In the Fitness competition organised by Special Olympics Bharat in the Month of December there were 200 participants from 13 States in Fitness competition has participated in this event. Special Olympics Bharat Goa won the following places

THE FOLLOWING ATHLETES WERE DECLARED WINNER

S.NO	NAME OF THE ATHLETE (PERSON WITH INTELLECTUAL DISABILITY)	GENDER	STATE	IN WHICH CATEGORY ARE YOU PARTICIPATING	RANK	AGE GROUP
1.	MAST. VITHAL VARAK	MALE	GOA	SURYA NAMASKAR	2ND	22 TO 29
2.	MISS. NAGI ZORE	FEMALE	GOA	SURYA NAMASKAR	3RD	22 TO 29
3.	AVILA ANANT KANE	FEMALE	GOA	SURYA NAMASKAR	1ST	16 TO 21
4.	MAST. MANDAR NAIK	MALE	GOA	SURYA NAMASKAR	2ND	16 TO 21
5.	RIYA PRABHUGAONKAR	FEMALE	GOA	SURYA NAMASKAR	3RD	16 TO 21

YOGA



THE FOLLOWING ATHLETES WERE DECLARED WINNER

S.NO	NAME	STATE	GENDER	AGE GROUP	DISCIPLINE HE IS PARTICIPATING IN	TYPE OF PUSH-UPS FOR FEMALE	RESULTS
1	SATTESH SATARKAR	GOA	MALE	8-11	PUSH UPS	TRADITIONAL PUSH UPS	1ST
2	MISS GAURAVI GAUDE	GOA	FEMALE	12,-15	PUSH UPS	WALL PUSH UPS	1
3	ASHEEF MALANUR	GOA	MALE	12,-15	PUSH UPS	DIAMOND PUSH UPS	1ST
4	ATIF KILEDAR	GOA	MALE	12,-15	PUSH UPS	WIDE GRIP PUSH UPS	1ST
5	MISS. NEHA MAUZEKAR	GOA	FEMALE	16-21	PUSH UPS	WALL PUSH UPS	3RD
6	MISS URMILA UDAY PARAB	GOA	FEMALE	16-21	PUSH UPS	WALL PUSH UPS	2ND
7	RIYA RAVINDRA GAWDE	GOA	FEMALE	16-21	PUSH UPS	WALL PUSH UPS	1ST
8	DANNY SURVE	GOA	MALE	16-21	PUSH UPS	DIAMOND PUSH UPS	1ST
9	SURAJ SURVE	GOA	MALE	16-21	PUSH UPS	DIAMOND PUSH UPS	2ND
10	MAST ADARSH GAWADE	GOA	MALE	16-21	PUSH UPS	TRADITIONAL PUSH UPS	2ST
11	SAMEER BAIG	GOA	MALE	16-21	SIT - UPS	STRAIGHT KNEE SIT-UPS	2ND
12	BEVERLEY VELANKY PINHEIRO	GOA	FEMALE	22-29	PUSH UPS	WALL PUSH UPS	2ND
13	MISS NAGI ZORE	GOA	FEMALE	22-30	PUSH UPS	WALL PUSH UPS	1ST
14	VINAYAK BABU PATGAR	GOA	MALE	22-29	PUSH UPS	WIDE GRIP PUSH UPS	2ND
15	MAST VITHAL VARAK	GOA	MALE	22-29	PUSH UPS	WIDE GRIP PUSH UPS	1ST
16	YUNIS MALIK DODAMANI	GOA	MALE	22-29	PUSH UPS	WIDE GRIP PUSH UPS	3RD

FITNESS CHALLENGE

