

National Yoga Olympiad (18th-20th June 2016) A Report



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We sincerely thank Sh. Ajit M. Sharan, Secretary, Ministry of AYUSH and Sh. Anil Ganeriwala, Joint Secretary, Ministry of AYUSH for technical and financial support.

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We are also thankful to all the Jury Members and Observers for assessing the children continuously for two days.

We express sincere thanks to Prof V. Ramgopal Rao, Director IIT, New Delhi for providing comfortable stay to the participants from different states/UTs.

We appreciate the special efforts put in by all the Principals of RIEs (Ajmer, Bhopal, Bhubaneswar, Mysore and Shillong) and all the colleagues, who were state coordinators of different States/UTs for reaching out and motivating their officials to participate in the Yoga Olympiad.

Our special thanks to all the Chairpersons of various Committees and their members who worked tirelessly round the clock for making this Olympiad a success.

We are also thankful to Media for covering Yoga Olympiad widely.

ABOUT THE YOGA OLYMPIAD

Introduction

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'. Yoga is not only a process for leading towards astounding hidden personality of human beings by bringing mastery over the body, mind, intellect and emotional faculties, but is also a powerful tool to manifest these hidden potentialities in the self. Yoga is an art of living. It improves the quality of life, a healthy life with physical, mental, emotional and spiritual well-being that leads to holistic development of body and mind. Swami Vivekananda once said *Yoga has a complete message for humanity*. Good Health is the right of every human being, but this right depends on individual, social and environmental factors. Along with social and 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. Positive health does not mean merely freedom from diseases, but it also includes a jubilant and energetic feeling of well-being. Yoga is one of the most powerful drugless systems of treatment.

The International Yoga Day is celebrated on 21st June which is also the longest day of a year therefore, keeping in mind the importance of yoga in life it is felt that Yoga Olympiad should bring the idea of Olympic sports or a marathon peace run in the field of yoga. With this idea, the new initiative was named as **Yoga Olympiad** which also means that we come together for achieving harmony, love and peace.

Apart from physical demonstration of yoga, later on, the Olympiad will also measure the individual's knowledge, grasp of concept, definition of yoga and its various techniques for total growth of an individual at physical, mental, emotional and spiritual levels.

Objectives of Yoga Olympiad

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

Theme of Yoga Olympiad

The aim of Yoga Olympiad was to encourage 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, peace and contentment at mental level leading to inner and outer harmony, therefore Yoga Olympiad was planned. The theme for the Yoga Olympiad was **Yoga for Health and Harmony**.

Yogic Practices covered in the Olympiad

The following dimensions of Yoga were embedded into the Yoga Olympiad:

- Shatkarma/Kriya (Cleansing Process)
- Asanas
- Pranayama
- Bandha and Mudra

Shatkarma/Kriya (Cleansing Process)

Shatkarma means six *karmas* or *kriyas*. The *karma/kriya* means 'action'. *Shatkarma* consists purification processes which cleanse the specific organs of the body by detoxifying them. The purification helps to keep the body and the 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 cleanse the internal organs or systems by using water, air or manipulation of certain organs of the body.

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. There may be variations in the techniques of some of the *Asanas* depending upon the yoga institutions.

Pranayama

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

Bandha and Mudra

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

School Participating

All government, government-aided schools were eligible to participate. A total of 309 students along with their 79 teachers from 21 states/UTs participated in the Yoga Olympiad held on 18th and 19th June 2016.

Target Group

Upper Primary Stage : Upper Primary stage comprised students from classes 6th to 8th.

Secondary Stage : Secondary stage comprised students from classes 9th to 10th

Yoga Olympiad was conducted for both Girls and Boys separately (separate teams for Girls and Boys both for the Upper Primary stage and the Secondary stage).

Yoga Olympiad promoted active participation of students with special needs, in inclusive settings. Schools /authorities ensured that students with special needs participate actively in the Yoga Olympiad.

Levels of organization of Yoga Olympiad

Organization of Yoga Olympiad from School to State/UT level was the responsibility of the respective States/UTs and they were free to organize Yoga Olympiad as per their norms and instructions. There was only an advisory for the States/UTs to follow or develop their own scheme up to State/UT level.

Block Level: It was the first level of Yoga Olympiad where all schools sent their entries. Four winner girls and four winner boys (I, II, III position winners as main participants and IV position winner as Substitute / Extra) at the Upper Primary stage and similar number at the Secondary stage participated at the district level or the next level.

District Level: It was the second level of Yoga Olympiad where only the block level winners participated.

State/UT Level: It was the third level of Yoga Olympiad where only the selected winners from the district level participated.

National Level: It was the final and culminating level of Yoga Olympiad where the best of State / UT entries showcased their performance. States and Union Territories selected the best teams for participation at the National level. At this stage, best 4 girls and best 4 boys from the Upper Primary stage and best 4 girls and best 4 boys from the Secondary stage participated (I, II, III position winners as main participants and IV position winner as Substitute / Extra). In all 16 students from each State/UT / KVS / NVS participated in this Olympiad.

Language

Local languages might be used at School/Block/District / State/UT level. However, Hindi or English was the medium of instruction and expression at the National level.

Students were awarded prizes for the Yoga Olympiad

Awards for Yoga Olympiad from School to State/UT level was the responsibility of respective State/UTs. States/UTs were free to choose awards for Yoga Olympiad as per their norms and instructions and were free to opt prizes / certificate at School / Block / District / State/UT level. There was only an advisory for States/UTs and were free to follow or develop their own scheme up to State/UT level.

<p>Block / School Level <i>First Prize – Merit Certificate</i> <i>Second Prize – Merit Certificate</i> <i>Third Prize – Merit Certificate</i> <i>Consolation Prize – Merit Certificate</i> <i>All other participants – Certificate of Participation.</i></p>
<p>District level <i>First Prize – Merit Certificate</i> <i>Second Prize – Merit Certificate</i> <i>Third Prize – Merit Certificate</i> <i>Consolation Prize – Merit Certificate</i> <i>All other participants – Certificate of Participation.</i></p>
<p>State/UT level <i>First Prize – Merit Certificate with memento</i> <i>Second Prize – Merit Certificate with memento</i> <i>Third Prize – Merit Certificate with memento</i> <i>Consolation Prize – Merit Certificate with memento</i> <i>All other participants – Certificate of Participation.</i></p>
<p>National level <i>First Prize – Gold Medal (Plated) with Certificate</i> <i>Second Prize – Silver Medal (Plated) with Certificate</i> <i>Third Prize – Bronze Medal (Plated) with Certificate</i> <i>All other participants – Certificate of Participation.</i></p>

