



शिक्षा मंत्रालय  
भारत सरकार  
Ministry of Education  
Government of India



# National Yoga Olympiad

15-18 June, 2026

(Scheme and General Guidelines)



“Yoga is the journey of the self, through the self, to the self”  
*Bhagavad Gita*

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
National Council of Educational Research and Training



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# Guidelines for National Yoga Olympiad

## 1. INTRODUCTION

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते ।  
तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥

श्रीमद्भगवद्गीता (२.५०)

The ultimate goal of education is undoubtedly, the attainment of human excellence and perfection, not only in specific fields of knowledge or activity but in life as a whole. This means nurturing the holistic development of personality in a way that is congenial to the growth and development of oneself and others around him/her. In practical life, this is to be translated as qualities of truthfulness, righteous living, purity in personal life, self-confidence, integration of body, mind and intellect, love, and compassion towards all living beings, and all these can be achieved through regular practice of 'Yoga'. The National Education Policy 2020 and National Curriculum Framework for School Education-2023 has focused on Yoga as an important contribution to our rich heritage.

The word 'Yoga' is derived from Sanskrit root 'yuj' which means 'to join' or 'to unite'. This may be taken as the union of body, mind and soul it is used in the literature such as *Dharma*, *Jnana/Gyana*, *Karma* and *Bhakti*, as explained in *Bhagavad Gita*. It says, '*Samatvam yoga uchyate*', which means Yoga is a balanced state which strives for oneness between human and nature. Over the centuries, the journey of Yoga witnessed many changes for the spread of its culture from all over the world in spite of numerous different customs and traditions. It works solely on imbibing the values of compassion, patience and tolerance within oneself. The ancient discipline is rightfully given the recognition and importance as it deserves, it makes

its way to enlighten billions of people with emotions like love, peace and universal integration. Our ancestors acknowledged the importance of mental hygiene and emphasised on regular practice of Yoga which cleans the body of its toxins and uplifts the soul for union with the supreme soul.

Yoga is not only a process for leading towards the astounding hidden potential of a human being by bringing mastery over the body, mind, intellect and emotional faculties, but also a powerful tool to manifest those hidden potential powers within oneself. Yoga is an ancient science which is an art of healthy living, it improves quality of life, a healthy life with physical, mental, social, emotional and spiritual well-being and leads to overall holistic development of body, mind and soul. Swami Vivekananda said, “Yoga has a complete message for humanity, Yoga is a culture of the future, as it was in the past and in the present.” Intensive intersectoral coordination and collaboration is indispensable for revival of Yoga in the right spirit and the way as expressed by Hon’ble Prime Minister of Bharat Shri Narendra Modi ji, “It is our responsibility to ensure that the right spirit of Yoga is conveyed to everyone.” It is essential that everyone collaborates and work together so that concerns, views, ideas and experiences are exchanged.

Ministry of Education (MoE) through National Council of Educational Research and Training (NCERT) has taken a multi-dimensional initiative to promote Yoga in school curriculum. The National Education Policy 2020 highlights that Yoga is part of our cultural heritage. Practising and promoting Yoga will help in instilling among the learners a deep-rooted pride in being Indian, not only in thought but also in spirit, intellect, and deeds, and be committed to promoting health and wellness for self and others. The theme for the upcoming International Day of Yoga will be announced by Ministry, and same will be communicated via a separate mail.

The National Curriculum Framework for Foundational Stage 2022 and National Curriculum Framework for School Education 2023 mentions that the child is a whole being with *Panchakoshas* or five sheaths. The layers are *Annamaya Kosha* (Physical Layer), *Pranamaya Kosha* (Life Force Energy Layer), *Manomaya Kosha* (Mind Layer), *Vijnanamaya Kosha* (Intellectual Layer) and *Anandamaya Kosha* (Inner Self Layer). Each layer exhibits certain distinct characteristics. The holistic development of a child takes into account the nurturing and nourishment of these five layers through the practice of “Yoga”.

## **2. IMPORTANCE OF YOGA**

“Yoga” includes various practices and techniques, which are employed to achieve the integration and development of personality. These practices and techniques are mentioned in the Yogic literature and followed through traditions (*Guru-Shishya Parampara*) and collectively referred to as ‘Yoga’.

Good health is the right of every human being. But this right depends on an individual, social, environmental, and other factors. Along with social or environmental factors to a large extent, one can develop a better immune system and perception of oneself so that other conditions do not affect us adversely and we can achieve good health. Health is a positive concept. Positive health does not mean merely freedom from disease, it also includes; a jubilant and energetic feeling of well-being with an amount of general resistance and capacity to easily cultivate immunity against specific offending agents. There are many modern and indigenous methods and disciplines that can help us fight against diseases successfully. For example, the system of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy) can be quoted among indigenous systems, whereas the allopathic system is quoted as the modern and popular medical system. Yoga is one of the most powerful drugless systems of treatment. It has its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as a lifestyle for promoting holistic development of wellbeing. Yoga, if introduced at the school level would help to inculcate healthy habits and a healthy lifestyle to achieve good health.

In order to take such initiatives more intensively, the Ministry of Education (MoE) has conceptualised the 'National Yoga Olympiad' as a venture with the aim to promote the awareness of Yoga and to build up a network of Yoga students, teachers and Yoga practitioners at the national level to spread the message of Yoga as a science of holistic living.

First International Day of Yoga was observed on 21<sup>st</sup> June 2015, it attracted lakhs of youths almost and is celebrated across the world annually on June 21<sup>st</sup>. It is important that the younger generation is instilled with a holistic vision of sharing, caring, harmony, peace, sacrifice, and love as the key features of Yoga. Hence, it is felt that the National Yoga Olympiad should bring the idea of an Olympic sport or a marathon peace run in the field of Yoga. With this idea, this new initiative is named the "National Yoga Olympiad" (NYO) to signify that everyone comes together to achieve harmony, love and peace. NCERT also developed a digital platform *www.nyoncert.in* to enhance the awareness about the Yoga Olympiad.

Apart from the physical demonstration of Yogic practices, the Olympiad will also assess on the individual's knowledge, understanding of concept, definition of Yoga and its various techniques for holistic growth of an individual at physical, mental, social, emotional, and spiritual levels. These guidelines cover the detailed dimensions of "National Yoga Olympiad" rules and regulations, scheme, modalities of assessment and the awards of appreciation offered to the best performing teams and individual among the teams.

### **3. AIM OF NATIONAL YOGA OLYMPIAD**

The aim of the National Yoga Olympiad (NYO) is to encourage a positive and healthy lifestyle to promote physical, mental, social, emotional, and spiritual well-being among learners. Yoga helps in the development of flexibility, strength, endurance, and high energy at the physical level. It may contribute to the development of a holistic personality and leadership traits among the participants. It also empowers individuals by enhancing concentration, calmness and contentment at mental level leading to harmony and integrity. Therefore, the NYO has been planned. The NYO focuses on *health, well-being and peace*.

### **4. OBJECTIVES OF NATIONAL YOGA OLYMPIAD**

1. To develop an understanding of Yogic practices and apply this knowledge in one's daily life.
2. To promote creativity among learners, by organising painting, poster making, slogan writing, poem and essay competition on Yoga or theme of the International Day of Yoga.
3. To cultivate a healthy habits and a balanced lifestyle among students.
4. To nurture human values in students.
5. To promote physical, mental, emotional, social and spiritual well-being.
6. To foster harmony within oneself, society and nature.
7. To promote Yoga as a future career prospect.

### **5. YOGIC ACTIVITIES TO BE COVERED IN NATIONAL YOGA OLYMPIAD**

The following dimensions of Yoga are embedded into 'National Yoga Olympiad':

1. *Jnana/Gyana* (Yogic knowledge)
2. *Suryanamaskar*
3. *Shatkarma* (Cleansing processes)
4. *Asana*
5. *Pranayama*
6. *Bandha* and *Mudra* (Only for secondary level)
7. *Dhyana* (Meditation)

#### **5.1 Jnana/ Gyana (Yogic Knowledge)**

*Jnana/Gyana* helps to understand Yogic methods, techniques and

dimensions for proper learning and practising.

