

राष्ट्रीय शैक्षिक अनुसंधान
और प्रशिक्षण परिषद्
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NATIONAL COUNCIL OF EDUCATIONAL
RESEARCH AND TRAINING
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Professor Hrushikesh Senapaty
Director

F.No.PS(D)/6-118/2019-20
Dated: March 12, 2020

Sub: National Yoga Olympiad from 18th to 20th June, 2020 in NCERT- regarding

Dear Dr. Immanuel,

The United Nations General Assembly has unanimously declared 21st June as International Day of Yoga. As a prelude to it, at the National level, NCERT has been organizing Yoga Olympiad since 2016. This year the National Yoga Olympiad will be organized from 18th to 20th June, 2020 in NCERT, New Delhi.

The Yoga Olympiad, being organized at the National level, will provide opportunity for participation of four boys & four girls at the Upper Primary Level and four boys & four girls at the Secondary Level from each State. You are requested to send the nomination of children and escort teachers by 1st June 2020.

Needless to say, these children may be escorted by two teachers (one teacher should be female in case of girls). You are requested to send the names of children and escort teachers in advance to NCERT. T.A. will be paid as per NCERT norms (restricted to 3rd AC by train). They will be required to produce original tickets with photocopy of the same for settling their T.A. bills. As the T.A. amount will be credited to their bank accounts, students and escort teachers may be advised to carry the bank details. Air travel is not permitted for attending the Yoga Olympiad. The escort teachers should also bring a letter of deputation from the concerned authority.

The participating children should reach NCERT, Guest House by 17th June, 2020 positively as the Olympiad will start early morning on 18th June, 2020. For any information, please contact Prof. Saroj Yadav, Dean (Academic), NCERT (Tel. No. 011-26536040; E-mail: yogaolympiadncert@gmail.com).

It is, therefore, requested that Yoga Olympiad may be organized at School, Block, District and State levels as per the Scheme. The best performing students at each level may be identified and rewarded. The Scheme and General Guidelines of Yoga Olympiad are enclosed for your ready reference.

With regards,

Yours sincerely,

Encls: As above


(Hrushikesh Senapaty)

Dr. G. Immanuel,
Chairman,
Council for the Indian School Certificate Examinations
P 35-36, Sector VI, Pushp Vihar, Saket
New Delhi – 110017



सत्यमेव जयते

Govt. of India
Ministry of Human Resource
Development



Yoga for Harmony & Peace

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी
NCERT

राष्ट्रीय योग ओलम्पियाड National Yoga Olympiad *Scheme and General Guidelines*



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

YOGA OLYMPIAD

(Scheme and General Guidelines)

1. INTRODUCTION

The aim of education, undoubtedly, is the attainment of human excellence and perfection, not just in any field of knowledge or activity, but life in totality. Which means nurturing of the qualities of head and heart in a way congenial to the growth and development of oneself and others around him? In practical life, this has to be translated as qualities of truthfulness and righteous living, happy in personal life, self-confidence, integration of body, mind and intellect, love and compassion towards all living beings. Practicing Yoga in the true sense will support this.

Yoga is not only a process for leading towards astounding hidden personality of human being by bringing mastery over the body, mind, intellect and emotional faculties, but also a powerful tool to manifest those hidden potential powers in self. Yoga is an art of living, it improves quality of life, a healthy life with physical, mental, emotional and spiritual well-being and leads to overall holistic development of body and mind. Swami Vivekananda once 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 intersect oral coordination and collaboration is indispensable for revival of Yoga in the right spirit and the way that was expressed by our Honorable Prime Minister Shri Narendra Modi ji *“It is our responsibility to ensure that the right spirit of yoga is conveyed to everyone.”* It is needed that we collaborate and work together so that concerns, views, ideas and experiences are exchanged.

Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) taking multi dimensional initiative to promote Yoga in curriculum and transaction in Schools. ‘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.