Time Schedule of Organization of Yoga Olympiad

Block / School Level	:	Completed by 15 th April, 2016 (3-4 day duration)
District level	:	Completed by 20 th April, 2016 (3-4 day duration)
State/UT level	:	Completed by 25 th April, 2016 (3-4 day duration)
National level	:	18 th - 20 th June, 2016

Responsible authority / agency for organisation at different levels

Appointment of responsible authority / agency for organisation of Yoga Olympiad from School to State/UT level was of the responsibility of the respective State/UT. There was only an advisory for States/UTs and were free to take decision in this regard as per their norms and instructions. Responsible authority / agency for organisation in government, government-aided schools affiliated to State boards was as per the details given below:

Block / School Level	:	<i>District Education Officer / DIETs and School Principals.</i>
District level	:	<i>District Education Officer / DIETs Principals.</i>
State/UT level	:	<i>Secretary / Director of School Education / SCERT/SIEs etc</i>
National level	:	<i>Ministry of Human Resource Development, Ministry of AYUSH and NCERT.</i>

Message from the Hon'ble Minister Smt. Smriti Zubin Irani

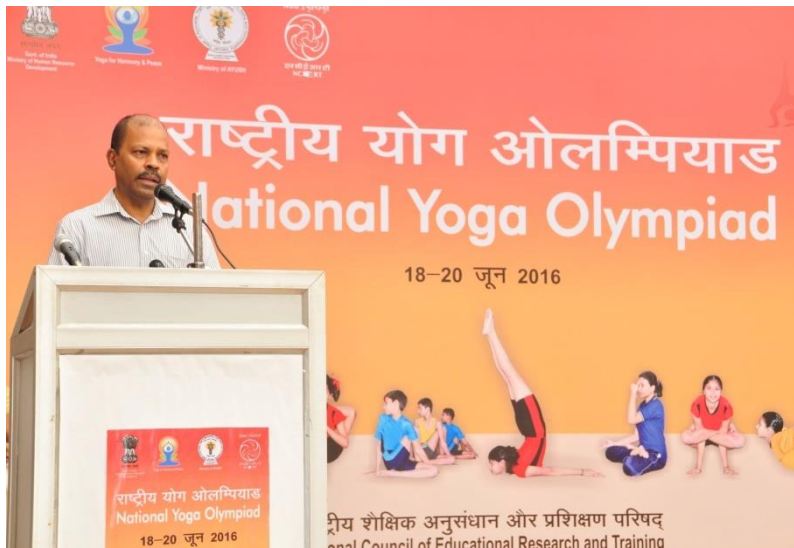


Union Human Resource Development (HRD) Minister, Smt. Smriti Zubin Irani emphasised that Yoga is the only source to ensure peace and stability in life and to remove academic stress. She said scientific evidence shows that Yoga improves motor skills and develops better hand-eye coordination. It also ensures good health and peace of mind. The Minister appealed to parents as well as teachers to spare

time for Yoga with children so that they may imbibe the habit of Yoga on a regular basis. She expressed hope that seeds of Yoga being sown at school level today will fructify at university level tomorrow. Making a special mention to participants of Yoga Olympiad from Andaman & Nicobar Island, she hoped for participation from each and every State/UT in the next year's Yoga Olympiad. She conveyed special thanks to the Prime Minister for his unique initiative of making June 21st as the **International Yoga Day**.



Inaugural Address by Dr. Subhash Chandra Khuntia, Secretary, School Education and Literacy MHRD

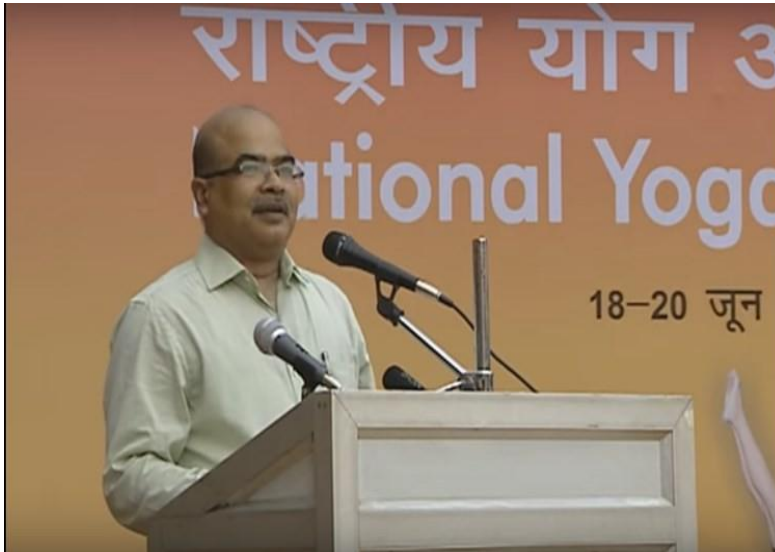


Dr. Subhash Chandra Khuntia, Secretary, School Education and Literacy MHRD appreciated participation of students from 21 states/UTs for the first time at the National level in the Yoga Olympiad. He said that last year, Smt. Smriti Zubin Irani Minister of HRD,

had proposed the idea of National Yoga Olympiad with the formation of a committee under Dr. H.R. Nagendra. It was then decided to conduct Yoga Olympiad at Block, District, State and the National level. Dr. S.C. Khuntia elaborated that Yoga has been an ancient practice. Yoga, if practiced on a regular basis can help in mental, physical, spiritual and emotional well-being of a person. He suggested that students from all schools should participate so that Yoga can be popularised in all schools of the country. Participation should be for all. Some audio-visual programmes developed on yoga will help children learn it in a better way. He hoped that National Yoga Olympiad will become a movement in our country because it is a good initiative to inculcate mental as well as physical well-being of human beings.



Welcome Address by Prof. Hrushikesh Senapaty, Director, NCERT

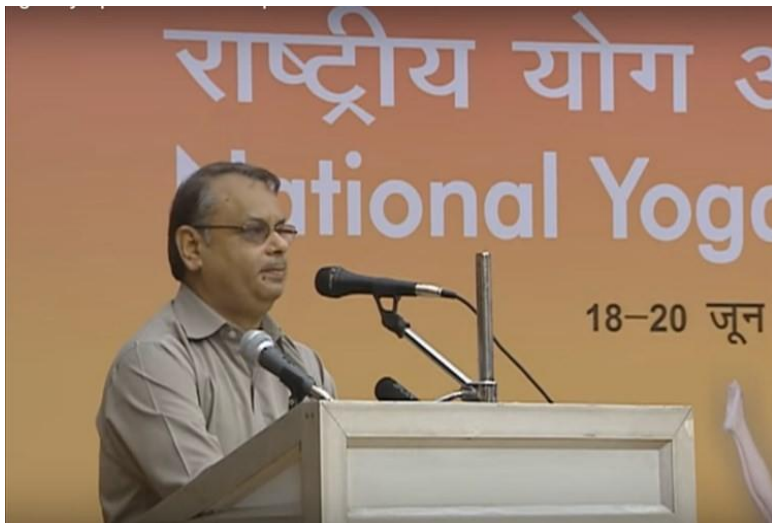


Professor Hrushikesh Senapaty, Director, NCERT extended a warm welcome to all the participants, jury members, teachers and the other dignitaries. He was delighted that NCERT is celebrating Yoga Olympiad on the occasion of International Yoga Day. He said that it is a matter of great opportunity for all to popularise yoga