## 5.2 Suryanamaskar (Not for Evaluation)

*Suryanamaskar* is also called as *Sun Salutation*. It consists of twelve (12) Yoga postures such as:

1. *Pranamasana* (Prayer pose)
2. *Hastauttanāsana* (Raised arms pose)
3. *Padahastāsana* (Standing forward bend)
4. *Ashwa Sanchalānasana* (Equestrian pose)
5. *Parvatasana* (Mountain pose)
6. *Ashtanga Namaskara* (Salute with eight parts or points)
7. *Bhujangāsana* (Cobra pose)
8. *Parvatasana* (Mountain pose)
9. *Ashwa Sanchalānasana* (Equestrian pose)
10. *Padahastāsana* (Standing forward bend)
11. *Hastauttanāsana* (Raised arms pose)
12. *Pranamasana* (Prayer pose)

## 5.3 Shatkarma (Cleansing Processes)

*Shatkarma* means six *karmas* or *kriyas*. The *karma/kriya* means 'action'. *Shatkarma* consists of purificatory processes that cleanse specific organs of the body by detoxifying them. The purification helps to keep the body and mind healthy.

There are six cleansing processes described in *Hatha Yogic* texts. These include *Dhauti*, *Basti*, *Neti*, *Lauliki (Nauli)*, *Trataka*, and *Kapalabhati*, which are used to clean the internal organs or systems using water, air or the manipulation of certain body organs.

धौतिर्वस्तिस्तथा नेतिलौलिकी त्राटकं तथा ।

कपालभातिश्चैतानि षट्कर्माणि समाचरेत् ॥ १.१२ ॥

Performing the *shatkarmas*: *dhauti*, *basti*, *neti*, *lauliki/nauli*, *trataka* and *kapalabhati*, is essential (*Gheranda Samhita 1.12*).

## 5.4 Asana

The term *Asana* means position that stabilise the body and mind, a comfortable posture that can be maintained steadily for a longer duration. *Asana* provides stability and comfort, both at physical and mental level.

## स्थिरसुखमासनम् ॥ २.४६ ॥

*Sthira* = Steady; *Sukham* - Comfortable; *Asanam* - Posture. That posture which is steady and comfortable, is *Asana* (*Patanjali Yoga Sutra*).

### 5.5 *Pranayama*

*Pranayama* consists of the breathing techniques which are related to the control of breath or respiratory processes. *Pranayama* popularly known as 'Yogic breathing', involves a conscious manipulation of our breathing pattern to control the mind.

चले वाते चलं चित्तं निश्चले निश्चलं भवेत् ।  
योगी स्थाणुत्वमाप्नोति ततो वायुं निरोधयेत् ॥ २ ॥

When *prana* moves, *chitta* (the mental force) moves. When *prana* is still, *chitta* is remains still. By this (steadiness of *prana*) the *yogi* attains steadiness and should thus restrain the *vayu* (Air) (*Yogi Swatmarama, Hatha Yoga Pradipika 2.2*).

The health of the respiratory system depends on both the quality and the quantity of air inhaled. It also depends on the rhythm and completeness of the breathing. Through *Pranayama*, a practitioner works advantageously with their respiratory, cardiovascular, nervous system etc., which bringing about emotional stability and peace of mind.

*Pranayama* consists of three phases known as *Puraka*, *Kumbhaka* and *Rechaka*. *Puraka* is controlled inhalation, *Kumbhaka* is controlled retention of breath and *Rechaka* is controlled exhalation.

### 5.6 *Bandha and Mudra (Only for Secondary Stage)*

*Bandha* and *Mudra* are the practices involving manipulation of certain semi-voluntary and involuntary muscles in the body. These practices bring about voluntary control and tone up the internal organs.

### 5.7 *Dhyana (Meditation) (Not for Evaluation)*

Meditation is a practice which helps in concentration of the body and mind. In meditation, concentration is focused for a long time on a single object like tip of the nose, space between eyebrows, etc. It develops a sense of well-being and improves memory and decision-making power in the person.

## 6. SYLLABUS

NCERT has developed a syllabus for Class VI to VIII (Middle Stage as per NEP 2020) and Class IX and X (Secondary Stage).

## **7. ELIGIBILITY CRITERIA FOR PARTICIPATING IN THE NATIONAL YOGA OLYMPIAD**

National Yoga Olympiad (NYO) will be conducted for both girls and boys separately (separate teams for girls and boys for middle stage and secondary stage as per NEP 2020). NYO promotes active participation of students with special needs, in inclusive settings. Schools/authorities may ensure that students with special needs have active participation in NYO.

### **7.1 School Participation**

All government, government-aided and recognised schools' team can take part in NYO through their respective affiliated bodies such as States/UTs/*Kendriya Vidyalaya Sangathan* (KVS)/*Navodaya Vidyalaya Samiti* (NVS)/NESTS (*Eklavya Model Residential Schools*)/VBABSS (*Vidya Bharati Schools*)/CISCE Schools/CBSE Schools/NCERT's RIEs (Demonstration Multipurpose Schools).

### **7.2 Target Group**

**Middle Stage/Category** (as per NEP 2020)

Middle Stage comprises of students from Class VI-VIII.

#### **Age Group**

**1A:** Above 10 to below 14 years girls

**1B:** Above 10 to below 14 years boys

**Secondary Stage/Category** (as per NEP 2020)

Secondary Stage comprises of students from Class IX-X.

#### **Age Group**

**2A:** Above 14 to below 17 years girls

**2B:** Above 14 to below 17 years boys

**Note:** A student may be treated as eligible to participate in Yoga Olympiad if his/her age on *1<sup>st</sup> April of current year* is above 10 years and below 14 years and must be studying in class between VI-VIII for middle stage. However, for secondary stage the age criteria for selection of student is above 14 years but below 17 years and must be studying in class IX-X.

If any student / participant fails to fulfil the eligibility criteria will be considered as disqualified.

## **8. LEVEL OF ORGANISATION OF YOGA OLYMPIAD**

Organisation of Yoga Olympiad from school to State/UT level will be of the responsibility of respective State/UT. States/UTs are free to organise Yoga Olympiad as per their norms and instructions.

This is only an advisory for States/UTs and States/UTs are free to follow or can develop their own scheme up to State/UT level.

**Block Level:** This is the first level of National Yoga Olympiad (NYO) where all schools can send their entries. (However, if appropriate and convenient, authorities/organisers may opt/decide to have 'Yoga Olympiad' at district level directly depending upon number of schools participation and availability of resources etc.). Four girls and four boys will take part to constitute a team in each age category respectively. Winner teams (I, II, III position and IV Appreciation Certificate) of each category will be decided on the basis of combined performance of all four participants.

**District Level:** This is the second level of NYO where only the block level winners will participate/send their entries.

**State/UT Level:** This is the third level of NYO where only selected winners from district level will participate.

**National Level:** This is the final and culminating level of NYO where the best of States/UTs/*Kendriya Vidyalaya Sangathan* (KVS)/*Navodaya Vidyalaya Samiti* (NVS)/NESTS (*Eklavya Model Residential Schools*)/VBABSS (*Vidya Bharati Schools*)/CISCE Schools/CBSE Schools/NCERT's through their RIEs four Demonstration Multipurpose Schools team can take part. All the aforesaid units' team can send their best 4 girls and best 4 boys of middle stage and best 4 girls and best 4 boys of secondary stage.

However, winner of teams (I, II, III position and IV Appreciation Certificate) will be decided on the combined performance of all four (04) participants of each age category and gender wise.

**Note:** One Yoga expert or teacher will accompany the team of boys and girls separately and gender wise. Maximum only four persons can accompany at the one unit.

## 9. LANGUAGE

Local languages may be used at School/Block/District/State/UT Level. However, Hindi or English language will be the medium of instruction or expression at the national level.

## 10. AWARDS AT THE YOGA OLYMPIAD

Yoga Olympiad Awards from school to states/UTs/*Kendriya Vidyalaya Sangathan* (KVS)/*Navodaya Vidyalaya Samiti* (NVS)/NESTS (*Eklavya Model Residential Schools*)/VBABSS (*Vidya Bharati Schools*)/CISCE Schools/CBSE Schools/NCERT's RIEs (Demonstration Multipurpose Schools) at their respective level will be the responsibility of particular aforesaid bodies/units. These bodies/units are free to choose Yoga Olympiad Awards as per their norms, instructions and to opt prizes/certificates where ever

applicable. This is only an advisory for aforesaid bodies/units and they are free to follow or can develop their own scheme before National Level Yoga Olympiad.

**Block / School Level Teams Prizes**

- First Prize – Merit Certificate
- Second Prize – Merit Certificate
- Third Prize – Merit Certificate
- Fourth Place – Appreciation Certificate
- All other participating teams – Certificate of Participation

**District Level Teams Prizes**

- First Prize – Merit Certificate
- Second Prize – Merit Certificate
- Third Prize – Merit Certificate
- Fourth Place – Appreciation Certificate
- All other participating teams – Certificate of Participation

**State/UT Level Teams Prizes**

- First Prize – Merit Certificate with Memento
- Second Prize – Merit Certificate with Memento
- Third Prize – Merit Certificate with Memento
- Fourth Place – Appreciation Certificate
- All other participating teams – Certificate of Participation

**National Level Teams Prizes**

- First Prize – Gold Medal (Plated) with Merit Certificate
- Second Prize – Silver Medal (Plated) with Merit Certificate
- Third Prize – Bronze Medal (Plated) with Merit Certificate
- Fourth Place – Appreciation Certificate
- All other participating teams – Certificate of Participation with Memento

**10.1 Individual Awards**

Only at national level individual winners (I, II, III, IV) positions will be decided from each stage and gender wise on the basis of individual performance which they had shown during their team performance irrespective of team position.

