



## Target Group

The students of Government and Government-Aided Schools of States/UTs, Kendriya Vidyalaya Sangathan, Navodaya Vidyalaya Samiti, National Education Society for Tribal Students, Central Board of Secondary Education, Council for the Indian School Certificate Examination, Vidya Bharati Akhil Bharatiya Siksha Sansthan and Demonstration Multipurpose Schools of Regional Institutes of Education of following age group (as on 01-04-2024) will participate in this event.

- i) 10-14 Year (Middle Stage)
- ii) 14-16 Year (Secondary Stage)

Schools and authorities have been requested to ensure that students with special needs have active participation in the Yoga Olympiad.

## Levels of Organisation of Yoga Olympiad

Four winning girls and four winning boys from the middle stage and secondary stage will participate at the next level.

**Block Level**— This is the first level of Yoga Olympiad, where all the schools mentioned above can send their entries. However, if appropriate and convenient, organisers may decide to have 'Yoga Olympiad' directly at the district level, depending upon the number of schools participating and availability of resources, etc.

**District Level** — This is the second level of the Yoga Olympiad, where only the block level winning teams will participate.

**State/UT/Unit Level** — This is the third level of the Yoga Olympiad where only winning teams from district/zone/region level will participate.

**National Level** — This is the final level of the Yoga Olympiad, where in all, 16 students (four boys and four girls from the Middle Stage and four boys and four girls of the Secondary Stage) from each State/UT, KVS, NVS, NESTS, CBSE, CISCE, VBABSS, and DMS-RIEs will showcase their performance as one unit.



## PROGRAMME INAUGURATION

18th June , 2024 at 10:00 a.m.

Convocation Hall, Karnataka State Open University, Mysuru, Karnataka

## YOGIC PERFORMANCE

18-19 June, 2024

1st Floor, Technology Block RIE, Mysuru, Karnataka

## VALEDICTORY & PRIZE DISTRIBUTION

20th June , 2024 at 10:00 a.m.

Technology Quadrangle, RIE, Mysuru, Karnataka

## Chief Patron

**Professor Dinesh Prasad Saklani, Director, NCERT**

## Patron

**Prof. Sridhar Srivastava, Joint Director, NCERT**

**Shri Aman Sharma, Secretary, NCERT**

**Prof. Amarendra P. Behera, Joint Director, CIET**

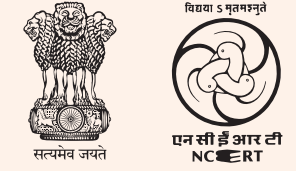
**Prof. Gouri Srivastava, Dean (Coordination), NCERT**

**Prof. Y. Shreekanth, Principal, RIE, Mysuru**

## Contacts

**Control Room No. - 1800-599-0060**

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<b>Dr. Shivanand Chinnappanavar</b> Convener-Control Room & Transport	9019125990
<b>Prof. C. G. Venkatesha Murthy</b> Convener-Safety & Security Committee	9448959012
<b>Prof V. S. Prasad</b> Convener-Accommodation Committee	9449759474
<b>Dr. V. Prasad</b> Convener-Food & Refreshment Committee	9880370826
<b>Dr. T. V. Somashekar</b> Convener-Medical Care Committee	9481633249
<b>Shri Binod Kumar</b> Administrative Officer, RIEM	9205815429



# NATIONAL YOGA OLYMPIAD

**THEME : YOGA FOR SELF AND SOCIETY**

**18-20 June, 2024**



**Yoga For Self and Society**

“Yoga is the journey of the self, through the self, to the self”

*Bhagavad Gita*



INAUGURAL & VALEDICTORY



SECONDARY BOYS



SECONDARY GIRLS



MIDDLE BOYS



MIDDLE GIRLS

**राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING**





## NCERT

The National Council of Educational Research and Training (NCERT) is an autonomous organisation set up in 1961 by the Government of India to assist and advise the Central and State Governments on policies and programmes for education in schools.

The major objectives of NCERT are to—

- undertake, promote, publish and coordinate researches in areas of school education.
- prepare and publish model textbooks, teachers' handbooks, manuals, training packages, supplementary materials, newsletters, journals, etc.
- develop educational kits, multimedia digital materials, etc.
- organise pre-service and in-service training of teachers, teacher-educators, school education administrators, etc.
- collaborate and network with States/UTs, NGOs, educational institutions and international organisations.