among students. He mentioned that our Honøble Prime Minister Shri Narendra Modi wants the spirit of yoga to be disseminated to everyone. He said that in earlier times, the focus of education was on character development, but now due to deteriorations in our value system, we are preparing professionals and technocrats and failing to produce good human beings. The aim of today's education should be to produce good human beings and yoga will help in this direction to develop the emotional and spiritual well-being of the students. He also said that it is important to keep ourselves physically fit and contribute towards society constructively. He was happy to announce that 21 states/UTs are participating in the Yoga Olympiad this year.



Journey of Yoga by Professor B.K. Tripathi, Joint Director, NCERT



Professor B. K. Tripathi, Joint Director, NCERT thanked Dr. Subhash Chandra Khuntia, Secretary, School Education and Literacy, MHRD for accepting the invitation to preside over the inaugural event. He mentioned that the Yoga Olympiad is being organised on the occasion of

International Yoga Day. He said that it is due to the efforts of the Prime Minister, Sh. Narendra Modi that this day is now celebrated all over the world. In this 3-day National Yoga Olympiad, 309 students from 21 States/UTs have come along with their teachers to participate in the event. There was so much enthusiasm among students and teachers with regard to this national event. He explained yoga as an integral part of our life. In our everyday life it is an essential element that involves even the simple things like standing, walking, etc. The important component of yoga practice is to follow these postures in a systematic way. Asanas, pranayama and silence are significant aspects of our everyday life. He assured that the 3 day National Yoga Olympiad programme would motivate many students to practice yoga and lead their lives peacefully.



About the Yoga Olympiad- Professor Saroj Yadav, Dean (Academic) and Coordinator, National Yoga Olympiad, NCERT



Professor Saroj Yadav felt proud to share that it was a historical day, and for the first time NCERT and the country have organised the Yoga Olympiad at the National level by involving school students. She reiterated that yoga is not only a

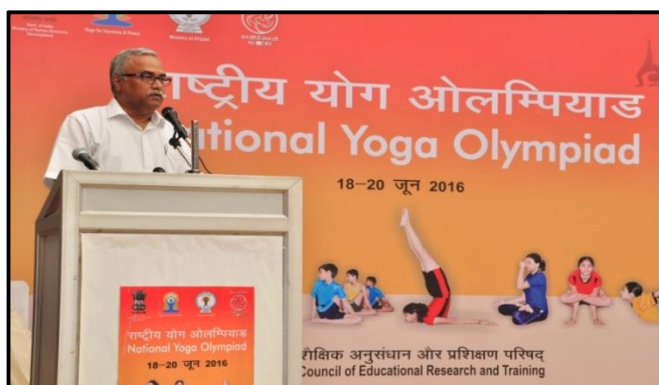
process in leading towards astounding hidden personality of human beings by integrating body, mind, intellect and emotional faculties but is also a powerful tool to manifest hidden power in self. She also said that everyone wants to live a healthy life and yoga is one of the most powerful drugless systems for promoting health. Yoga can be adopted as lifestyle for promoting physical and mental health. Introduction of yoga at the school level would help in inculcating healthy habits and healthy lifestyle among children. She elaborated on the main agenda of the 3 day National Yoga Olympiad. She informed that 21 States and Union territories are participating in this Olympiad which is a quite an encouraging number. She apprised that NCERT has also developed two textbooks on yoga in Hindi and in English. She also informed that Urdu version would also be made available to all the States and Union territories after the Yoga Olympiad. Based on the content of these textbooks, yoga performances in the Olympiad have been conceptualized. Guidelines have been prepared for the assessment of the performances of the participants during the 3 day National Yoga Olympiad. The guidelines have been provided to all Jury Members for assessment. She emphasised that the purpose of this 3 day programme is not a competition but an opportunity for all children to reach at the National level and to meet other students, teachers and dignitaries and experience yoga.

Performances by Students during the Inaugural Function:

At the inaugural function of the National Yoga Olympiad, students from Kendriya Vidyalayas (KV) and Delhi Government Schools performed with keenness and excellence in yogic activities. Students from Kendriya Vidyalaya presented a group song *õHind desh ke niwaasi, sabhi jan ek hainõ*. Students from Kendriya Vidyalaya Andrews Ganj showcased different types of asanas. This was followed by a performance by students from Delhi Government School who exhibited various types of yoga mudras.



After the performances, Professor Shridhar Srivastava, Secretary, NCERT proposed the vote of thanks.



Detailed Report of Yoga Olympiad of Day 1 and Day 2:

Children participating from different states/UTs were assigned their venues and the Jury Members assessed them on the basis of their performance in terms of Asanas, Pranayam, Kriya, Bandha held at four venues in CIET and NCERT.

Teams were divided into the following four categories:

- i. Upper Primary Girls
- ii. Upper Primary Boys
- iii. Secondary Girls
- iv. Secondary Boys

Composition of Jury

The Table given below shows the names of the Jury Members including Observers of different stages for which students were assessed. In this table, names of the faculty members of NCERT who had helped the Jury are also given.

Name of the Groups	Name of Jury Members	Room No.	Observer	NCERT Faculty
Upper Primary Girls	1. Dr. Arpan Bhatt, Associate Professor, Jamnagar, 2. Dr. Asem Jayanti Devi, Ajmer 3. Dr. Vikas Rawat, Utrakhand,	001-CIET	Sh. V.D. Sharma, Project Officer,	(i) Professor Gouri Srivastava (ii) Professor Sandhya Sahoo
Secondary Girls	1. Dr. Rabindra Acharya, S- VYASSA, Bangalore 2. Sh. Nigmobam Ganga Singh, Manipur 3. Sh. Ashok Dhawan, Co-Ordinator, New Delhi	Studio-A CIET	Sh. Niranjana Murthy, Founder-President SGS, International Yoga, Foundation College & Research Centre Sh. Niranjana Parajuli, S-VYASSA, Delhi	(i) Ashok Kumar Singh (ii) Sudhanshu Patra