**National Level Individual Prizes**

- First Prize – Gold Medal (Plated) with Certificate
- Second Prize – Silver Medal (Plated) with Certificate
- Third Prize – Bronze Medal (Plated) with Certificate
- Fourth Place – Appreciation Certificate

## 11. INDIVIDUAL WINNERS IN COGNITIVE DOMAIN

In view of recognising the cognitive domains of participants, developing innovative and creative ideas in Yoga with allied areas a special individual winners' category is developed.

### **Middle Stage**

#### **Events**

- (i) **Painting/Poster** on Yoga based on theme of International Day of Yoga (A4 size sheet to full chart paper)
- (ii) **Slogans** on Yoga (03 slogans in Hindi or English)

Participants can take part in any one or both aforesaid events. However, winner of each category will be declared separately irrespective of gender.

### **Secondary Stage**

#### **Events**

- (i) **Poem** on Yoga based on theme of International Day of Yoga (100 to 150 words in Hindi or English)
- (ii) **Essay** on Yoga based on theme of International Day of Yoga (200 to 250 words in Hindi or English)

Participants can take part in any one or both aforesaid events. However, winner of each category will be declared separately irrespective of gender.

**Note:** All participants shall have to submit aforesaid activities of events at the time of registration with their stage/category, name, team name, gender and class at the top of page in right side. Selected activities will be demonstrated in common/appropriate place at the venue of the event after the recommendation of team manager/coach of each team and then final evaluation will be done by NYO Juries only.

### **National Level Winners Prizes (Cognitive Domain Individual)**

First Prize	–	Gold Medal (Plated) with Certificate
Second Prize	–	Silver Medal (Plated) with Certificate
Third Prize	–	Bronze Medal (Plated) with Certificate
Fourth Place	–	Appreciation Certificate

## 12. TIME SCHEDULE OF ORGANISATION OF YOGA OLYMPIAD

<b>Block/School Level</b>	:	to be completed before 05 <sup>th</sup> April of every year
<b>District Level</b>	:	to be completed before 15 <sup>th</sup> April of every year
<b>State/UT Level</b>	:	to be completed before 25 <sup>th</sup> April of every year
<b>National Level</b>	:	to be completed between 15 <sup>th</sup> to 18 <sup>th</sup>

June of every year (Date should be finalised by competent authority)

**International Day of Yoga** : At their respective institutions on 21<sup>st</sup> June of every year

**Note:** (Entries at National Level should be sent to NCERT, New Delhi by 30<sup>th</sup> April of every year via email and speed post).

**Email:** nyoncert@gmail.com

**Accommodation and Food:** Stay and food arrangement will be arranged by NCERT in Guest House and Hostels or any other convenient arrangements.

### **13. RESPONSIBLE AUTHORITY/AGENCY TO CONDUCT YOGA OLYMPIAD AT DIFFERENT LEVELS**

Constitution of organising committees to conduct Yoga Olympiad from school to States/UTs/*Kendriya Vidyalaya Sangathan* (KVS)/*Navodaya Vidyalaya Samiti* (NVS)/NESTS (*Eklavya Model Residential Schools*)/VBABSS (*Vidya Bharati Schools*)/CISCE Schools/CBSE Schools/NCERT's RIEs (Demonstration Multipurpose Schools) level will be of the responsibility of respective aforesaid bodies/units. This is only an advisory for aforesaid bodies/units and they are free to take decision in this regard as per their norms and instructions.

Responsible authority/agency to conduct Yoga Olympiad in government, government-aided schools affiliated to State boards is as per the details given below:

**Block/School Level:** Block Education Officer/DIETs Principals/School Principals/Competent Authority

**District Level:** District Education Officer/DIETs/Competent Authority

**State/UT Level:**

- Secretary/Director of School Education/Director of Sports/SCERT/SIEs/Competent Authority.
- *Kendriya Vidyalaya Sangathan* for *Kendriya Vidyalayas*.
- *Navodaya Vidyalaya Samiti* for *Jawahar Navodaya Vidyalayas*.
- CBSE for schools affiliated with CBSE.
- NESTS Societies for *Eklavya Model Residential Schools*.
- *Vidya Bharati Society* for *Vidya Bharati Schools*.
- CISCE for CISCE affiliated schools.
- NCERT, RIE's for Demonstration Multipurpose Schools.

**National Level:** Ministry of Education, Government of Bharat/NCERT, New Delhi

## 14. EXPENDITURE NORMS

For conducting Yoga Olympiad expenditures up to States/UTs/*Kendriya Vidyalaya Sangathan* (KVS)/*Navodaya Vidyalaya Samiti* (NVS)/NESTS (*Eklavya Model Residential Schools*)/VBABSS (*Vidya Bharati Schools*)/CISCE Schools/CBSE Schools/NCERT's RIEs (Demonstration Multipurpose Schools) level will be borne by aforesaid bodies/units as per their norms. Whereas expenditure at national level will be borne by NCERT as per NCERT norms.

## 15. CRITERIA FOR ASSESSMENT

At each stage there will be a panel of 3 juries and 01 chief of juries having expertise in Yogic practices. The jury members will be drawn from educators, from different institutions, schools, Yoga institutes throughout the country. For national level competition jury panel will be from government institutions, S-VYASA and government retired personnel.

- Girls and boys will be assessed separately.
- Middle and secondary stage teams will be assessed separately.

### 15.1 Workshop/Clinic for Juries

In order to attain the accuracy and transparency in assessment processes in National Yoga Olympiad, a workshop or clinic for jury will be conducted one day prior to event.

**Note:** If there is tie in ranking, then the decision given by the chief of juries will be considered as final. Assessment of participants/teams will be done by a panel of juries based on the assessment criteria as follows:

#### Criteria for Assessment

##### A. Middle Stage

▪ **Suryanamaskara** (Compulsory : One round of twelve counts)

▪ **Asana**

**Set A** : *Tadasana, Vrikshasana and Garudasana*

**Set B** : *Yogamudrasana, Pachimottanasana and Pawanmuktasana*

**Set C** : *Shalabhasana, Dhanurasana and Setubandhasana*

**Set D** : *Trikonasana, Ardhamatsyendrasana and Katichakrasana*

**Set E** : *Badhapadmasana, Matsyasana and Suptavajrasana*

**Set F** : *Chakrasana, Halasana and Naukasana*

**Note:** One *Asana* will be performed from each set and 6 *Asanas* will be performed by each team. One time lottery system will be opted for selecting the *Asanas* from aforesaid list of *Asanas* for all the teams of each category.

## Evaluation of Asana

**Note:** \* Holding of the final posture will be evaluated as follows:

Sl. No	Name of Asana	Vinyasa (Pattern) (03 marks)	Final Posture* (05 marks)	Grace and Presentation (02 marks)	Total (10 marks)
1					
2					
3					
4					
5					
6					
<b>Total</b>					

- Holding final position between 10 to 20 seconds – 01 marks
- Holding final position between 21 to 30 seconds – 02 marks
- Holding final position between 31 to 40 seconds – 03 marks
- Holding final position between 41 to 50 seconds – 04 marks
- Holding final position between 51 to 60 seconds – 05 marks

### Evaluation of *Pranayama*

Name of <i>Pranayama</i>	Posture and <i>Mudra</i> (03 marks)	Breathing Pattern (05 marks)	Grace and Elegance (02 marks)	Total (10 marks)
<i>Anuloma-viloma or Sheetkari</i> *				
<i>Bhramari</i> **				
<b>Total</b>				

- **\*Anuloma-viloma, Sheetkari:** (Candidate can select any one and perform three rounds)
- **\* Bhramari:** (*Rechaka* 10 seconds = 01 mark, between 11 to 20 seconds = 02 marks, between 21 to 30 seconds = 03 marks, between 31 to 40 seconds = 4 marks, above 40 seconds = 5 marks)

### Evaluation of *Kriya*

Name of <i>Kriya</i>	Posture (03 marks)	Number of Stroke (05 marks)	Grace and Elegance (02 marks)	Total (10 marks)
<i>Kapalabhati</i> *				
<i>Agnisara</i> **				
<b>Total</b>				

