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सत्यमेव जयते



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एन सी ई आर टी  
NCERT

# GUIDELINES: NATIONAL YOGA OLYMPIAD-2026

15<sup>TH</sup> – 18<sup>TH</sup> JUNE, 2026



*Yoga for Healthy Ageing*

राष्ट्रीय शैक्षिक अनुसंधान एवं प्रशिक्षण परिषद्  
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## GUIDELINES: NATIONAL YOGA OLYMPIAD-2026

### 1. INTRODUCTION

The National Education Policy 2020 (NEP 2020) and the National Curriculum Framework for School Education 2023 (NCF-SE 2023) envision a deep-rooted pride in being Indian, not only in thought but also in spirit and intellect. Yoga has always been a part of our cultural heritage and was practised by our rishis to cultivate peace, harmony, health, and wellness. In today's world, Yoga has emerged as an important system, a preventive way that ensures quality health for all. The Yoga Quiz has been designed to instil in students this very awareness and understanding of Yoga, as well as its importance in strengthening human values and maintaining a healthy and cheerful disposition.

### 2. OBJECTIVES ARE TO:

- ⇒ Develop an understanding of yogic practices in alignment with traditional Indian knowledge systems and apply this knowledge in one's daily life.
- ⇒ Cultivate healthy habits and a balanced lifestyle among students.
- ⇒ Nurture human values in students.
- ⇒ Promote physical, mental, emotional, social and spiritual well-being.
- ⇒ Promote creativity among learners, by organising painting, poster making, slogan writing, poem and essay competitions on Yoga or the theme of the International Day of Yoga.
- ⇒ Foster harmony within oneself, society and nature.

### 3. ELIGIBILITY CRITERIA FOR PARTICIPATING IN THE NATIONAL YOGA OLYMPIAD-2026

The National Yoga Olympiad-2026 Online Quiz will be conducted for both girls and boys, for Preparatory Stage, the Middle Stage and the Secondary Stage as per NEP-2020 and NCF-SE 2023. It promotes the active participation of students with special needs in inclusive settings. Schools/authorities may ensure that students with special needs actively participate in the National Yoga Olympiad-2026 Online Quiz.

#### 3.1. SCHOOL PARTICIPATION

All government, government-aided and recognised schools' teams can take part in the Yoga Olympiad Online Quiz 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 (PM SHRI Demonstration Multipurpose Schools)/any other private schools affiliated with the approved boards.*



### 3.2 TARGET GROUP

#### Preparatory Stage (as per NEP 2020)

The Preparatory Stage comprises students from Grade III to Grade V.

Age Group

**1A Girls:** Girls aged between 8 and 11.

**1B Boys:** Boys aged between 8 and 11.

#### Middle Stage (as per NEP 2020)

The Middle Stage comprises students from Grade VI to Grade VIII.

Age Group

**2A Girls :** Girls aged between 11 and 14.

**2B Boys:** Boys aged between 11 and 14.

#### Secondary Stage-I (as per NEP 2020)

The Secondary Stage comprises students of Grade IX and Grade X.

Age Group

**3A Girls:** Girls aged between 14 and 18.

**3B Boys:** Boys aged between 14 and 18.

#### Secondary Stage-II (as per NEP 2020)

The Secondary Stage comprises students of Grade XI and Grade XII.

Age Group

**4A Girls:** Girls aged between 14 and 18.

**4B Boys:** Boys aged between 14 and 18.

*Note: A student may be treated as eligible to participate in the National Yoga Olympiad Online Quiz as per his/her age on 1<sup>st</sup> April 2026.*

*Note: If any student/participant fails to fulfil the eligibility criteria, they will be considered disqualified from participating.*

### 4. SYLLABUS

In alignment with the stages defined under the NEP 2020 and the curricular and pedagogical recommendations of the NCF-SE 2023, the syllabus for the National Yoga Olympiad shall be based on the textbooks developed by the NCERT for different school stages. For the Preparatory Stage (Grades III–V), the content shall be drawn from NCERT’s Physical Education and Well-being textbooks titled “*Khel Yoga*”. For the Middle Stage (Grades VI–VIII), the syllabus shall be based on NCERT’s textbook titled “*Khel Yatra*”, along with the yoga textbook “*Yoga: A Healthy Way of Living*”. For the Secondary Stage-I (Grades IX–X), the syllabus shall be based on NCERT’s textbook “*Khel Praveen*” (Grade IX), along with the inclusion of the yoga textbook “*Yoga: A Healthy Way of Living*”, the Grade X book of *Health of Physical Education* and for Secondary Stage-II (Grades XI–XII), the syllabus shall be based on NCERT’s textbook “*Yoga: A Healthy Way of Living*” and the older NCERT textbooks. These NCERT textbooks are available in Hindi, Urdu, and English and can be accessed through e-Pathshala and the NCERT’s official website. The quiz and other assessment components of the National Yoga Olympiad shall be based on the prescribed NCERT syllabus and the above-mentioned textbooks.