IMPORTANCE OF YOGA

The word ‘Yoga’ is derived from Sanskrit root *yuj* which means ‘join’ or ‘unite’. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies ‘integration of personality’ at the highest level. As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. These practices and techniques are means in the yogic literature and are also referred collectively as ‘Yoga’.

Good Health is the right of every human being. But this right depends on individual, social and environmental factors. Along with social or environmental factors to a large extent, we can develop a better immune system and a better 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, but, it also include 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 to successfully fight with diseases. For example, the system of yoga, naturopathy, *ayurveda*, *unani*, *homeopathy* and *siddha* can be quoted among indigenous systems, whereas allopathic system is quoted as the modern and popular medical system. Yoga is one of the most powerful drugless system of treatment. It is having its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as lifestyle for promoting our physical and mental health. Yoga, if introduced at the school level would help to inculcate healthy habits and healthy lifestyle to achieve good health.

Ministry of Human Resource Development to take such initiatives more intensively conceptualized 'Yoga Olympiad' as a venture with the objective 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.

International Yoga Day observed on 21 June 2015, have attracted youths almost in lakhs. It is important that the younger generation is given a direction of holistic vision of sharing and caring, harmony, peace and love as the key features of yoga. With this idea, this new initiative is named as "Yoga Olympiad" to give a meaning that we come together for achieving harmony, love and peace.

These guidelines covers the detailed dimensions of "Yoga Olympiad" rules and regulations, scheme, modalities of assessment and the awards of appreciation offered to the best performing teams.

2. THEME OF YOGA OLYMPIAD

The aim of yoga thus, is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. Yoga helps in the development of strength, stamina, endurance and high energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony, therefore Yoga Olympiad has been planned. The theme for the Yoga Olympiad will be **Yoga for Health and Harmony.**

3. OBJECTIVES OF YOGA OLYMPIAD

- To develop an emotional and mental health through yogic activities.
- To develop harmony understanding of yogic practices and apply this understanding accordingly in one's life and living.
- To develop a healthy habit and lifestyle in children.
- To develop humane values in children.
- To develop physical, with the nature and universe.

4. YOGIC PRACTICES TO BE COVERED IN OLYMPIAD

The Following dimensions of Yoga are embedded into 'Yoga Olympiad':

1. Shatkarma/Kriya (Cleansing Process)
2. Asanas
3. Pranayama



4. Dhyana (Meditation) (Not for evaluation)
5. Bandha and Mudra (Only for Secondary level)

4.1 Shatkarma/Kriya (Cleansing Process)

Shatkarma means six *karmas* or *kriyas*. The *karma/kriya* means 'action'. *Shatkarma* consists purificatory processes which cleanse the 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 are *Neti*, *Dhauti*, *Basti*, *Trataka*, *Nauli* and *Kapalabhati*. These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body. In this Olympiad, *kapalabhati* & *Agnisara* will be evaluated.

4.2 Asanas

The term *asana* means sitting in a particular posture, which is comfortable and which could be maintained steadily for long time. *Asana* gives stability and comfort, both at physical and mental level.

4.3 Pranayama

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

The health of the respiratory system depends upon the quality as well as the quantity of air inhaled by the person. It also depend on the rhythm and completeness of the breathing. Through *pranayama*, a practitioner

advantageously works with her/his respiratory, cardiovascular and the nervous system which bring about emotional stability and peace of mind.

Pranayama has three phases known as *puraka*, *rechaka* and *kumbhaka*. *Puraka* is controlled inhalation; *rechaka* is controlled exhalation and *kumbhaka* is controlled retention of breath.

Initially, the exhalation (*Rechaka*) may be a little more prolonged in comparison to inhalation (*Puraka*). Insistence on 1:2 ratio in the beginning may prove counterproductive. As we practice, 1:2 ratio is reached in natural manner.

