



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

EVALUATION FOR SECONDARY 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) – Less then 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: 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,

4. Evaluation of Bandha - Less than 05 seconds hold = 02 mark, between 5 to 10 seconds hold = 03 mark, between 10 to 15 seconds hold = 04 marks, above 15 seconds hold = 05 mark,