Groups	Name of Jury Members	Room No.	Observer	NCERT Faculty
Upper Primary Boys	1. Dr. Surakshit Goswami, Senior Yoga Expert, Times of India, New Delhi 2. Sh. Bal Mukund, Ex-Research Officer, MDNIY, Delhi. 3. Mrs. Bhagwati Yadav Yoga Expert, KVS, Maneswar	Room No.229 CIET	Sh. Chandrakant Zala, Ahmedabad,	(i) Dr. Anjani Koul (ii) Dr. Tannu Malik (iii) Ms. Anita Kumari
Secondary Boys	1. Prof. Narayan Prakash Giri, Haryana 2. Dr. S.D. Patil, Maharashtra 3. Dr. R. Elangovan Professor And Head, Chennai	Studio-B CIET	Shri Vijay Prasad Singh, Yoga Teacher, GBSSS, Jangpura, New Delhi	(i) Dr. K.V. Sridevi (ii) Dr. Bharti

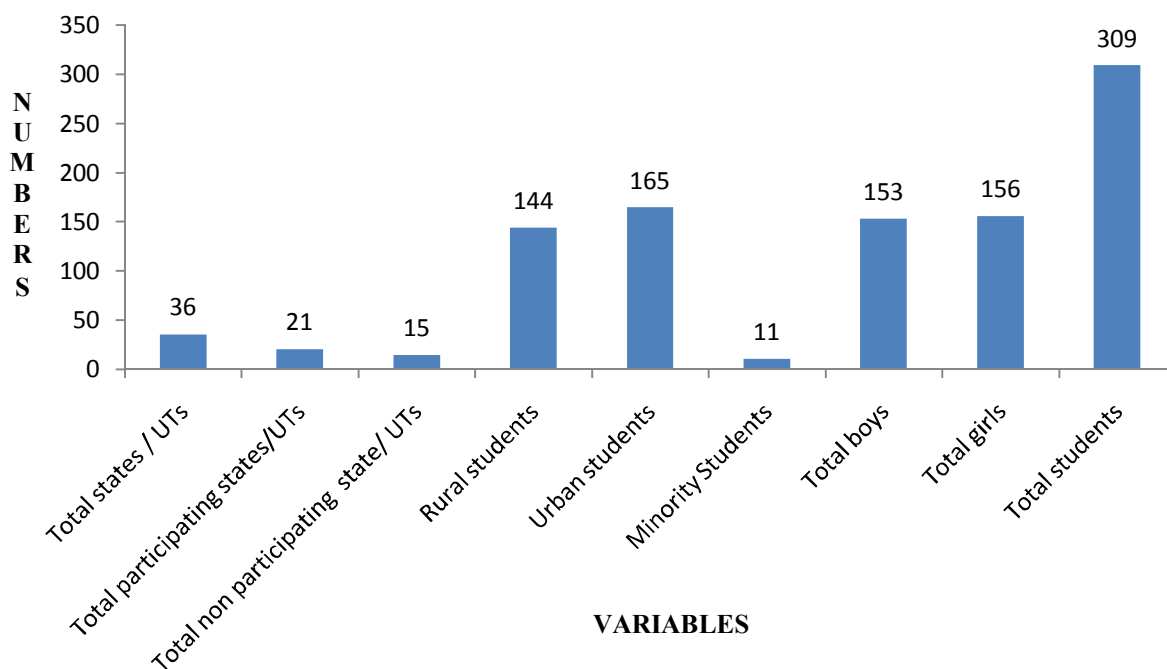


Jury Members Assessing Childrens Performance of Various Yogic Practices.

Dr. S.C. Khuntia, Secretary School Education Literacy, MHRD discussing about Yoga Olympiad with Professor Hrushikesh Senapaty, Director and Professor Saroj Yadav, Dean (A) NCERT during inauguration.



The Graph below presents the total number of States/UTs who participated in the Yoga Olympiad. The Graph also shows the number of rural & urban students belonging to minority communities.



Total states/UTs	Total participating states/UTs	Total non participating state/ UTs	Rural students	Urban students	Minority students	Total boys	Total girls	Total students
36	21	15	144	165	11	153	156	309

A total of 309 students along with their 79 teachers from 21 states\UTs participated in the Yoga Olympiad on June 18th and 19th. There were 11 students who represented the minority groups. The number of boys participating from the Upper Primary and Secondary stage was 153 and the number of girls participating from the Upper Primary and Secondary stage girls was 156. A total of 165 students came from urban parts of the country whereas 144 Students showcased their skills from rural India.

Dimensions of Yoga embedded in the Yoga Olympiad:

1. Asanas
2. Pranayam
3. Shatkarma Kriya (Cleansing Process)
4. Bandha and Mudra (Only for the Secondary stage)



The participating students from 21 states/UTs were divided into four groups:

Upper Primary stage comprised students from classes 6th to 8th

Upper Primary boys

Upper Primary girls

Secondary stage comprised students from classes 9th to 10th

Secondary boys

Secondary girls

Evaluation of Yoga Performances of the Upper Primary Students

There were total 100 marks at the Upper Primary stage. These marks were: 60 for Asanas, 20 for Pranayam and 20 for Kriya.

Evaluation Criteria of Asana

Total six asanas were performed by participating students out of the asanas given below:

Standing Posture : Tadasana, Vrikshasana, Trikonasana, Garudasana

Sitting Posture : Yogamudrasana, Baddha Padmasana, Paschimottanasana, SuptaVajrasana, gomukhasana, Ardhamatsyendrasana

Prone Posture : Bhujangasana, Shalabhasana, Dhanurasana, Makarasana

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

One asana from each category given above i.e. four asanas were announced extempore by the jury before the competition, whereas two asanas were optional as per the choice of the participating students. Each asana was evaluated based on breathing pattern, final posture, grace and presentation.

Total two pranayams were performed by participants out of the 3 pranayams given below.

Anulomaviloma

Sitkari

Bharmari

One pranayam was announced extempore by the jury before the competition, whereas one pranayama was optional as per the choice of the participating students. The students were judged on the basis of posture and mudra, breathing pattern, grace and elegance.

Total two Kriyas were performed by participating students as given below:-

Kapalabhati

Agnisara

Out of which one was given by the Jury at the time of the competition. The students were judged on the basis of posture, number of stroke, stamina, agility, grace and elegance.



Evaluation of Yoga Performances by the Secondary Students

There were total 100 marks. These marks were: 60 for Asanas, 20 for Pranayam, 10 for Kriya and 10 for Bandha at the Secondary stage. Surya Namaskar was optional.

Total six asanas were performed by participating students out of the asanas given below:

Standing Posture : Vrikshasana, Trikonasana, Hastottanasana, Padhastasana.

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

Prone Posture : Salabhasana, Dhanurasana, Mayurasana.

Supine Posture : Sarvangasana, Matsyasana, Sirsasana.