4.4 Dhyana (Meditation) (Not for evaluation)

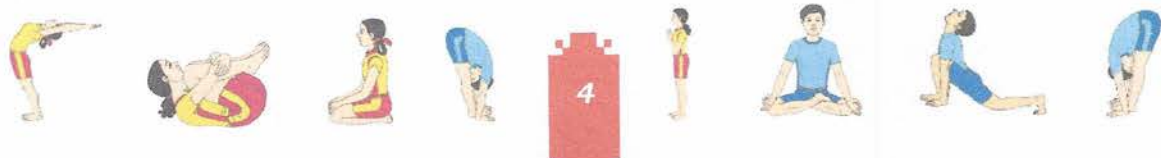
Meditation is a practice which helps in concentration of the body and mind. In meditation, concentration is focussed for a long time on a single object like tip of the nose, space between eyebrows, etc. It develops a sense of well-being and improves memory and decision making power in the person.

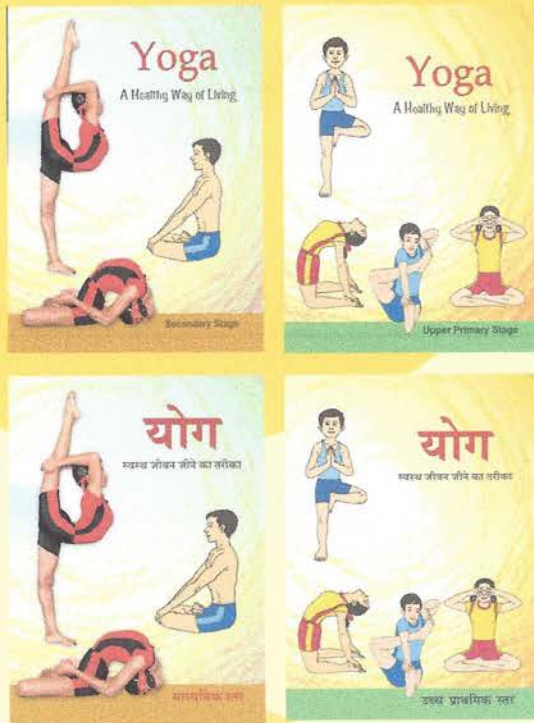
4.5 Bandha and Mudra (Only for Secondary level)

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. SYLLABUS

NCERT has developed a syllabus for Class VI to VIII (Upper Primary Stage) and Class IX & X (Secondary Stage). NCERT has also developed textbooks for Upper Primary and Secondary Stages titled "Yoga: A Healthy Way of Living". These books are available in Hindi, Urdu and English. These books are also available on e-pathshala and on NCERT website.





6. SCHOOL PARTICIPATING

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

Following organisations will also conduct yoga Olympiad at their organization Level and send teams (four boys and four girls) at the Upper Primary Level and four boys and four girls at the Secondary Level to National level.

- Kendriya Vidyalaya Sangathan
- Navodaya Vidyalaya Samiti
- Central Board of Secondary Education (Excluding KVS & NVS).
- Council For The Indian School Certificate Examinations (CISCE)

7. TARGET GROUP

7.1 Upper Primary Stage

Upper Primary Stage comprise students' form Class 6th to Class 8th will participate as on 1st April 2020.

Age Group

1A — Girls (Upper Primary Stage)

1B — Boys (Upper Primary Stage)

7.2 Secondary Stage

Secondary Stage comprise students' form Class 9th to Class 10th

Age Group

2A — Girls (Secondary Stage)

2B — Boys (Secondary Stage)

Yoga Olympiad will be conducted for both Girls and Boys separately (Separate teams of Girls and Boys for Upper Primary and Secondary stages). Similarly CBSE, KVS, NVS will conduct Yoga Olympiad separately for Boys and Girls stage wise. Yoga Olympiad promotes active participation of students with special needs, in inclusive settings. Schools/authorities may ensure that students with special needs have active participation in Yoga Olympiad.

