

# YOGA OLYMPIAD IN SCHOOLS

## Guidelines

### 1. Introduction

National Curriculum Framework 2005 (NCF-2005) highlighted yoga as an essential component which contribute to the physical, social, emotional and mental development of a child. Yoga has been integrated as an essential component of Health and Physical Education. NCERT has already developed textual material on Yoga for Upper Primary and Secondary stage titled “ Yoga-A Healthy Way of Living” for Upper Primary and “ Yoga-A Healthy Way of Living” for Secondary stage. Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) is taking multi dimensional initiative to promote Yoga in curriculum and transaction in Schools. One of the initiative is organization of Yoga Olympiad for School children.

### 2. Theme of Yoga Olympiad

The theme for the Yoga Olympiad will be ‘**Yoga for Health and Harmony**’.

### 3. Yogic Practices to be covered in Olympiad

The following Yogic practices will be covered into ‘Yoga Olympiad’:

- i. Asanas
- ii. Pranayama
- iii. Kriya (Cleansing Process)
- iv. Bandha (Secondary stage only)
- v. Surya Namaskar (Optional)

### 4. Syllabus

Syllabus for Class VI to VIII (Upper Primary Stage) and Class IX & X (Secondary Stage) developed by NCERT. The syllabus of NCERT is available on [www.ncert.nic.in](http://www.ncert.nic.in) in the Department of Social Sciences. The textbooks are also available on this website which gives postures of different Yogic practices.

### 5. School Participating

All government, government-aided schools are eligible to participate.

### 6. Target Group

Yoga Olympiad will be conducted for both Girls and Boys separately. Also Separately teams for Girls and Boys and for Upper Primary stage and for Secondary stage . Schools /Authorities may ensure that students with special needs have active participation in Yoga Olympiad.

#### Upper Primary Stage

Upper Primary Stage comprise students’ from Class 6<sup>th</sup> to Class 8<sup>th</sup>

#### Secondary Stage

Secondary Stage comprise students’ from Class 9<sup>th</sup> to Class 10<sup>th</sup>

## **7. Level of organization of Yoga Olympiad**

**Block Level:** This is the first level of Yoga Olympiad where all individuals / schools can send their entries. (However if appropriate and convenient, authorities / organizers may opt / decide to have 'Yoga Olympiad' at district level directly depending upon number of schools participation and availability of resources etc). Four winning girls and four winning boys (I, II, III position winners as main participants and IV position winner as Substitute / Extra) at the upper primary and similar number at the secondary stage will participate at the district level.

**District level:** This is the Second level of Yoga Olympiad where only the Block level winners will participate.

**State/UT level:** This is the Third level of Yoga Olympiad where only selected winners from district level will participate.

**National level:** This is the final and culminating level of Yoga Olympiad where the best of State / UT entries will showcase their performance. Four winning girls and four winning boys of State/UT level (I, II, III position winners as main participants and IV position winner as Substitute / Extra) at the upper primary and similar number at the secondary will participate at the National Level. In all 16 students (4 boys and 4 girls from Upper Primary Stage and 4 boys and 4 girls of Secondary Stage) from each State/UT will participate at the National Level in this Olympiad.

## **8. Language**

Hindi or English will be the medium of instruction or expression at the national level.

## **9. Awards at the Yoga Olympiad**

Merit and Participation certificates will be provided at each level (for details please see the Scheme)

## **10. Time Schedule of Organization of Yoga Olympiad**

<b>Block / School Level</b>	<b>: Complete by 30<sup>th</sup> April, 2016</b>
<b>District level</b>	<b>: Complete by 05<sup>th</sup> May, 2016</b>
<b>State/UT level</b>	<b>: Complete by 15<sup>th</sup> May, 2016</b>
<b>Last date of submission of Nominations to NCERT</b>	<b>: 20<sup>th</sup> May, 2016</b>
<b>National level</b>	<b>: Third Week of June, 2016 at New Delhi</b>

## **11. EXPENDITURE NORMS**

### **Up to State/UT Organisation level**

Expenditure up to States/UTs will be borne by respective states/UTs as per their norms.

## **12. Criteria for Assessment**

Assessment of participants will be done by a jury based on the assessment criteria. The children may be assessed based on the practical performance of various yogic activities. Only practical aspects of Yogic practices in terms of performance will be judged.

### **12.1 Jury**

At each stage there will be a team of 3 judges having expertise in Asanas, Pranayama, Kriya, Bandh. The jury members will be drawn from educators, practitioners / scholars from different institutions, Schools, Yoga institutes throughout the country.

- ❖ Girls and Boys will be assessed separately.
- ❖ Upper primary and secondary stage teams will be assessed separately.

## 12.2 Evaluation for Upper Primary

There will be total 100 marks at the Upper Primary Stage. These marks will be 60 for Asanas, 20 for Pranayama, and 20 for Kriya. Surya Namaskara will be optional. The details of evaluation is given below:-

### Evaluation of Asana

Total six asanas will be performed by participating students, out of the asanas given below.

- i. **Standing Posture:** Tadasana, Vrikshasana, Trikonasana, Garudasana
- ii. **Sitting Posture:** Yogamudrasana, Badha Padmasana, Pachimattanasana, Supta Vajrasana, Gamukhasana, Ardhamatsyendrasana
- iii. **Prone Posture:** : Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- iv. **Supine Posture:** Setubandhasana, Halasana, Matsyasana, Chakrasana, Pawanmaktasana

Four asanas will be announced extempore by the Jury at the time just before the competition, Whereas two asanas will be optional as per the choice by the participating students. Each asana will be evaluated based on Vinyasa (pattern), Final Posture and Grace & Presentation. Marks of each criteria is given in the bracket in the Table 1.