- **\*Kapalabhati:** (120 strokes per minute in a rhythmic manner): Less than 50 strokes per minute = 1 mark, between 51 to 70 strokes per minute = 2 marks, between 71 to 90 strokes per minute = 3 marks, between 91 to 110 strokes per minute = 4 marks and above 110 strokes per minute = 5 marks
- **\*\*Agnisara (*Bahya Kumbhak/retention of breath outside after complete exhalation*):** Less than 5 strokes = 1 mark, between 5 to 10 strokes = 3 marks, between 11 to 15 strokes = 4 marks and above 15 strokes = 5 marks

## B. Secondary Stage

- **Suryanamaskara** (Compulsory : One round of twelve counts)
- **Asana:**
  - Set A :** *Vrikshasana, Hastottanasana and Tadasana*
  - Set B :** *Padhastasana, Simhasana and Sarvangasana*
  - Set C :** *Shalabhasana, Dhanurasana and Ustrasana*
  - Set D :** *Trikonasana, Ardhamatsyendrasana and Uttanamundakasana*
  - Set E :** *Akarnadhanurasana, Matsyasana and Halasana*
  - Set F :** *Kukkutasana, Sirsasana, Mayurasana (for boys) and Hamshasana (for girls)*

**Note:** One *Asana* will be performed from each set and 6 *Asanas* will be performed by each team. One time lottery system will be opted for selecting the *Asanas* from aforesaid list of *Asanas* for all the teams of each category.

### Evaluation of Asana

Sl. No	Name of Asana	Vinyasa (Pattern) (03 marks)	Final Posture* (05 marks)	Grace and Presentation (02 marks)	Total (10 marks)
1					
2					
3					
4					
5					
6					
<b>Total</b>					

**Note:** \* Holding of the final posture will be evaluated as follows:

- Holding final position between 10 to 20 seconds – 01 marks
- Holding final position between 21 to 30 seconds – 02 marks
- Holding final position between 31 to 40 seconds – 03 marks
- Holding final position between 41 to 50 seconds – 04 marks
- Holding final position between 51 to 60 seconds – 05 marks

### Evaluation of *Pranayama*

Name of <i>Pranayama</i>	Posture and <i>Mudra</i> (03 marks)	Breathing Pattern (05 marks)	Grace and Elegance (02 marks)	Total (10 marks)
<i>Anuloma-viloma or Sheetkari *</i>				
<i>Bhramari**</i>				
<b>Total</b>				

- **\*Anuloma Viloma, Sheetali:** (Candidate can select any one and perform three rounds)
- **\*\*Bhramari (After complete inhalation while doing *Rechaka* one must produce humming bee sound):** (Less than 10 seconds = 01 mark, between 11 to 20 seconds = 02 marks, between 21 to 30 seconds = 03 marks, between 31 to 40 seconds = 4 marks, above 40 seconds = 5 marks)

### Evaluation of *Shatkarma*

Name of <i>Shatkarma</i>	Posture (03 marks)	Number of stroke (05 marks)	Grace and Elegance (02 marks)	Total (10 marks)
<i>Kapalabhati*</i>				
<i>Agnisara**</i>				
<b>Total</b>				

- **\*Kapalabhati** (120 strokes per minute in a rhythmic manner): Less than

50 strokes per minute = 1 mark, between 51 to 70 strokes per minute = 2 marks, between 71 to 90 strokes per minute = 3 marks, between 91 to 110 strokes per minute = 4 marks and above 110 strokes per minute = 5 marks

- **\*\*Agnisara (Bahya Kumbhak/retention of breath outside after complete exhalation):** Less than 5 strokes = 1 mark, between 5 to 10 strokes = 3 marks, between 11 to 15 strokes = 4 marks and above 15 strokes = 5 marks

### **Evaluation of Bandha**

<b>Name of Bandha</b>	<b>Duration of contracting and holding of abdomen (05 marks)</b>	<b>Effortlessness/Elegance (03 marks)</b>	<b>Art of Inhalation and Exhalation (02 marks)</b>	<b>Total marks (10 marks)</b>
<i>Uddiyan*</i>				
<b>Total</b>				

- **\*Uddiyan (After complete exhalation):** Less than 05 seconds hold = 02 marks, between 6 to 10 seconds = 03 marks, between 11 to 15 seconds = 04 marks, above 15 seconds = 05 marks)

## **16. RESEARCH PROMOTION THROUGH NATIONAL YOGA OLYMPIAD**

To understand the impact of National Yoga Olympiad (NYO) on physical, physiological, psychological and anthropometrical variables of the participants' research may be conducted.

## **17. NATIONAL YOGA OLYMPIAD OATH AND SONG**

To take part in 'National Yoga Olympiad' with true spirit an oath and song will be taken by participants, coaches, managers, officials and juries to respect the rules and regulations of NYO at the time of opening ceremony. (Annexure D, Annexure E)

## 18. REPORT OF NATIONAL YOGA OLYMPIAD

A detailed report of the National Yoga Olympiad (NYO), every year will be prepared by the NCERT and submitted to the Ministry of Education (MOE) after the approval of competent authority.

It should include the following:

- (i.) Dates and venue of NYO.
- (ii) Details of Chief Guest of opening and closing ceremony.
- (iii) List of schools, number of students and teachers participated.
- (iv) List of participants of NYO belonging to States/ UTs/*Kendriya Vidyalaya Sangathan/Navodaya Vidyalaya Samiti /NESTS (Eklavya Model Residential Schools)/VBABSS (Vidya Bharati Schools)/NCERT's RIEs (Demonstration Multipurpose Schools)/ CISCE/CBSE.*
- (v) Highlights of NYO other than performing Yoga activities.
- (vi) List of juries evaluated the NYO.
- (vii) List of internal resource persons/staff faculty.
- (viii) Details of jury workshop for enhancing transparency in judging.
- (ix) Details of champion teams and individual participants of each gender belong to the middle and secondary stages.

## Annexure A

# SYLLABUS FOR YOGA

## MIDDLE STAGE (AS PER NEP 2020) AS PER TEXTBOOK

### Class VI

Theme/ Sub- Theme	Questions	Key Concepts	Resources	Activities/Processes
Yoga for Health	How Yoga is suitable for me and why should I do <i>Asana</i> and <i>Pranayama</i> ?	Benefits of Yoga Practices	Textbook, other materials diaries, charts, video clips, etc.	<ul style="list-style-type: none"> <li>• <i>Suryanamaskara</i></li> </ul> <p><b>Asana</b></p> <ul style="list-style-type: none"> <li>• <i>Tadasana</i></li> <li>• <i>Vrikshasana</i></li> <li>• <i>Utkatasana</i></li> <li>• <i>Vajrasana</i></li> <li>• <i>Swastikasana</i></li> <li>• <i>Ardhapadmasana</i></li> <li>• <i>Niralamba Bhujangasana</i></li> <li>• <i>Ardha-Shalabhasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>Uttanapadasana</i></li> <li>• <i>Pawanmuktasana</i></li> </ul> <p><b>Breathing with Awareness</b></p> <ul style="list-style-type: none"> <li>• <i>Meditation</i></li> <li>• <i>Trataka</i></li> </ul>

## Class VII

Theme/ Sub- Theme	Questions	Key Concepts	Resources	Activities/Processes
Yoga and Physical Fitness	How flexibility and physical fitness can be achieved through yogic practices?	What is flexibility? Various yogic practices to enhance flexibility?	Textbook, other materials, diaries, charts, video clips, etc.	<ul style="list-style-type: none"> <li>• <i>Suryanamaskara</i></li> </ul> <p><b>Asana</b></p> <ul style="list-style-type: none"> <li>• <i>Tadasana</i></li> <li>• <i>Hastottanasana</i></li> <li>• <i>Trikonasana</i></li> <li>• <i>Katichakrasana</i></li> <li>• <i>Padmasana</i></li> <li>• <i>Yogamudrasana</i></li> <li>• <i>Paschimottanasana</i></li> <li>• <i>Dhanurasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>SuptaVajrasana</i></li> <li>• <i>Chakrasana</i></li> <li>• <i>Ardhahalasana</i></li> </ul> <p><b>Pranayama</b></p> <ul style="list-style-type: none"> <li>• <i>Anuloma-viloma</i></li> <li>• <i>Bhastrika</i></li> </ul> <p><b>Kriya</b></p> <ul style="list-style-type: none"> <li>• <i>Kapalabhati</i></li> </ul> <p><b>Meditation</b></p>