8. LEVEL OF ORGANIZATION OF YOGA OLYMPIAD

Organisation of Yoga Olympiad from School to State/UT and organisation levels of will be of the responsibility of respective State/UT and organisations.

Block Level: This is the first level of Yoga Olympiad where all 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 at the upper primary and similar number at the secondary will participate at the district level and Next Level.



District level: This is the Second level of Yoga Olympiad where only the Block level winners will participate / send their entries.

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 teams will showcase their performance. States and Union Territories shall select the best teams for participating at the national level. At this stage, best 4 girls and best 4 boys of Upper Primary and best 4 girls and best 4 boys of secondary will participate. In all 16 students from each State/UT, CBSE,

KVS and NVS will participate in this Olympiad

9. LANGUAGE

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

10. AWARDS AT THE YOGA OLYMPIAD

Awards for Yoga Olympiad from School to State/UT and organization levels will be the responsibility of the respective Organisations. Organisations are free to choose awards for Yoga Olympiad as per their norms and instructions. They are free to opt prizes / certificate at school / block / District / State/UT level.

Block / School Level	
First Prize	Merit Certificate
Second Prize	Merit Certificate
Third Prize	Merit Certificate
All other participants	Certificate of Participation

District Level	
First Prize	Merit Certificate
Second Prize	Merit Certificate
Third Prize	Merit Certificate
All other participants	Certificate of Participation

State/UT Level	
First Prize	Merit Certificate with Memento
Second Prize	Merit Certificate with Memento
Third Prize	Merit Certificate with Memento
All other participants	Certificate of Participation



National Level	
First Prize	Gold Medal (Plated) with Certificate
Second Prize	Silver Medal (Plated) with Certificate
Third Prize	Bronze Medal (Plated) with Certificate
All other participants	Certificate of Participation

11. TIME SCHEDULE OF ORGANIZATION OF YOGA OLYMPIAD

Block / School Level : to be Complete by 20 April, 2020

District level : to be Complete by 30 April, 2020

State/UT level : to be Complete by 5th May, 2020

National level : 18-20 June, 2020 at New Delhi

12. RESPONSIBLE AUTHORITY / AGENCY FOR ORGANISATION AT DIFFERENT LEVELS

Appointment of responsible authority / agency for organisation of Yoga Olympiad from School to State/UT level will be the responsibility of respective State/UT.

- Responsible authority / agency for organisation in government, government-aided schools affiliated to State boards can be as per the details given below.

Block / School level:

District Education Officer / DIETs and School Principals.

District level:

District Education Officer / DIETs Principals.

State/UT level:

Secretary / Director of School Education SCERT/SIEs etc.

Kendriya Vidyalaya Sangathan:

Kendriya Vidyalaya

Navodaya Vidyalaya Samiti:

Jawahar Navodaya Vidyalaya

CBSE for schools affiliated with CBSE (Excluding KVS & NVS)

Council For The Indian School Certificate Examinations (CISCE)

National level :

National Council of Educational Research and Training

Best 4 girls and best 4 boys of Upper Primary and best 4 girls and best 4 boys of secondary will participate from State/UT (16 Students), KVS (16 Students), NVS (16 Students), CBSE (16 Students) and RIE (16 Students), at National Level.

13. EXPENDITURE NORMS

Up to State/UT Organisation level

Expenditure up to State/UT and organizational levels will be borne by respective States/UTs and Organisation as per their norms.

National Level

NCERT will bear the Expenditure of National level Yoga Olympiad as per NCERT norms.



14. CRITERIA FOR ASSESSMENT

Assessment of participants will be done by a jury based on the assessment criteria.