**Table 1: Evaluation Criteria of Asana**

S.No	Asana Name	Vinyasa (pattern)	Final Posture	Grace & Presentation	Total
		03 Marks	05 Marks	02 Marks	10 Marks
1					
2					
3					
4					
5					
6					
Total (60 Marks)					

### Evaluation of Pranayama

Total 2 pranayam will be performed by participants out of the 3 pranayam given below.

- i. Anulomaviloma,
- ii. Sitkari,
- iii. Bharmari

One pranayam will be announced extempore by the Jury at the time just before the competition, Whereas one pranayam will be optional as per the choice of participating students. The students will be judged on the basis of Posture & Mudra, Breathing Pattern and Grace & Elegance. Marks for each criteria is given in Table 2.

**Table 2: Evaluation Criteria of Pranayama**

Name of Pranayama	Posture & Mudra	Breathing Pattern	Grace & Elegance	Total
	03 Marks	05 Marks	02 Marks	10 Marks
1				
2				
Total (20 Marks)				

### Evaluation of Kriya

Total 2 Kriyas will be performed by participating students as given below.

1. Kapalabhati
2. Agnisara

Out of which one will be given by the Jury at the time of the Competition. The students will be judged on the basis of Posture, No. of stroke, Strength, Agility and Grace & Elegance. Marks for each criteria is given in Table 3.

**Table 3: Evaluation Criteria of Kriya**

Name of Kriya	Posture	No. of stroke, Strength, Agility	Grace & Elegance	Total
	03 Marks	05 Marks	02 Marks	10 Marks
1. Kapalabhati				
2. Agnisara				
Total (20 Marks)				

### 12.3 Evaluation of Yogic Practices at the Secondary Stage

There will be total 100 marks. These marks will be 60 for Asanas, 20 for Pranayama, and 10 for Kriya and 10 for Bandha at the Secondary Stage. Surya Namaskara will be optional. The details of evaluation is given below:-

#### Evaluation of Asana

Total 6 asanas will be performed by participating students, out of the asanas given below. 4 asanas will be announced extempore by the Jury at the time just before the competition, Whereas 2 asanas will be optional as per the choice by the participating students. Each asana will be evaluated based on Vinyasa (pattern), Final Posture and Grace & Presentation. Marks for each criteria is given in the bracket in the Table 4.

- i. **Standing Posture:** Vrikshasana, Hastottanasana, Padhastasana, Trikonasana.
- ii. **Sitting Posture:** Simhasana, Uttana Mundakasana, kukkutasana, Akarna Dhanurasana, Ustrasana, Shashankasana, Bakarasana
- iii. **Prone Posture:** Shalabhasana, Dhanurasana, Mayurasana
- iv. **Supine Posture:** Sarvangasana, Matsyasana, Sirsasana

**Table 4: Evaluation Criteria of Asana**

S.No	Asana Name	Vinyasa (pattern)	Final Posture	Grace & Presentation	Total
		03 Marks	05 Marks	02 Marks	10 Marks
1					
2					
3					
4					
5					
6					
Total (60 Marks)					

#### Evaluation of Pranayama

Total 2 pranayam will be performed by participants out of the 3 pranayam given below. One pranayam will be announced extempore by the Jury at the time just before the competition, Whereas one pranayam will be optional as per the choice of participating students. The students will be judged on the basis of Posture & Mudra, Breathing Pattern and Grace & Elegance.

Marks for each criteria is given in Table 5.

- i. Anuloma viloma,
- ii. Shitali,
- iii. Bhastrika

**Table 5: Evaluation Criteria of Pranayama**

Name of Pranayama	Posture & Mudra	Breathing Pattern	Grace & Elegance	Total
	03 Marks	05 Marks	02 Marks	10 Marks
1				
2				
Total (20 Marks)				

Evaluation of Kriya

Agnisara Kriya will be performed by participating students as given below. The students will be judged on the basis of Posture, No. of stroke, Strength, Agility and Grace & Elegance. Marks for evaluation of judging is given below in Table 6.

**Table 6: Evaluation Criteria of Kriya**

Name of Kriya	Posture	No. of stroke, Grief, Strength, Agility	Grace & Elegance	Total
	03 Marks	05 Marks	02 Marks	10 Marks
1. Agnisara				
Total				

Evaluation of Bandha

Uddiyan Bandha will be performed by participating students as given below. The students will be judged on the basis of criteria given in Table 7.

**Table 7: Evaluation of Bandha**

Name of Bandha	Duration of sucking and holding of abdomen	Effortlessness/ Elegance	Art of inhalation & Exhalation	Total
	03 Marks	05 Marks	02 Marks	10 Marks
Uddiyan				
Total				

### **13. Nominations and Report of ‘Yoga Olympiad’ to be sent to NCERT**

Nominations of the team and a formal report of the organisation of Yoga Olympiad at State/UT level should reach to NCERT by **20<sup>th</sup> May, 2016**. The nomination should include Names and Addresses including Phone / Mobile number and email etc. of students, and Escort teachers.

The report should include the following:

- i. Dates and venue of Yoga Olympiad at District and State level.
- ii. Number of schools participated and students, teachers participated.
- iii. List of participants at the State/UT level.
- iv. Highlights of the Yoga Olympiad including other activities and participation of other organisations.
- v. Panel of judges for evaluating the Yoga Olympiad at State level.
- vi. Number of visitors to the Yoga Olympiad at State/UT level.

**Nomination and Report be sent to:**

**Prof. Saroj Yadav,  
Dean (Academic),  
Zakir Hussain Block, NCERT,  
Sri Aurobindo Marg, New Delhi, 110016  
011-26592247, 26536040, 26592109  
deanacademicncert@gmail.com**