## 5. RULES AND PROCEDURES FOR THE ONLINE QUIZ

### 5.1 REGISTRATION AND SCHEDULE

The Registration for the quiz will remain open until 10<sup>th</sup> June 2026. The quiz will be conducted from 15<sup>th</sup> to 18<sup>th</sup> June 2026 as per the following schedule:

Preparatory Stage (Grades III–V) – Boys and Girls	: 15 <sup>th</sup> June, 2026 (9:00 AM to 9:00 PM)
Middle Stage (Grades VI–VIII) – Boys and Girls	: 16 <sup>th</sup> June, 2026 (9:00 AM to 9:00 PM)
Secondary Stage–I (Grades IX–X) – Boys and Girls	: 17 <sup>th</sup> June, 2026 (9:00 AM to 9:00 PM)
Secondary Stage–II (Grades XI–XII) – Boys and Girls	: 18 <sup>th</sup> June, 2026 (9:00 AM to 9:00 PM)

### 5.2 PRE-QUIZ PROCESS (YOGA PLEDGE AND YOGA SONG)

After successful registration, when the participant logs in to attempt the quiz, they must first go through the Yoga Pledge and Yoga Geet.

- This step is mandatory for all the participants.
- The quiz will start only after the stipulated time allocated for the pledge and Yoga Geet.

### 5.3 REGISTRATION AND LOGIN PROCESS

Participants must register on the NYO website (<https://www.nyoncert.in>) or directly register through the portal (<https://www.nyoncert.in/registration2026/register.php>) by providing complete and accurate details. Login credentials will be sent to the participant's registered email address before the examination.

Note: A maximum of four students can be registered using a single email ID. If more than four students need to be registered, separate email ID must be used.

### 5.4 MEDIUM OF QUIZ

The quiz will be available in Hindi and English. Participants must select one language at the beginning of the quiz.

### 5.5 ATTEMPT RULES

The participants can attempt the quiz from a mobile (preferably), tablet, laptop, or desktop. The quiz can be attempted only once, and it must be completed in a single continuous attempt. No second attempts will be allowed under any circumstances.

Note: No other application or browser tab should be opened during the examination; otherwise, the participant will be automatically logged out. In such cases, participants need to log in again and complete the examination in the remaining time only. During this process, the lost time will be part of the total examination time. The same will be in case of electricity or technical failure on the participant's end.

### 5.6 NAVIGATION OF QUESTIONS

After responding to a question, click on the 'Next Question' button to go to the next question to finish quickly. In general, a question will automatically disappear, and the system will move to the next question if it is not answered within 48 seconds.

### 5.7 QUESTION FORMAT

All questions will be multiple-choice questions (MCQs) with only one correct answer.



## 5.8 TIME AND QUESTION ATTEMPT MECHANISM

The quiz will consist of 25 questions carrying 4 marks each, with no negative marking. Each question will be allocated 48 seconds, after which the system will automatically move to the next question. The participants must answer each question within the given time limit.

Event	Time (minutes)
Yoga Pledge	2
Yoga Song	3
Exam (Quiz)	20 (For 25 Questions) 1 Question = 48 seconds (maximum)
Total time	25

## 5.9 FINAL SUBMISSION

After completion of all questions, the quiz will be automatically submitted. No changes will be allowed after submission.

Note: No second chance will be given if an attempt remains incomplete due to internet, electricity or other issues on the participant's end after starting the quiz or if the stipulated 25-minute time limit expires.

## 5.10 RANKING CRITERIA

Ranking will be determined based on:

- Number of correct answers
- Time taken to complete the quiz

Higher accuracy and faster completion will result in a better rank.

## 5.11 CERTIFICATE DISTRIBUTION

All participants will be able to download their Digital Participation Certificate directly from the official portal after completing the quiz.

## 5.12 MERIT CERTIFICATES

Merit Certificates will be awarded to students securing first, second, third, and fourth positions at each stage of the competition in each category—boys and girls.

Furthermore, schools are encouraged to organise 'creative expression' activities at their own level. For the Middle Stage students, painting/poster-making and slogan-writing competitions may be conducted, while for the Secondary Stage students, poem-writing and essay-writing competitions could be conducted. All creative activities such as painting/poster-making, slogan writing, poem writing, and essay writing should be based on the theme "**Yoga for Healthy Ageing**". This will help students better understand how yoga supports a healthy lifestyle, overall well-being, and active ageing. The best four results of the Middle and Secondary stage from each States/UTs/National Bodies/RIEs could be submitted/uploaded through the NYO Portal by 18<sup>th</sup> June 2026 at 5:00 pm.

*Note: The decision of the NCERT will be final in all matters related to the quiz.*