14.1 Jury

At each stage there will be a team of 3 judges having expertise in Asanas, Pranayama, Kriya, Bandh. The jury

14.2 Criteria for Assessment

A. Evaluation for Upper Primary

- ◆ Surya Namaskara (optional)
- ◆ Evaluation of Asana

Standing Posture : Tadasana, Vrikshasana, Trikonasana, Garudasana

Sitting Posture : Yogamudrasana, Badha Padmasana, Pachimattanasana, Supta Vajrasana, Gamukhasana, Ardhamatsyendrasana

Prone Posture : Bhujangasana, Shalabhasana, Dhanurasana, Makarasana

Supine Posture : Setubandhasana, Halasana, Matsyasana, Chakrasana, Pawanmuktasana

Sl. No.	Name of Asanas	Vinyasa (Pattern) 03 Marks	Final Posture 05 Marks	Grace & Presentation 02 Marks	Total 10 marks
1					
2					
3					
4					
5					
6					
Total					

- ◆ Evaluation of Pranayama

Anulomaviloma, Sitkari, Bhramari

Name of Pranayama	Posture & Mudra-03	Breathing Pattern-04	Grace & Elegance-03	Total-10
Total				

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.



◆ Evaluation of Kriya, Kapalabhati and Agnisara

Name of Kriya	Posture - 03	No of stroke, Grief, Strength, Agility -04	Grace & Elegance-03	Total-10
Total				

B. Evaluation for Secondary

◆ Surya Namaskara (optional)

◆ Evaluation of Asana

Standing Posture : Vrikshasana, Hastottanasana, Padhastasana, Trikonasana.

Sitting Posture : Simhasana, Uttana Mundakasana, kukkutasana, Akarna Dhanurasana. Ustrasana, Shashankasana, Bakarasana

Prone Posture : Shalabhasana, Dhanurasana, Mayurasana

Supine Posture : Sarvangasana, Matsyasana, Sirsasana

Sl. No.	Name of Asanas	Vinyasa (Pattern) 03 Marks	Final Posture 05 Marks	Grace & Presentation 02 Marks	Total 10 marks
1					
2					
3					
4					
5					
6					
Total					

◆ Evaluation of Pranayama

Anulomaviloma, Shitali, Bhastrika

Name of Pranayama	Posture & Mudra-03	Breathing Pattern-04	Grace & Elegance-03	Total-10
Total				



◆ Evaluation of Kriya
Agnisara

Name of Kriya	Posture - 03	No of stroke, Grief, Strength, Agility-04	Grace & Elegance-03	Total-10
Total				

◆ Evaluation of Bandha
Uddiyan

Name of bandha	Duration of sucking and holding of abdomen-03	Effortlessness /Elegance-	Art of Inhalation & Exhalation-04	Total-10
Total				

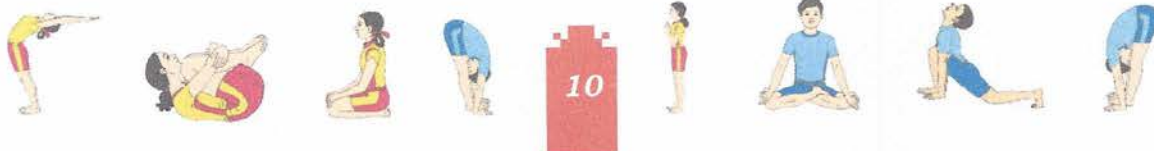
**15. REPORTS OF ‘YOGA OLYMPIAD’
TO BE SENT TO NCERT**

A formal report of the State/UT, Organisation level Yoga Olympiad should reach NCERT within one month after the conclusion of the State/UT, Organisation level Yoga Olympiad. It should include the following:

- (i) Dates and venue of Yoga Olympiad.
- (ii) Proformas duly filled up.
- (iii) List of schools participating and the number of students/ teachers participating as per the proforma attached. Break-up of the male and female participants should also be given. It should also reflect on the number of rural and urban

schools that participated in the Yoga Olympiad at State/UT, Organisation level.

- (iv) List of participants at the State/ UT, Organisation level.
- (v) Highlights of the Yoga Olympiad including other activities and participation of other organisations.
- (vi) Panel of judges evaluated the Yoga Olympiad.
- (vii) List of selected participants being sent for National Level Yoga Olympiad bearing the name of student, teacher, school, contact details, email etc.
- (viii) Number of visitors to the Yoga Olympiad at State/UT, Organisation level.