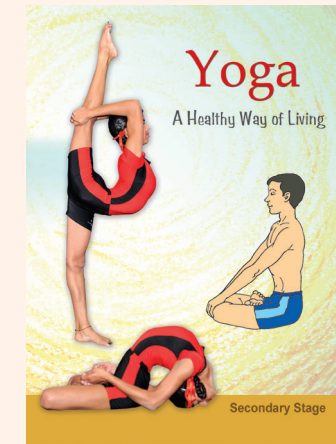
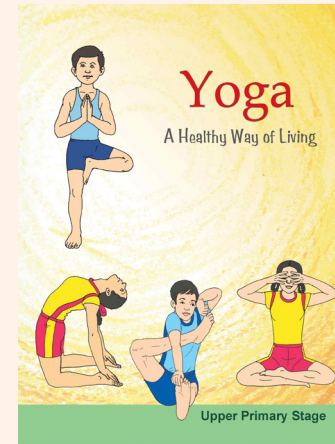
## YOGA FOR SCHOOL

Promoting Yoga is an integral part of NCERT activities to strengthen our cultural moorings. Yoga is a part of our country's heritage which has a long history with an emphasis on healthy and wholesome life. Yoga is an activity that needs to be internalised in our day-to-day life. In recent years, substantial importance has been given to yoga and its integration in school education. The National Education Policy 2020 envisions to instill among learners a deep-rooted pride in being Indian, not only in thought, but also in spirit and intellect. During the Pandemic COVID-19 Yoga helped in strengthening our immunity building system and mental wellbeing.

Yoga is an integral part of 'Health and Physical Education' which is a compulsory curricular subject up to the secondary stage. Yoga has been introduced from Class VI onwards, though yogic activities may begin in an informal way from primary level. Keeping this in view, during the celebration of the International Day of



Yoga on 21 June 2015, NCERT released the textbooks— Yoga: A Healthy Way of Living for upper primary and secondary stages in English, Hindi and Urdu. 'Health and Physical Education' adopts a holistic definition of health within which physical education and yoga contributes to the overall development of a child.

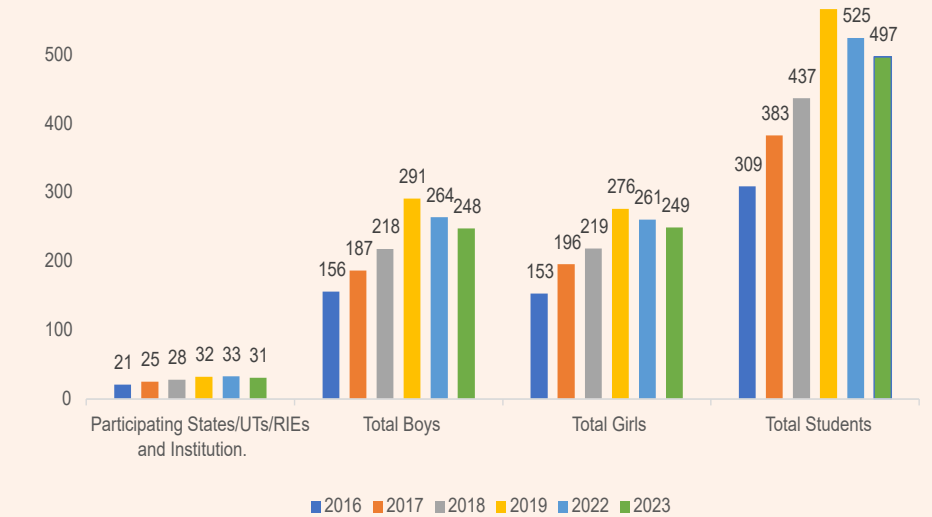


## NATIONAL YOGA OLYMPIAD

NCERT, on behalf of the Ministry of Education (MoE) has initiated National Yoga Olympiad to promote yoga in schools. National Yoga Olympiad was started in 2016 as a follow up to the International Day of Yoga observed on June 21<sup>st</sup>. This year also, NCERT is organising the National Yoga Olympiad at Regional Institute of Education, Mysuru, Karnataka. It is important that the younger generation is guided towards harmony, peace and love through yoga. This Olympiad will help to develop an understanding of yogic practices, its application in life which in turn facilitates physical, emotional and mental development of children. It will also help in the development of healthy habits and human values in children. During the Yoga Olympiad, yogic practices like *asanas*, *pranayama*, *kriya* (cleansing process), *dhyana* (meditation) and *bandha* (only for secondary stage) will be assessed.



## NATIONAL YOGA OLYMPIAD A JOURNEY (2016-2023)



## NATIONAL ONLINE YOGA QUIZ COMPETITION

To carry forward the message of Yoga during the Pandemic, the National Online Yoga Quiz Competition was organized on the occasion of International Day of Yoga, June 21<sup>st</sup>, 2020. A total of 64,725 students participated in this online quiz competition. In 2021, once again online quiz competition was organized and a total of 1,04,313 students participated in this event. Beside, the National Online Yoga Quiz Competition, the NCERT also organized live telecast session on Yoga performance for 15 days starting from June 21<sup>st</sup>, 2021. The live telecast on Yoga was appreciated by the viewers. In 2022, two events, the National Online Yoga Quiz Competition and the National Yoga Olympiad were organized on the occasion of 8th International Day of Yoga. The total number of participants in the National Online Yoga Quiz Competition was 31,305. Post pandemic both the online and physical mode events were a grand success.

