



## Smita Kumari created a new World Record in Centre Split Holding (Samakonasana, Yoga)

### Why in News?

According to the information received from the media on June 21, 2023, Smita Kumari of Basanpur village (Nalanda district) of Bihar has set a new world record by standing in the same posture of yoga for 3 hours 10 minutes and 12 seconds in the Center Split Holding (Samkonasana, Yoga).

### Key Points:

- Smita (29) has been associated with the Adani Group's healthcare department as an in-house yoga instructor for the past four years. In Gujarat, she was also felicitated by Adani Group Chairman Gautam Adani.
- She received her record certificate from the Guinness World Records team.
- It is known that Smita has studied for graduation from Ranchi. There she enrolled in Economics Honors at Marwari College. After this, she did a diploma in yoga science from Morarji Desai National Institute of Yoga in Delhi.
- After this, Smita Kumari studied Master's in Applied Yoga and Human Science from Dev Sanskriti University in the year 2015-2017.



PDF Reference URL: <https://www.drishtias.com/printpdf/smita-kumari-created-a-new-world-record-in-centre-split-holding-samakonasana-yoga>