Syllabus For Yoga

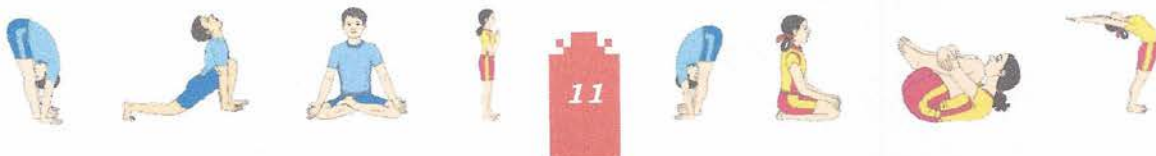
Upper Primary Stage

Class VI

Theme/ Sub-Theme	Questions	Key Concepts	Resource	Activities/Processes
Yoga for Health	How yoga is suitable for me and why should we do asanas and pranayamas?	Benefits of Yoga Practices	Textbook, other materials diaries, charts, video clips, etc.	<ul style="list-style-type: none"> • <i>Surya Namaskara Asanas</i> • <i>Tadasana</i> • <i>Vrikshasana</i> • <i>Utkatasana</i> • <i>Vajrasana</i> • <i>Swastikasana</i> • <i>Ardhapadmasana</i> • <i>Niralamba Bhujangasana</i> • <i>Ardha-Shalabhasana</i> • <i>Makarasana</i> • <i>Uttanapadasana</i> • <i>Pawanmuktasana</i> • <i>Shavasana</i> • <i>Breathing with Awareness</i> • <i>Trataka Meditation</i>

Class VII

Theme/ Sub-Theme	Questions	Key Concepts	Resource	Activities/Processes
Yoga for 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	What is flexibility? Yogic Practices to Enhance Flexibility <ul style="list-style-type: none"> • <i>Surya Namaskara Asanas</i> • <i>Tadasana</i> • <i>Hastottanasana</i> • <i>Trikonasana</i> • <i>Katichakrasana</i> • <i>Padmasana</i> • <i>Yogamudrasana</i> • <i>Paschimottanasana</i> • <i>Dhanurasana</i> • <i>Makarasana</i> • <i>SuptaVajrasana</i> • <i>Chakrasana</i> • <i>Ardhahalasana</i> • <i>Shavasana</i>



				<i>Kriya</i> <ul style="list-style-type: none"> • <i>Kapalabhati</i> <i>Pranayamas</i> <ul style="list-style-type: none"> • <i>Anuloma-viloma</i> • <i>Bhastrika</i> Meditation
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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 yogic practices for developing concentration and harmony.	Textbook, other materials, diaries, charts, video clips, etc	Yogic Practices for Health and Harmony <i>Asanas</i> <ul style="list-style-type: none"> • <i>Garudasana</i> • <i>Baddhapadmasana</i> • <i>Gomukhasana</i> • <i>Ardhamatsyendrasana</i> • <i>Bhujangasana</i> • <i>Shalabhasana</i> • <i>Makarasana</i> • <i>Matsyasana</i> • <i>Naukasana</i> • <i>Setubandhasana</i> • <i>Halasana</i> • <i>Shavasana</i> <i>Kriya</i> <ul style="list-style-type: none"> • <i>Agnisara</i> <i>Pranayamas</i> <ul style="list-style-type: none"> • <i>Anuloma-viloma</i> • <i>Seetkari</i> • <i>Bhramari</i> Meditation