## Class VIII

Theme/Sub-Theme	Questions	Key Concepts	Resources	Activities/Processes
Yoga for Concentration	How yogic practices help in developing concentration and harmony?	Benefits of <i>yogic</i> practices for developing concentration and harmony.	Textbook, other materials, diaries, charts, video clips, etc.	<p><i>Yogic Practices for Health and Harmony</i></p> <p><b>Asana</b></p> <ul style="list-style-type: none"> <li>• <i>Garudasana</i></li> <li>• <i>Baddhapadmasana</i></li> <li>• <i>Gomukhasana</i></li> <li>• <i>Ardhamatsyendrasana</i></li> <li>• <i>Bhujangasana</i></li> <li>• <i>Shalabhasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>Matsyasana</i></li> <li>• <i>Naukasana</i></li> <li>• <i>Setubandhasana</i></li> <li>• <i>Halasana</i></li> </ul> <p><b>Pranayama</b></p> <ul style="list-style-type: none"> <li>• <i>Anuloma-viloma</i></li> <li>• <i>Seetkari</i></li> <li>• <i>Bhramari</i></li> </ul> <p><b>Kriya</b></p> <ul style="list-style-type: none"> <li>• <i>Agnisara</i></li> </ul> <p><b>Meditation</b></p>

## SECONDARY STAGE (AS PER NEP 2020)

### Class IX

Units	Questions	Key Concepts	Resources	Activities/Processes
Unit 1 Introduction	Why Yoga is important?	What is Yoga importance of Yoga and guidelines for Yogic practices?	Charts, posters, various visual aids	Discussion
Unit 2 Personality Development through Yoga	Role of Yoga in all- round development  How can we improve flexibility and strength through yogic practices?	Yoga and personality development <b>Personality</b> <ul style="list-style-type: none"> <li>Physical</li> <li>Mental</li> <li>Intellectual</li> <li>Emotional</li> <li>Social</li> </ul> <i>yogic practices for personality development</i> <b>Meditation</b> Introspection meditation/introspection or self-observation. Meditation, Yognidra, etc.	Playground, halls, classrooms, charts, posters, various visual aids, Discussion	<ul style="list-style-type: none"> <li><i>Suryanamaskar</i></li> </ul> <b>Asana</b> <ul style="list-style-type: none"> <li><i>Tadasana</i></li> <li><i>Katichakrasana</i></li> <li><i>Simhasana</i></li> <li><i>Mandukasana</i></li> <li><i>Uttana Mandukasana</i></li> <li><i>Kukkutasana</i></li> <li><i>Akarna Dhanurasana</i></li> <li><i>Matsyasana</i></li> <li><i>Bhujangasana</i></li> <li><i>Shalabhasana</i></li> <li><i>Dhanurasana</i></li> <li><i>Sarvangasana</i></li> <li><i>Halasana</i></li> </ul> <b>Pranayama</b> <ul style="list-style-type: none"> <li><i>Anuloma-viloma</i></li> <li><i>Bhastrika</i></li> </ul> <b>Bandha</b> <ul style="list-style-type: none"> <li><i>Uddiyana</i></li> </ul> <b>Kriya</b> <ul style="list-style-type: none"> <li><i>Kapalabhati</i></li> <li><i>Agnisar</i></li> </ul>

## Class X

Theme/Sub-Theme	Questions	Key Concepts	Resources	Activities/Processes
Yoga for Stress Management	Do we feel stressed?	Stress factors inducing stress. <i>yogic</i> life style. Role of Yoga in stress management	Photographs, posters of <i>Yogic</i> practices, audio-visual aids	<p>Demonstration and performing of various <i>yogic</i> practices: <b>Yoga for Stress Management</b></p> <ul style="list-style-type: none"> <li>• <i>Hastottanasana</i></li> <li>• <i>Padhastasana</i></li> <li>• <i>Trikonasana</i></li> <li>• <i>Shashankasana</i></li> <li>• <i>Ushtrasana</i></li> <li>• <i>Matsyasana</i></li> <li>• <i>Makarasana</i></li> </ul> <p><b>Pranayama</b></p> <ul style="list-style-type: none"> <li>• <i>Anuloma-viloma</i></li> <li>• <i>Bhramari Pranayama</i></li> <li>• <i>Bhastrika Pranayama</i></li> </ul> <p><b>Kriya</b></p> <ul style="list-style-type: none"> <li>• <i>Kapalabhati</i></li> </ul> <p><b>Meditation</b></p> <p><b>Yoga for Healthy Living</b></p> <ul style="list-style-type: none"> <li>• <i>Shirshasana</i></li> <li>• <i>Bakasana</i></li> <li>• <i>Mayurasana</i> (for boys)</li> <li>• <i>Hamshasana</i> (for girls)</li> <li>• <i>Uttana Kurmasana</i> (for boys)</li> <li>• <i>Ardhamatsyendrasana</i></li> <li>• <i>Bhujanagasana</i></li> <li>• <i>Shalabhasana</i></li> <li>• <i>Sharvangasana</i></li> </ul>

## Annexure – B

### A. MIDDLE STAGE

#### Set A

#### *Tadasana* (Palm Tree Posture)

①



②



③



- Stand straight, legs together, hands by the side of the thighs. Keep the back straight and gaze in front.
- Stretch the arms upward, over the head and parallel with each other, with the palms facing each other.
- Slowly raise the heels and stand on toes. Raise heels as much as you can. Stretch body up as much as possible.
- While returning to the original position, bring the heels on the floor first.
- Slowly bring down the hands by the side of the thighs and relax.

**Vrikshasana  
(Tree Posture)**



- Stand with the feet together and the arms by the sides and gaze in front.
- Bend the right leg at the knee. Keep the sole of the right foot as high as possible in the inside of the left leg thigh (heel upwards and toes downwards).
- Balancing on the left foot, raise both the arms over the head and joining the palms together or may bring both the arms in the front of the chest with palms joined together (Namaskara posture).
- Take both the arms down by the side of the body.
- Bring down the right leg on the floor and stand erect.

**Garudasana  
(Eagle Posture)**



- Stand erect with feet together, hands by the sides of the thighs.
- Balancing on the left foot, raise the right leg, bend the right knee and wrap it around left leg.
- Entwine the forearms keeping the left elbow remaining below. Keep the palms together in front. Keep trunk as erect as possible and maintain the posture.
- Release arms. Put the right foot down on the floor.
- Come to the starting position

## Set B

### *Yogamudrasana*

①



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- Sitting in Padmasana, take both arms behind the back. Hold the right wrist with palm of the left hand.
- Exhaling, bend forward and bring forehead or chin to the floor. You may stay in the final position inhaling and exhaling normally.
- Raise your body, release the hands, and on inhaling come to the starting position.

### *Paschimottanasana*

①





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- Sit with the legs extended together and hand beside of the body.
- Bend the elbows. Make hooks with the index fingers.
- Bend the body forward and catch hold the toes with the hooks of the fingers.
- Place the head between the arms.
- Keeping a little bend in the elbows and without bending the knees, try to touch the forehead with the knees.
- Raise the head slowly.
- Release the hold of the toes and keeping the body straight, bring the hooks of the fingers near the chest.
- Place the hands on the respective sides of the body.
- Sit with the legs extended together

<b><i>Pawanamuktasana</i></b>	
 <p>①</p>  <p>②</p>	<ul style="list-style-type: none"> <li>• Lie supine with legs together and hands kept by the sides of the body, palms resting on the floor.</li> <li>• Fold both the legs at the knee over the belly.</li> <li>• Hold the knees with the interlocked arms and press them on the belly.</li> <li>• While exhaling, raise the head and let the chin touch the knees.</li> <li>• Bring the head down cautiously.</li> <li>• Release the interlocked arms and bring them on the floor.</li> <li>• Exhaling, unfold the legs back on the floor.</li> <li>• Bring legs together, hands by the side of the body, palms placed on floor and relax.</li> </ul>

### Set C

<b><i>Shalabhasana</i> (Locust Posture)</b>	
 <p>①</p>  <p>②</p>	<ul style="list-style-type: none"> <li>• Lie flat on the stomach. Legs together, hands by the side of the thighs, palms facing downwards or the hand clenched.</li> <li>• Stretch both the arms and place the hands under the thighs. Palm facing downward.</li> <li>• Raise both the legs upwards as high as possible.</li> <li>• Exhaling slowly bring down outstretched legs to the floor. Place arms beside the body.</li> <li>• Lie flat on the stomach. Legs together, hands by the side of the thighs.</li> </ul>

***Dhanurasana***  
**(Bow Posture)**



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- Lie down flat on stomach both the hand side wide.
- Slowly bend the legs backwards at the knees.
- Hold the ankles firmly with hands as per your capacity.
- Raise thighs, head and chest as high as possible. Stretch and bring the toes or ankles towards head. Look upward. Maintain the position comfortably.
- Release the hands and keep the arms beside the body.
- Straighten the legs. Bring the legs, head, shoulders and torso slowly on the floor and relax.