Two pranayams were performed by participants out of the 3 pranayams given below. One pranayam was announced extempore by the Jury just before the competition, whereas one pranayam was optional as per the choice of the participating students. The students were judged on the basis of posture and *mudra*, breathing pattern, grace and elegance.

Anuloma viloma,
Shitali,
Bhastrika

Agnisara Kriya was performed by participating students. The students were judged on the basis of posture, number of strokes, stamina, agility, grace and elegance.

Uddiyan Bandha was performed by participating students. The students were judged on the basis of duration of sucking in and holding of abdomen, effortless/elegance and art of inhalation & exhalation.



Valedictory Function at the Talkatora Stadium on 20th June 2016.

The programme began with a display of Asanas; the graceful body postures synchronised with music. The Asanas and other Yoga performances signified alignment of mind, body and soul. One could see the pleasure and contentment on the faces of the performers during the performance. Their relaxed physical postures reflected their peaceful minds.

The lamp was lighted to mark the beginning of the programme on 20th June 2016. There were conch sounds and recitation of shlokas to invoke nature for blessing the universe with peace and prosperity.

Professor Hrushikesh Senapaty, Director, NCERT, accorded a warm welcome to Smt. Smriti Zubin Irani, the Hon'ble Minister of HRD: Sh. Shripad Yasso Naik, the Hon'ble Minister of AYUSH :Dr. S.C. Khuntia, Secretary MHRD: Dr. H R Nagendra the Hon'ble Vice Chancellor, S-VYASA: Shri Ajit M. Sharan, Secretary, Ministry of AYUSH and other guests of honour, dignitaries, members of the jury, teachers and participants.

In his welcome note, Professor. Hrushikesh Senapaty emphasised on the importance of internalising yoga in our lives. He said yoga is an ancient Indian tradition. More and more people are becoming aware of it. We Indians feel proud and privileged that we are descendants of a great tradition. Yoga is the key of developing a balanced physical and mental aspect of personality, therefore it is important that yoga should be introduced in all the schools. Talking on the mechanism of National Yoga Olympiad, he said that the invitation was extended to all the States/UTs but 21 states/UTs could take part. These participants have cleared Block, District and State level contests.

The idea of organizing the Olympiad was not to promote competition among children but to bring them together from different social, regional and linguistic backgrounds on a common platform to perform and appreciate each other's skills related to yoga. National Curriculum Frameworkó 2005 (NCF-2005) suggests that yoga is an integral part of health and physical education. He also informed that NCERT has brought out textbooks on yoga for the Upper Primary and the Secondary stage in Hindi ,English and Urdu.

Professor Senapaty said that the Honorable Minister of HRD, Smt. Smriti Zubin Irani has been promoting such programmes which would enhance the quality of education.

Professor B.K. Tripathi described Yoga as a true science. He appreciated the efforts and vision of Dr. Nagendra Vice Chancellor of S-VYASA Institute of Yoga, Bangalore in merging the traditional and modern practice of Yoga to suit the needs of the contemporary world especially students. These practices of following yoga, niyama, concentration, annihilation are useful for young students who have to undergo stress in their lives. Professor Tripathi quoted few studies being conducted in foreign universities which proved that *Surya Namaskar* and *Pranayama* have positive impact on its practitioners..

There was a beautiful performance by the children calling nature and earth as mother and nurturer. There was a performance by the students of Jananasindhu residential school for visually challenged from Karnataka and a combined performance by all the performers. They mesmerized the audience with their skills, spontaneity and ease in performing different forms of yoga postures. The accompanying musical composition highlighted the contribution of Patanjali in giving us scientific Yoga Shastra.

There was a mesmerizing performance by children with challenges, both physical and visual. AAMAD Group performed on wheel chairs supporting each other and a group of girls accompanied them depicting the importance of yoga as eulogized by Lord Krishna in Bhagvad Geeta.

Dr. Subhash Chand Khuntia, Secretary, School Education and literacy, MHRD said that yoga improves concentration on what one is doing. It should be propagated in schools. Counting on the advantages of holding the Olympiad he said this is an opportunity to meet children from different regions and different linguistic backgrounds and experience yoga. He thanked the Ministry of AYUSH, NCERT and yoga institutes for envisioning this programme.

Professor H.R. Nagendra appreciated the efforts of NCERT in bringing out books on yoga which are being used by schools. The Olympiad is also conceptualized in the books. He further added that the spirit of yoga invokes cooperation and not competition though it promotes a healthy competition which is meant to improve oneself gradually so that one reaches a stage of spirituality and attains knowledge. The practices of yoga are based on becoming steady to attain the

pleasure of being calm and steady in life. Pranayama is useful for students. It is a way of doing meditation for experiencing tranquility that is very important in their stress laden lives. Yoga is a holistic way of living and laying emphasis on cooperation and not on competition.

The Honøble Minister of State, Ministry of AYUSH, Shri Shripad Yesso Naik called the day historic because AYUSH, NCERT and other yoga institutes have collaborated in organizing National Yoga Olympiad. This is done to showcase yoga practices which if followed, bring peace and develop positive attitude towards life. Yoga is a complete science that influences emotional behaviour positively and builds physical strength to face stress and difficult situations.



The Honøble Minister of HRD Smt. Smriti Zubin Irani described the day as important as it will become a part of the history. She applauded the performance of the visually challenged group from Karnataka, their teachers and their yoga gurus for their inspiration. She appreciated and thanked the States for their participation. Smt. Smriti Zubin Irani emphasised the need of practicing yoga in our lives. It should not remain confined to the textbooks, classrooms and schools but become a way of life. Teachers and parents should devote time with children every day in practicing yoga. In today's time of academic stress and competition, yoga will lend stability and peace of mind. Time devoted to meditation and *pranayam* improves motor skills and hand eye coordination. The seeds of yoga have been sown and this will be nurtured in future as well. AYUSH and NCERT have contributed significantly in this direction. Due to the efforts and initiatives of the Honøble Prime Minister Shri Narendra Modi, people are internalizing yoga in their life styles and it has initiated a mass movement all over the world. One hundred and sixty nations have been actively participating and propagating yoga. The Honøble Minister of HRD

Smt. Smriti Zubin Irani extended special thanks to AAMAD group and all those who had performed and participated in the National Yoga Olympiad. The winners and the participants of the National Yoga Olympiad were felicitated and awarded by Smt. Smriti Zubin Irani. She said that Yoga departments will be established in universities. Two books titled *Yoga a Healthy Way of living* in Urdu and Teacher Guide in English *Health and Physical Education* for Class VI were also released on the day.



A video comprising various yogic activities performed by students on 18th -19th June 2016 at NCERT was shown to the audience which was highly appreciated. The valedictory programme concluded with the vote of thanks proposed by Professor Saroj Yadav, Dean Academic and coordinator of the National Yoga Olympiad.



