



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.