***Setubandhasana***  
**(Bridge Pose)**



①



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- Lie supine with legs together, arms by the side of the body and palms resting on the floor.
- Fold both the legs at the knees, with soles of the feet placed on the floor and heels closer to the buttock.
- Hold both the ankle joints firmly with hands or place both the hands near heels.
- Raise the thighs and spine upward, as high as comfortably possible.
- Keep the neck and the shoulders firmly on the floor. Maintain the posture at your comfort level.
- Release the hold of ankles.
- Lower the thighs down on the floor.
- Straighten and extend the legs.
- Bring legs together and arms by the sides of the body.

## Set D

### ***Trikonasana*** **(Triangle Posture)**



**Optimally**



- Stand straight, legs together and hands by the side of the thighs.
- Move your legs 1-2 feet apart.
- Turn your toe outward, stretch the arms sideways and raise them to shoulder level. The arms should be parallel to the floor in one straight line.
- Bend to the left side from the waist.
- Place the left hand on the left foot.
- Turn your head upward and look at the tips of your fingers
- Stretch the right arm up. Here, the two arms will be at 180°. Maintain this position with normal breathing comfortably. Optimally, the right arm can be further bent toward left side, keeping arms at 90° angle.
- To come back, lift the left palm. Straighten your trunk and bring the arms in line with shoulders.
- Bring down your arms and keep hands by the sides of thighs.
- Bring your feet together and relax.

***Ardhamatsyendrasana***  
**(Half Spinal Twist)**

①



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- Sit on the floor with legs extended in front.
- Bend the right leg and place right foot near the buttock. The outer edge of the foot should touch the ground.
- Bend the left leg at the knee and place left foot flat on the floor near outside of the right knee.
- Bring the right arm over the left knee and hold the left foot with right hand. Slowly twist the trunk to the left side and take the left arm behind the back and wrap it around the waist.
- Turn the head towards left and look back.
- Turn the neck and bring the head to the centre.
- Place the arms by the sides of the body.
- Straighten the leg and extend them in front and relax. Repeat the same procedure with other side.

***Katichakrasana***  
**(Lumber Twist Posture)**



- Stand straight on the ground with both the feet 12 inches apart.
- Now, raise your arms and bring them in front of the chest, with palms facing each other.
- While inhaling, take the arms slowly towards right side of your body. Simultaneously, twist your body from the waist to the right side and take your arms back as far as possible.
- While swinging towards right side, keep the right arm straight and left arm bent. Look in the back and feet should remain from the ground.
- Exhaling, bring the arms to the front.
- Repeat the practice by swinging towards the left side as well.

## Set E

### ***Baddhapadmasana*** **(Bound Lotus Pose)**

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- Sit on the floor with legs extended in front.
- Bend the right leg and place right foot near the buttock. The outer edge of the foot should touch the ground.
- Bend the left leg at the knee and place left foot flat on the floor near outside of the right knee.
- Bring the right arm over the left knee and hold the left foot with right hand. Slowly twist the trunk to the left side and take the left arm behind the back and wrap it around the waist.
- Turn the head towards left and look back.
- Turn the neck and bring the head to the centre.
- Place the arms by the sides of the body.
- Straighten the leg and extend them in front and relax. Repeat the same procedure with other side.

***Matsyasana***  
**(Fish Posture)**

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**or**



- Sit in *Padmasana* in a comfortable position.
- Bend backward, supporting the body with arms and elbow. Lift the chest, take the head back and lower the crown of head to the floor.
- Place middle part of the head on the ground. Hold the toes. Elbow should touch the ground.
- With the help of the elbows, lower the chest, bring the head on the ground. Unlock the legs. Come back to the sitting position in *Padmasana*.

**Supta Vajrasana  
(Reclined Thunderbolt Pose)**

①



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**or**



- Sit in *Vajrasana*.
- Slowly bend backwards taking the support of the elbows.
- Lie on the back in *Vajrasana*. Keep both the hands on thighs or take the arms behind and hold the elbow/arm with the hand of another arm.
- Keep the knees together and shoulders on the ground.

**Set F**

**Chakrasana  
(Wheel Pose)**

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- Lie on your back. Bend the legs at knees, heels touching the buttocks. Keep the feet 12 inches apart.
- Raise the arms up, bend them at the elbows, take them behind over the head.
- Place the palms on the floor beside the head, fingers pointing towards the shoulders.
- Slowly, raise the body and arch the back.
- Straighten the arms and knees. Move the hands further towards the feet as close as you feel comfortable.
- Slowly lower the body in the manner so that the head rests on the floor. Lower down rest of the body and lie flat on your back Relax.

***Halasana***  
**(Plough Posture)**

①



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- Lie in supine position, legs together and arms beside the body.
- Raise the legs still further up to 90° keeping them vertical and straight.
- With the support of the hands raise the trunk and lower the legs over the head. The toes should touch the ground. Push the legs a little beyond the head. Arms should be straight in the starting position.
- Slowly lower the back and buttocks to the ground. Bring the legs to 90° position and gradually bring the legs to the starting position.

***Naukasana***  
**(Boat Posture)**

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- Lie flat on the back. Keep the heels and feet together. The arms should be by the sides of the body and palms resting on the ground.
- Slowly raise the legs. Simultaneously, raise the head and trunk upto 45°.
- Stretch and raise the arms up and maintain the position for 5-10 seconds.
- Exhaling slowly bring the head and trunk down on the floor.
- Slowly bring down the legs and arms on the floor and relax.

## Pranayama

### Anuloma-viloma

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- Sit in *Padmasana*
- Adopt *Nasika Mudra*.
- Close the right nostril with the right thumb and exhale completely through the (left) nostril. Then inhale deeply through the same left nostril.
- Close the left nostril with your ring and little finger of the *Nasika Mudra*, release the right nostril. Now exhale slowly and completely through the right nostril.
- Inhale deeply through the same (right) nostril. Then close the right nostril and exhale through the left nostril. This is one round of anuloma-viloma.
- Repeat three rounds.

### Sheetkari

①



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- Sit in *Padmasana*
- Place the palms resting on the thighs.
- Fold the tip of the tongue inward horizontally. The folded tongue slightly comes out between the two rows of teeth and provides a narrow opening on both sides.
- Slowly suck the air in through the two sides of the tongue. Feel the cool stream of air diffusing throughout the mouth and throat into the lungs.
- Exhale slowly through both nostrils. Feel the warmth of the exhaled air.
- This completes one round of Sitkari.
- Repeat three rounds.

## Bhramari

1



2



or



- Sit in *Padmasana*
- Adopt *Chin mudra*.
- Inhale deeply.
- Exhaling, produce a low- pitched sound resembling the humming of a female bee.
- Feel the vibrations in the entire head.
- This is one round.

## Shatkarma

### *Kapalbhati*

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- Sit in *Padmasana*.
- Keep your spine and neck erect perfectly vertical to the ground.
- Close the eyes and collapse the shoulders.
- Relax the whole body completely.

#### **Practice:**

- Practice rapid breathing with active and forceful exhalation and passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
- Repeat the exhalation as quickly as possible at the rate of 120 strokes per minute.
- At the end of one minute, stop the practice.
- Wait until the breathing comes back to normal.

#### **Note:**

- Throughout the entire practice the spine must be kept erect without any movement of the trunk, neck or the face.
- Persons with high BP, heart problems, vertigo, epilepsy, hernia, slip disc and spondylosis should avoid this practice. Girls during menses should avoid this practice.

## Agnisara

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- Stand with the legs 2 to 3 feet apart, bend forwards slightly from the waist and place the palms on the thighs with the arms straight.
- Make yourself quite comfortable in this position.
- Inhale deeply through the nostrils and exhale completely through the mouth by vigorously contracting the abdominal muscles.
- Simultaneously press the hands against the thighs, tighten the arms, shoulders, neck muscles and lift up the ribs.
- As a result of this, the diaphragm automatically rises up, producing a concave depression of the abdomen. The abdominal wall gets sucked in as if to press the spine.
- In the position of *Uddiyana Bandha*, move the abdominal wall in and out vigorously like a pump (while holding the breath in exhalation).
- This movement of the abdominal wall is done through mock inhalations & exhalations, i.e., it seems as if one is inhaling and exhaling whereas it is not so.
- Then stop the movement of the abdominal wall, release the bandha and while inhaling come up to *Tadasana* and relax

## Annexure – C

### B. SECONDARY STAGE

#### Set A

#### **Vrikshasana (Tree Posture)**



- Stand with the feet together and the arms by the sides and gaze in front.
- Bend the right leg at the knee. Keep the sole of the right foot as high as possible in the inside of the left leg thigh (heel up-wards and toes downwards).
- Balancing on the left foot, raise both the arms over the head and joining the palms together or may bring both the arms in the front of the chest with palms joined together (*Namaskara* posture).
- Take both the arms down by the side of the body.
- Bring down the right leg on the floor and stand erect.