Following participants from different States\UTs received awards under the four different categories:



Upper Primary Stage - Girls

Bronze Medal

S.No.	Name	State/UT
1	Kumari Nikita	Himachal Pradesh
2	N. Rani Devi	Manipur
3	Pradnya Ramakant Gaikwad	Maharashtra
4	Geetankshi	Delhi

Silver Medal

S.No.	Name	State/UT
1	Vasra Asha D.	Gujarat
2	Y. Thoithoibi Devi	Manipur
3	Y. Panthoi Devi	Manipur
4	Beriya Roshni S.	Gujarat

Gold Medal

S.No.	Name	State/UT
1	Jadav Radhika S.	Gujarat
2	Bhadarka Dhruvish	Gujarat
3	Kumari Kusum	Himachal Pradesh
4	Kumari Aastha	Himachal Pradesh

Upper Primary Stage - Boys

Bronze Medal

S.No.	Name	State/UT
1	Harshal Vilas Chute	Maharashtra
2	Paswan Indresh A.	Gujarat
3	Yogesh Shankarsing Pardeshi	Maharashtra
4	Devraj Balvanshi	Madhya Pradesh

Silver Medal

S.No.	Name	State/UT
1	Siddharth Madhukar Dawre	Maharashtra
2	Sumit Suresh Pote	Maharashtra
3	Patel Vedant D.	Gujarat
4	Rohit Yadav	Uttarakhand

Gold Medal

S.No.	Name	State/UT
1	Shan	Delhi
2	Arman	Delhi
3	Tariq Iqbal	Delhi
4	Abhishek Rawat	Delhi

Secondary Stage - Girls

Bronze Medal

S.No.	Name	State/UT
1	Kirti	Delhi
2	Kalyani Vilas Chute	Maharashtra
3	Taranjeet Kaur	Delhi
4	Saroja L	Karnataka

Silver Medal

S.No.	Name	State/UT
1	Solanki Dharmistha G.	Gujarat
2	Swarda Kumar Deshpande	Maharashtra
3	Mayuri Sanjay Kumar Dhumal	Maharashtra
4	Chopda Jagruti G.	Gujarat

Gold Medal

S.No.	Name	State/UT
1	Purva Shivaram Kinare	Maharashtra
2	Sadhna Khadka	Delhi
3	Soni	Delhi
4	Kamariya Hemali N.	Gujarat

Secondary Stage - Boys

Bronze Medal

S.No.	Name	State/UT
1	Ghananil Dadarao Londhe	Maharashtra
2	Goswami Druvgiri B.	Gujarat
3	Anuj P. Naik	Goa
4	Kumar Swamy B.	Karnataka

Silver Medal

S.No.	Name	State/UT
1	Vikas Rawat	Madhya Pradesh
2	Harsh Rai	Delhi
3	Sayed Thafiq Pasha	Karnataka
4	Pritish Prasad Dixit	Maharashtra

Gold Medal

S.No.	Name	State/UT
1	Ashish Prajapati	Madhya Pradesh
2	Nitin Tanaji Pawale	Maharashtra
3	Durgesh Mohan Sepate	Maharashtra
4	Nikhil Sen	Madhya Pradesh

Number of Participating Districts and Blocks in the National Yoga Olympiad 2016

S.No.	Name of the States	Number of Districts	Number of Blocks
1.	Andaman & Nicobar	2	9
2.	Chandigarh	1	1
3.	Chhattisgarh	27	14
4.	Delhi	12	1
5.	Goa	2	6
6.	Gujarat	34	25
7.	Haryana	4	4
8.	Himachal Pradesh	5	7
9.	Karnataka	8	2
10.	Kerala	2	1
11.	Madhya Pradesh	51	5
12.	Maharashtra	35	17
13.	Manipur	5	1
14.	Pondicherry	4	4
15.	Punjab	5	5
16.	Rajasthan	33	3
17.	Sikkim	4	3
18.	Uttara Khand	4	1
19.	Uttar Pradesh	17	1
20.	Dadra Nagar and Haveli	1	1
21.	Assam	12	5
Total		268	98

Total Number of students participated at the District Level = 15,792

Total Number of Students participated at the State Level = 4,288

Number of Students participated at the National Level = 309

YOGIC ACTIVITIES ON INTERNATIONAL YOGA DAY (21st June 2016)

Yoga at RIEs

Similar activities were conducted at different RIEs where faculty members performed asanas, pranayam and meditation and experienced calmness, serenity and peace of mind. Pranayam is the art of effective breath control. Practicing proper techniques of breathing supply more oxygen to the blood and the brain which eventually helps in controlling prana or the vital life energy. Pranayama also goes hand in hand with various yoga asanas. The union of these two principles of yoga is considered as the highest form of purification and self-discipline, covering both mind and body. M.Ed. students also accompanied them in Ajmer, Shillong, Bhubaneswar. They celebrated International Yoga Day with immense energy and eagerness.

After the three-day National Yoga Olympiad, all faculty members from NIE were charged and enthused to perform yogic activities at Rose Garden, NIE, New Delhi which has become an ongoing activity of the council. Professor Hrushikesh Senapaty, Director NCERT: Professor B.K Tripathi, Joint Director, NCERT: Professor Sridhar Srivastava, Secretary, NCERT and Professor Saroj Yadav, Dean(Academic), NCERT along with other faculty and staff members arrived at the venue at 6.00 am in the morning. Light showers and breeze with few clouds made the weather favourable. Performing yoga in such a pleasant weather was enjoyable. Yoga is all about harmonizing the body with mind and breath through the means of various breathing techniques, yoga postures (asanas) and meditation. Everyone began yoga with prayanam followed by some asanas. This practice is continuing.

**Programme Schedule
(18th - 19th June, 2016)
National Yoga Olympiad**

Date and Time	Session
18 th June, 2016	Inaugural Function
9.00 am-9.05 a.m	Lighting of the Lamp & invocation
9.05 am-9.20 a.m	Welcome Address - Professor Hrushikesh Senapaty, Director, NCERT
9.20 a.m. ó 9.35 a.m.	Yoga Olympiad – A Journey - Professor B.K. Tripathi, Joint Director, NCERT
9.35 a.m.-9.45 a.m	About the Programme - Professor Saroj Yadav, Dean(Academic),NCERT
9.45 a.m.-9.50 a.m.	Welcome Song by children
9.50 a.m.10.05 a.m.	Yoga Performances - By Participating Students
10.05 a.m.-10.20 a.m.	Inaugural Address by Dr. S.C. Khuntia, Secretary, School Education and Literacy, MHRD, Govt. of India, New Delhi
10.20 a.m.-10.25 a.m.	Vote of Thanks - Professor Sridhar Srivastava, Secretary, NCERT
10.25 a.m.-10.40 a.m.	TEA BREAK
10.40 a.m. -1.00 p.m.	Followed by Yogic Activities Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET
1.00 p.m. -3.00 p.m.	LUNCH BREAK
3.00 p.m.-4.00 p.m.	Followed by Yogic Activities contd. Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET
4.00 p.m.-4.15 p.m.	TEA BREAK