Secondary Stage

Class IX

Unit	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	1.Role of Yoga in all-round. Development 2.How can We Improve flexibility and Strength through Yogic Practices	Yoga and personality development Personality : • Physical • Mental • Intellectual • Emotional • Social Yogic practices for personality development Meditation • Introspection • Meditation/ Introspection or self- observation. Meditation, Yognidra, etc.	Play ground, Halls, Classrooms, Charts, Posters, Various Visual Aids. Discussion	a. <i>Surya Namaskar</i> b. <i>Asanas</i> • <i>Tadasana</i> • <i>Katichakrasana</i> • <i>Simhasana</i> • <i>Mandukasana</i> • <i>Uttana Mandukasana</i> • <i>Kukkutasana</i> • <i>Akarna Dhanurasana</i> • <i>Matsyasana</i> • <i>Bhujangasana</i> • <i>Shalabhasana</i> • <i>Dhanurasana</i> • <i>Sarvangasana</i> • <i>Halasana</i> • <i>Shavasana</i> c. <i>Kriyas</i> • <i>Kapalabhati</i> • <i>Agnisar</i> d. <i>Pranayamas</i> • <i>Anuloma-viloma</i> • <i>Bhastrika</i> e. <i>Bandha</i> • <i>Uddiyana</i> f. <i>Meditation</i> • <i>Meditation</i> • <i>Introspection</i>



Class X

Theme / Sub Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Stress Management	Do we feel stressed?	Stress Factors inducing stress. Yogic Life Style Role of Yoga in Stress Management	Photographs, Posters of yogic practices, Audio-Visual Aids	Demonstration and performing of various Yogic Practices: Yoga for Stress Management <ul style="list-style-type: none"> • <i>Hastottanasana</i> • <i>Padhastasana</i> • <i>Trikonasana</i> • <i>Shashankasana</i> • <i>Ushtrasana</i> • <i>Ardhamatsyendrasana</i> • <i>Bhujanagasana</i> • <i>Shalabhasana</i> • <i>Sharvangasana</i> • <i>Matsyasana</i> • <i>Makarasana</i> • <i>Shavasana</i> • <i>Kapalabhati</i> • <i>Anuloma-viloma</i> Pranayama <ul style="list-style-type: none"> • <i>Bhramari Pranayama</i> • <i>Bhastrika Pranayama</i> • <i>Meditation</i> Yoga for Healthy Living <ul style="list-style-type: none"> • <i>Shirshasana</i> • <i>Bakasana</i> • <i>Mayurasana</i> (for boys) • <i>Hamshasana</i> (for girls) • <i>Uttana Kurmasana</i> (for boys)



Syllabus For Yoga

From: Committee for Safety/ Security and Discipline

Please do the following:

1. Wear the identity card given to you all the time around your neck. Always keep them safely, if inform your teacher immediately who in turn should contact the registration committee.
2. Stay with your group all the time.
3. Inform your teacher immediately if you separate/get separated from the group.
4. Do not go anywhere outside the premises without your teacher accompanying you.
5. Carry with you the important phone numbers provided to you, may feed some in your mobile.
6. Contact your teacher in case of any problem/difficulty, who will get in touch with local (NCERT) officials for help.
7. Stick to the timings given for day-to-day activities, events movement etc.
8. Do take care of your personal belongings yourself, especially mobiles and valuables.
9. Protect yourself from heat, drink enough water and eat well. Immediately inform your teacher if not feeling well.
10. Do inform your teacher if you spot any suspicious object in or around your place of stay.
11. Do maintain proper discipline at all times, keep the place of stay and premises clean, walk on the pavements so that grass, hedge etc. is not spoilt.
12. Read carefully and follow rules and regulations specified at your place of stay, if any displayed.
13. Feel free to share/discuss with NCERT officials, if you found any unhealthy approach behavior from anybody.

Don'ts

1. Do not invite any of your guests/visitors in your room/dormitory
2. Do not touch any suspicious object in or around the place of your stay, if found any, inform your teacher.
3. Do not hesitate to approach your teacher/control room for help.
4. Do not miss the sensitization/orientation/briefing/debriefing sessions conducted by NCERT officials.
5. In case of any problem, do not panic, inform your teacher, who is provided with the details of local contact officers for help.