**Tadasana  
(Palm Tree Posture)**

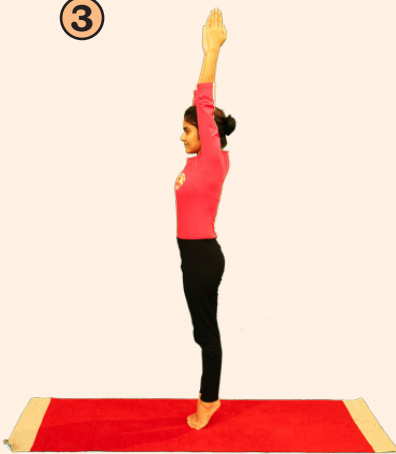
①



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- Stand straight, legs together, hands by the side of the thighs. Keep the back straight and gaze in front.
- Stretch the arms upward, over the head and parallel with each other, with the palms facing each other.
- Slowly raise the heels and stand on toes. Raise heels as much as you can. Stretch body up as much as possible.
- While returning to the original position, bring the heels on the floor first.
- Slowly bring down the hands by the side of the thighs and relax.

**Hastottanasana**  
**(Up-Stretched Arms Posture)**



- Stand straight on the ground with both feet together.
- Slowly inhaling, raise both arms over the head.
- Keep the palms facing up and interlock your fingers.
- Exhaling bend from the waist towards the right side. Maintain this position comfortably for 5-10 seconds in the beginning.
- Inhaling, come to the centre.
- Repeat it from left side as well.

## Set B

<p data-bbox="337 289 634 359"><b><i>Padahastasana</i></b> <b>(Hand to Feet Pose)</b></p> 	<ul data-bbox="829 289 1414 842" style="list-style-type: none"><li>• Stand straight, keep both feet together, hands beside the body. Balance weight of the body on the sole of the feet.</li><li>• Inhaling, raise both arms above the head and stretch them up.</li><li>• While exhaling, bend forward from the waist.</li><li>• Place the palms on the floor beside the feet or touch the feet and touch your forehead on the knee.</li><li>• To come back, slowly come to the standing position keeping your arms up over the head. Then slowly bring the arms down to the starting position.</li></ul>
<p data-bbox="378 926 591 995"><b><i>Simhasana</i></b> <b>(Lion Posture)</b></p> 	<ul data-bbox="829 926 1414 1514" style="list-style-type: none"><li>• Sit in <i>Vajrasana</i> with palms on the respective knees.</li><li>• Keep the knees apart.</li><li>• Place both the heels upwards under perineum.</li><li>• Place both the palms on the respective knees widely spreading out the fingers.</li><li>• Lean forward and place the palms on the floor between the knees.</li><li>• Open the mouth and stretch out the tongue as much as possible and gaze at centre of eyebrows.</li><li>• Relax your eyes, Come to <i>Vajrasana</i> by placing the palms on the respective knees and relax.</li></ul>

**Sarvangasana  
(Shoulder Stand Posture)**

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- Lie on the back with the hands along the thighs, palms resting on the ground.
- Pushing down on hands slowly raise both the legs up to 30°. Hold the position for few seconds.
- Slowly, raise the legs further up to 60° and maintain the position for few seconds.
- Raise the legs further up to 90° and maintain the position for few seconds.
- Bend the arms at the elbow and place the hands at the hips. Now, cupping the buttocks with hands raise. Raise legs, abdomen and chest up vertically in a straight line with the trunk. Place the palms on your back to support the back.
- Push the chest forward so that it presses firmly against the chin. Keep the elbows close to each other.
- Maintain the position comfortably for 5-10 seconds.
- To come back, lower the spine very slowly along the floor. Lower the buttocks with hands supporting the back and bring the buttocks on the ground. Bring the legs up to 90° and stop there. Place the hands firmly on the ground close to the body. Lower the legs still up to 60° and 30° and then slowly on the ground and relax.

## Set C

### *Shalabhasana* (Locust Posture)



OR



- Lie flat on the stomach. Legs together, hands by the side of the thighs, palms facing downwards or the hand clenched.
- Stretch both the arms and place the hands under the thighs. Palm facing downward.
- Inhaling, raise both the legs upwards as high as possible.
- Exhaling slowly bring down outstretched legs to the floor. Place arms beside the body.
- Lie flat on the stomach. Legs together, hands by the side of the thighs.

### *Dhanurasana* (Bow Posture)



- Lie down flat on stomach both the hand side wide.
- Exhaling, slowly bend the legs backwards at the knees.
- Hold the ankles firmly with hands as per your capacity.
- Inhaling, raise thighs, head and chest as high as possible. Stretch and bring the toes or ankles towards head. Look upward. Maintain the position comfortably.
- Release the hands and keep the arms beside the body.
- Straighten the legs. Bring the legs, head, shoulders and torso slowly on the floor and relax.

**Ushtrasana  
(Camel Posture)**



- Sit in *Vajrasana*.
- Stand on the knees with toes pointing backward and resting on the floor.
- Inhaling, bend backward giving the spine a backward bend.
- Place the palms on the respective heels or soles.
- Keep the head tilted backwards.
- Maintain the posture comfortably for 5-10 seconds.
- To come back, release the hands one by one, bring the head, neck and chest back to the normal position and slowly come to the *Vajrasana*.

## Set D

### ***Trikonasana*** **(Triangle Posture)**

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**Optimally**



- Stand straight, legs together and hands by the side of the thighs.
- Move your legs 1-2 feet apart.
- Turn your toe outward, stretch the arms sideways and raise them to shoulder level. The arms should be parallel to the floor in one straight line.
- Bend to the left side from the waist.
- Place the left hand on the left foot.
- Turn your head upward and look at the tips of your fingers
- Stretch the right arm up. Here, the two arms will be at 180°. Maintain this position with normal breathing comfortably. Optimally, the right arm can be further bent toward left side, keeping arms at 90° angle.
- To come back, lift the left palm. Straighten your trunk and bring the arms in line with shoulders.
- Bring down your arms and keep hands by the sides of thighs.
- Bring your feet together and relax.

**Ardhamatsyendrasana  
(Half Spinal Twist)**

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- Sit on the floor with legs extended in front.
- Bend the right leg and place right foot near the buttock. The outer edge of the foot should touch the ground.
- Bend the left leg at the knee and place left foot flat on the floor near outside of the right knee.
- Bring the right arm over the left knee and hold the left foot with right hand. Slowly twist the trunk to the left side and take the left arm behind the back and wrap it around the waist.
- Turn the head towards left and look back.
- Turn the neck and bring the head to the centre.
- Place the arms by the sides of the body.
- Straighten the leg and extend them in front and relax. Repeat the same procedure with other side.

**Uttanamandukasana  
(Stretched up Frog Posture)**

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- Sit in *Vajrasana*.
- Keep both the knees wide apart to such an extent that toes of both the feet touch each other. The head, neck and trunk are kept straight. The eyes are either closed or kept open.
- Raise the arms above the head, fold them and take them behind.
- Place the right palm below left shoulder and left palm below right shoulder.
- Maintain this position comfortably for 5-10 seconds.
- To come back, remove the arms one by one, bring the knees together and come to *Vajrasana*.

## Set E

### ***Akarna Dhanurasana*** **(Bow and Arrow Posture)**

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- Sit and stretch out both the legs in front. Keep both the arms by the side of the body. Palms should be resting on the ground, fingers together pointing forward.
- Catch hold of the right big toe by the hook of the index finger and thumb of the left hand.
- Make the hook with the help of index finger and thumb of right hand. Clasp the big toe of the left leg.
- Bend the right leg at knee. Pull the feet by the toe, so as it reaches up to the left ear.
- Maintain the position for 5-10 seconds.
- To come back, lower the right foot, release the hand and keep it by the side. Now bring the left leg on the floor. Release the right hand and keep it by the side of the body. (Do it from other side changing the position of legs and hands.)

**Matsyasana  
(Fish Posture)**

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OR



- Sit in *Padmasana* in a comfortable position.
- Bend backward, supporting the body with arms and elbow. Lift the chest, take the head back and lower the crown of head to the floor.
- Place middle part of the head on the ground. Hold the toes. Elbow should touch the ground.
- With the help of the elbows, lower the chest, bring the head on the ground. Unlock the legs. Come back to the sitting position in *Padmasana*.