4. 15 p.m.-5.30 p.m.	Followed by Yogic Activities contd. Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET
19th June, 2016	
8.00 a.m.-10.30 a.m.	Followed by Yogic Activities contd. Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET
10.30 a.m.-10.45 a.m.	TEA BREAK
10.45 a.m.-1.00 p.m.	Followed by Yogic Activities contd. Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET
1.00 p.m.-3.00 p.m.	LUNCH BREAK
3.00 p.m.-4.30 p.m.	Followed by Yogic Activities contd. Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET
4.30 p.m.-4.45 p.m.	TEA BREAK
4.45 p.m.- 5.30 p.m.	Followed by Yogic Activities contd. Group-I - (Upper Primary Girls) – (Room No. 001), CIET Group-II- (Secondary Girls) – (Studio A), CIET Group-III- (Upper Primary Boys) – (Room No. 229), CIET Group-IV (Secondary Boys) – (Studio B), CIET

National Yoga Olympiad (June 20, 2016)

Programme Schedule – Valedictory function

Venue: Talkatora Stadium,
Talkatora Garden, New Delhi

Time	Sessions
10.00 am-10.05 a.m.	Lighting of the Lamp & invocation
10.05 a.m.-10-10.15 a.m.	Welcome Song by children
10.15 am-10.25 a.m.	Welcome Address - Professor Hrushikesh Senapaty, Director, NCERT
10.25 a.m. ó 10.35 a.m.	Yoga Olympiad – A Journey Professor B.K. Tripathi, Joint Director, NCERT
10.35 a.m.-10.45 a.m.	Yoga Performance by Students from different States/UTs
10.45 a.m.-10.55 a.m.	Address by Dr. S.C. Khuntia, Secretary, MHRD
10.55 a.m.-11.05 a.m.	Performance by Differently able – AAMAD group
11.05 a.m.-11.15 a.m.	Address by Sh. Ajit M. Sharan, Secretary, Ministry of AYUSH
11.15 a.m.-11.25 a.m.	Yoga Performance by Students
11.25 a.m.-11.35 a.m.	Address by Dr. H.R. Nagendra, Chancellor, S-VYASA University, Bangalore.
11.35 a.m.-11.45 a.m.	Performance by Group Jnanasindhu residential school for the visually challenged School for Blind, Hole Alur, District: Gadag, Karnataka —
11.45 a.m.- 11.55 a.m.	Address by the Guest of Honour, Hon'ble Minister of State(Independent Charge), Ministry of AYUSH - Sh. Shripad Yesso Naik
11.55 a.m.-12.50 p.m.	Release of Books
	Prize Distribution
	Address by the Chief Guest, Hon'ble Minister of Human Resource and Development- Smt. Smriti Zubin Irani
12.50 p.m.-1.00 p.m.	Vote of Thanks –Professor Saroj Yadav, Dean(Academic), NCERT
1.00 p.m.-1.30 p.m.	Lunch

SYLLABUS OF YOGA

Annexure 2

UPPER PRIMARY STAGE

Class VI

Theme/ Sub-Theme	Questions	Key Concepts	Resource	Activities/Processes
Yoga for Health	How is yoga suitable for us and why should we do <i>asanas</i> and <i>pranayamas</i> ?	Benefits of Yoga Practices	Textbook, other materials diaries, charts, video clips, etc.	<ul style="list-style-type: none"> • <i>Surya Namaskara</i> • <i>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</i> • <i>Meditation</i>

Class VII

Theme/ Sub-Theme	Questions	Key Concepts	Resource	Activities/Processes
Yoga for Physical Fitness	How can flexibility and physical fitness 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</i> • <i>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> • <i>Kapalabhati</i> • <i>Pranayamas</i> • <i>Anuloma-viloma</i> • <i>Bhastrika</i> • <i>Meditation</i>

Class VIII

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Concentration	How do 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 is Yoga 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 for all-round. development 2. How can we improve flexibility and Strength through yogic practices?	Yoga and personality development Personality : ÉPhysical ÉMental ÉIntellectual ÉEmotional ÉSocial Yogic practices for personality development Meditation ÉIntrospection ÉMeditation/Introspection or self-observation. Meditation, Yoga nidra, etc.	Play ground, Halls, Classrooms, Charts, Posters, Various Visual Aids. Discussion	a. <i>Surya Namaskar</i> b. <i>Asanas</i> É <i>Tadasana</i> É <i>Katichakrasana</i> É <i>Simhasana</i> É <i>Mandukasana</i> É <i>Uttana Mandukasana</i> É <i>Kukkutasana</i> É <i>Akarna Dhanurasana</i> É <i>Matsyasana</i> É <i>Bhujangasana</i> É <i>Shalabhasana</i> É <i>Dhanurasana</i> É <i>Sarvangasana</i> É <i>Halasana</i> É <i>Shavasana</i> c. <i>Kriyas</i> É <i>Kapalabhati</i> É <i>Agnisar</i> d. <i>Pranayamas</i> É <i>Anuloma-viloma</i> É <i>Bhastrika</i> e. <i>Bandha</i> É <i>Uddiyana</i> f. <i>Meditation</i> É <i>Meditation</i> É <i>Introspection</i>

Class X

Theme / Sub Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Stress Management	Why 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 É <i>Hasta uttanasana</i> É <i>Padahastanasana</i> É <i>Trikonasana</i> É <i>Shashankasana</i> É <i>Ustrasana</i> É <i>Ardha matsyendrasana</i> É <i>Bhujanagasana</i> É <i>Shalabhasana</i> É <i>Sharvangasana</i> É <i>Matsyasana</i> É <i>Makarasana</i> É <i>Shavasana</i> É <i>Kapalabhati</i> É <i>Anuloma-viloma</i> <i>Pranayama</i> É <i>Bhramari Pranayama</i> É <i>Bhastrika Pranayama</i> É <i>Meditation</i> Yoga for Healthy Living É <i>Shirshasana</i> É <i>Bakasana</i> É <i>Mayurasana</i> (for boys) É <i>Hamshasana</i> (for girls) É <i>Uttana Kurmasana</i> (for boys)

Yoga Olympiad

Guidelines for Happy and Safe Stay

Please do the following:

1. Wear the identity card given to you all the time around your neck. Always keep it safely, if lost 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 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. Take care of your personal belongings yourself, especially mobiles and valuables.
9. Protect yourself from heat, drink plenty of water and eat well. Inform your teacher immediately if not feeling well.
10. Inform your teacher if you spot any suspicious object in or around your place of stay.
11. 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.

