



NATIONAL YOGA OLYMPIAD 2024

(18 - 20 June, 2024 at RIE Mysuru, Karnataka)

EVALUATION FOR MIDDLE STAGE

1. Evaluation of Asanas(Final Posture) - Holding of Final Position less than 10 seconds = 01 mark, Holding of Final Position up to 20 seconds = 02 marks, Holding of Final Position up to 30 seconds = 03 marks, Holding of Final Position up to 40 seconds = 04 marks, Holding of Final Position up to 60 seconds = 05 marks,

2. Evaluation of Pranayama (Breathing Pattern) - Rachaka 10 seconds = 01 mark, between 10 to 20 seconds = 02 marks, between 20 to 30 seconds = 03 marks, between 30 to 40 seconds = 04 marks, above 40 seconds = 05 marks,

3. Evaluation of Kriya:

Kapalabhati – Less than 50 strokes per minute = 01 mark, between 50 to 70 strokes per minute = 02 marks, between 70 to 90 strokes per minute = 03 marks, between 90 to 110 strokes per minute = 04 marks, above 110 strokes per minute = 05 marks,

Agnisara - Less than 5 strokes = 01 mark, between 5 to 10 strokes = 03 mark, between 10 to 15 strokes = 04 marks, above 15 stokes = 05 mark,