**Halasana  
(Plough Posture)**

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- Lie in supine position, legs together and arms beside the body.
- Raise the legs still further up to 90° keeping them vertical and straight.
- With the support of the hands raise the trunk and lower the legs over the head. The toes should touch the ground. Push the legs a little beyond the head. Arms should be straight in the starting position.
- Slowly lower the back and buttocks to the ground. Bring the legs to 90° position and gradually bring the legs to the starting position.

## Set F

### ***Kukkutasana*** **(Cockerel Posture)**



- Sit in *Padmasana*. Keep your hand on side
- Now insert the arms between calves and thighs until the palms reach the floor.
- Inhaling, lift the body up as high as possible in the air. Support and balance the body on the hands. Keep the neck and head straight.
- Maintain the position with normal breath comfortably for 5-10 seconds.
- To release the posture, exhaling lower the body and bring it to the floor. Take the inserted arms out and sit in *Padmasana*.

## ***Shirshasana*** **(Head Stand Posture)**

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- Put a folded cloth or blanket on the floor: Kneel on the ground, with the buttocks resting on heels.
- Inter-lock the fingers and form a finger-lock.
- Place hands on ground making an angle of 60° between the elbows.
- Place centre of the head on the ground supported by the finger-lock.
- Straighten the legs.
- Bend the legs at the knees and bring the knees closer to the chest.
- Resting on the elbows and contracting abdominal muscles raise the feet off the ground.
- Keeping the legs folded in the knees, straighten the thighs.
- Unfold the legs and bring them vertically in line with the body and maintain the posture for 5-10 seconds.
- To come back, reverse the order. Fold the legs at the knees.
- Bring the knees closer to the chest. Bring the legs down to the ground. Take the feet away from the body. Place the knees on ground. Raise the head and the finger-lock from the ground. Open the finger-lock and come to the starting position.

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**Mayurasana  
(Peacock Posture)**

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- Kneel on the ground.
- Keep feet together and knees apart.
- Bring the elbows together and place palms on the ground between the knees, the fingers facing towards legs.
- Place the elbows at the navel region and stretch the legs backwards.
- Raise the trunk slowly and legs off the ground. Maintain this position for 5-10 seconds. The whole body should be balanced on palms and supported by abdomen muscles by shifting the body weight a little forward and balance the body on the elbows.
- To come back lower the legs to the ground. Bring the legs towards the hands and place the knees on the ground. Remove elbows from the navel and place the hands by the side of the body. Reduce the distance between the knees and come to the starting position.

## *Hamshasana*

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- Take the kneeling position
- Make a little distance between the knees. Keeping the heels together.
- Place the hands in front between the knees on the ground, fingers pointing towards legs.
- Place the elbows on the naval region.
- Extend the legs. Raise the trunk up, keeping the feet on the ground. Rest the whole body on the elbows pressing the abdomen. Maintain this position for 5-10 seconds.
- To come back bend the legs and bring them closer keeping the knees on ground. Remove the elbow from the abdomen. Bring the hands to the sides of the body and the knees closer and come to the starting position.

## Pranayama

### Anuloma-Viloma

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- Sit in *Padmasana*
- Adopt *Nasika Mudra*.
- Close the right nostril with the right thumb and exhale completely through the (left) nostril. Then inhale deeply through the same left nostril.
- Close the left nostril with your ring and little finger of the *Nasika Mudra*, release the right nostril. Now exhale slowly and completely through the right nostril.
- Inhale deeply through the same (right) nostril. Then close the right nostril and exhale through the left nostril. This is one round of Anuloma-viloma.
- Repeat three rounds.

### Sheetali

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- Sit in *Padmasana*
- Place the palms resting on the thighs.
- Stretch the tongue forward partly out of the mouth and fold it so as to resemble the beak of a crow.
- Slowly suck in the air through the beak and feel the jet of cool air passing down the throat into the lungs.
- Slowly exhale through the nostrils, feeling the movement of warm air all the way up from the lungs through the throat and the nasal passages.
- This completes one round of *Sitali Pranayama*.
- Repeat three rounds.

## ***Bhramari***

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**or**



- Sit in *Padmasana*
- Adopt *chin mudra*.
- Inhale deeply.
- Exhaling, produce a low- pitched sound resembling the humming of a female bee.
- Feel the vibrations in the entire head.
- This is one round.

## Shatkarma

### Kapalbhati

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- Sit in *Padmasana*
- Keep your spine and neck erect perfectly vertical to the ground.
- Close the eyes and collapse the shoulders.
- Relax the whole body completely.

#### Practice:

- Practice rapid breathing with active and forceful exhalation and passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
- Repeat the exhalation as quickly as possible at the rate of 120 strokes per minute.
- At the end of one minute, stop the practice.
- Wait until the breathing comes back to normal.

#### Note:

- Throughout the entire practice the spine must be kept erect without any movement of the trunk, neck or the face.
- Persons with high BP, heart problems, vertigo, epilepsy, hernia, slip disc and spondylosis should avoid this practice. Girls during menses should avoid this practice.

## Agnisara

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- Stand with the legs 2 to 3 feet apart, bend forwards slightly from the waist and place the palms on the thighs with the arms straight.
- Make yourself quite comfortable in this position.
- Inhale deeply through the nostrils and exhale completely through the mouth by vigorously contracting the abdominal muscles.
- Simultaneously press the hands against the thighs, tighten the arms, shoulders, neck muscles and lift up the ribs.
- As a result of this, the diaphragm automatically rises up, producing a concave depression of the abdomen. The abdominal wall gets sucked in as if to press the spine.
- In the position of *Uddiyana Bandha*, move the abdominal wall in and out vigorously like a pump (while holding the breath in exhalation).
- This movement of the abdominal wall is done through mock inhalations & exhalations i.e., it seems as if one is inhaling and exhaling whereas it is not so.
- Then stop the movement of the abdominal wall, release the bandha and while inhaling come up to *Tadasana* and relax.

## Bandha

### *Uddiyan*

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- Stand with the legs 2 to 3 feet apart, bend forwards slightly from the waist and place the palms on the thighs with the arms straight.
- Make yourself quite comfortable in this position.
- Inhale deeply through the nostrils and exhale completely through the mouth by vigorously contracting the abdominal muscles.
- Simultaneously press the hands against the thighs, tighten the arms, shoulders, neck muscles and lift up the ribs.
- As a result of this, the diaphragm automatically rises up, producing a concave depression of the abdomen. The abdominal wall gets sucked in as if to press the spine.
- Hold this condition as long as comfortable.
- Then inhaling slowly release the abdominal muscles and return to the upright position.
- Rest for a while and then go for the next round

## Annexure – D

### प्रतिज्ञा

मैं सत्यनिष्ठा से प्रतिज्ञा करता/करती हूँ कि 'राष्ट्रीय योग ओलंपियाड' के सभी नियमों के अधीन रहकर सहभागिता करूँगा/करूँगी। मैं स्वयं योगाभ्यास में भाग लेकर 'सीखें योग, रहें निरोग' का प्रचार एवं प्रसार करूँगा/करूँगी। मैं जीवन में कभी भी मादक पदार्थों का सेवन नहीं करूँगा/करूँगी और अपने साथियों को भी नशे से दूर रहने के लिये प्रेरित करूँगा/करूँगी। मैं योग के माध्यम से विश्व शांति, कल्याण एवं एकता की स्थापना में अपना योगदान देने का संकल्प लेता/लेती हूँ।

## Annexure – E

### योग गीत

योग करें, सभी योग करें; नियमित हम सब योग करें  
सीखें योग, रहें निरोग; भारत का है संदेश यही।

जाति-पंथ का भेद नहीं, मानवता ही श्रेष्ठ यही  
मिलकर सभी बताएँगे, सुंदर विश्व बनायेंगे  
योग करें, सभी योग करें; नियमित हम सब योग करें।

विश्व शांति का मार्ग यही; आस्था, करुणा की छाँव यही  
सभी को इसे अपनाना है, स्वस्थ भारत बनाना है  
सीखें योग, रहें निरोग; भारत का है संदेश यही।

सभ्यता का सार यही, संस्कृति-सरिता का धार यही  
प्राचीनता का आभास यही, भारत का है प्रयास यही  
सभी में सत्य जगाना है, भारत को विश्वगुरु बनाना है  
सीखें योग, रहें निरोग; भारत का है संदेश यही।

रोगमुक्त संसार रहे, योग ही इसका आधार बने  
आपस में प्रेम बढ़ाना है, अद्भुत विश्व बनाना है।

योग करें, सभी योग करें; नियमित हम सब योग करें  
सीखें योग, रहें निरोग; भारत का है संदेश यही।

## NOTES



राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
National Council of Educational Research and Training