योग ओलेम्पियाड

सुरक्षित रहने के लिए दिशा निर्देश

कृपया निम्नलिखित निर्देशों का पालन करें

१. हमेशा अपने गले में अपना पहचान पत्र पहनें एवं उसे संभाल कर रखें खो जाने की स्थिति में अपने शिक्षकशिक्षिका/ को सूचित करें।
२. हमेशा अपने समूह के साथ रहें।
३. अगर अपने समूह से अलग होते हैं तो तुरंत अपने शिक्षकशिक्षिका/ को सूचित करें।
४. अपने शिक्षकशिक्षिका/ के बिना अपने परिसर को छोड़ कर कहीं बार न जाएं।
५. हमेशा अपने साथ महत्वपूर्ण फ़ोन नंबरों को रखें और कुछ को अपने मोबाइल में भी डाल लें।
६. किसी भी कठिनाई या समस्या के समय तुरन्त अपने शिक्षकशिक्षिका/ को सूचित करें जिससे कि वे स्थानीय अधिकारियों से संपर्क कर सकें।
७. हमेशा सभी गतिविधियों के लिए दिये गये समय का पालन करें।
८. **आपके सामान की जिम्मेदारी आपकी स्वयं की है। विशेष रूप अपने कीमती सामानों जैसे कि मोबाइल, रुपए, गहने इत्यादि अपने पीछे कमरे में न छोड़ें।**
९. गर्मी से बचने के लिए खूब पानी पियें, धूप से बचें, यदि तबियत खराब लगे तो तुरन्त अपने शिक्षक/शिक्षिका को सूचित करें।
१०. अगर कोई संदिग्ध वस्तु आपके आसपास दिखाई दे तो तुरन्त अपने शिक्षक/शिक्षिका को सूचित करें।
११. हमेशा अनुशासन में रहें। कार्यक्रम के लिए आए अन्य प्रतिभागियों का सम्मान करें। **अपने आसपास की जगह को साफ़ रखें।**
१२. अपने रहने के स्थान के नियमों को ध्यान से पढ़ें और उनका पालन करें।
१३. यदि किसी का व्यवहार आपत्तिजनक पाया जाये तो NCERT अधिकारियों को बताने में संकोच न करें।

कृपया निम्नलिखित न करें |

१. अपने किसी भी मेहमान या आगुन्तक को अपने कमरे/डॉरमेट्री में ना ले जायें।
२. अगर कोई संदिग्ध वस्तु आपके आसपास दिखाई दे तो उसे न छुएं, तुरन्त अपने शिक्षकशिक्षिका/ को सूचित करें।
३. एनसीईआरटी अधिकारियों द्वारा समय समय पर किए जा रहे उन्मुखीकरण, ब्रीफिंग डीब्रीफिंग/ रहे। न अनुपस्थित से इत्यादि
४. किसी भी कठिनाई या समस्या के समय न घबरायें, तुरन्त अपने शिक्षक कंट्रोल अथवा शिक्षिका/ रूम को सूचित करें, आपको मदद तुरंत मिलेगी।

GUIDELINES OF YOGA OLYMPIAD FOR SCHOOLS

1. Introduction

National Curriculum Framework 2005 (NCF-2005) highlighted yoga as an essential component which contributes 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 initiatives to promote yoga in curriculum and its transaction in Schools. One of the initiatives is the organisation 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 in the Yoga Olympiad

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

4. Syllabus

Syllabus for classes VI to VIII (Upper Primary stage) and class IX & X (Secondary stage) has been developed by NCERT. The syllabus of NCERT is available on 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. There will be separate teams for Girls and Boys for the Upper Primary stage and also for the 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 classes 6th to Class 8th

Secondary Stage

Secondary stage comprise students from classes 9th to Class 10th

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 the number of schools participating and the 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 the Upper Primary stage and 4 boys and 4 girls from the 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 awarded at each level (for details please see the Scheme)

10. Time Schedule of Organization of Yoga Olympiad

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

11. EXPENDITURE NORMS

Up to State/UT Organisation level

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

12. Criteria for Assessment

Assessment of participants will be decided 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 distributed as : 60 for Asanas, 20 for Pranayama, and 20 for Kriya. Surya Namaskara will be optional. The details of evaluation are given below:-

Evaluation of Asana

Total six asanas will be performed by the 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, one from each category given above 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 for each criteria are 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 Final Posture- Holding of Final Posture up to 30 seconds =2 marks,
Up to 1Minute= 3 marks, up to 1 ½ Minutes = 4 marks and above 2 Minutes = 5 marks
Evaluation of Pranayama

Total 2 pranayams will be performed by participants out of the 3 pranayams 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 are 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 Breathing Pattern – Up to 10 strokes=1 mark ,up to stroke 20 =2 marks, up to strokes 30= 3 marks, Up to 40 strokes =4marks and above 40 strokes = 5 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 are 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)				

Evaluation of Strength, Agility – Up to 5 strokes =1 mark ,up to strokes 10 =2 marks, up to strokes 15=3marks, Up to 20 strokes =4marks and above 20 strokes = 5 marks

12.3 Evaluation of Yogic Practices at the Secondary Stage

There will be total 100 marks. These marks will be as: 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 are given below:-

Evaluation of Asana

Total 6 asanas will be performed by the participating students out of the asanas given below. 4 asanas(one from each group) given below will be announced extempore by the Jury at the time just before the competition, whereas 2 asanas will be optional as per the choice of 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 Final Posture- Holding of Final Posture upto 30 seconds =2 marks, Up to 1Minute=3 marks, up to 1 ½ Minutes =4 marks and above 2 Minutes= 5 marks

Evaluation of Pranayama

Total 2 pranayam will be performed by the 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 the 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 Breathing Pattern – Up to 10 strokes =1 mark ,up to strokes 20 =2 marks, up to strokes 30=3 marks, Up to 40 strokes =4marks and above 40 strokes = 5 marks

Evaluation of Kriya

Agnisara Kriya will be performed by the participating students as given below. The students will be judged on the basis of Posture, No. of strokes, Strength, Agility and Grace & Elegance. Marks for evaluation of judging are 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 Strength, Agility – Up to 5 strokes =1 mark ,up to strokes 10 =2 marks, up to Strokes 15=3 marks, Up to 20 strokes =4marks and above 20 strokes = 5 marks

Evaluation of Bandha

Uddiyan Bandha will be performed by the 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				

*Duration of sucking and holding of abdomen 5 seconds = 1 mark, for 10 seconds- 2 marks and above 3 seconds = 3 marks.

EVALUATION SHEET FOR YOGA OLYMPIAD OF SECONDARY STAGE - BOYS

1. Evaluation of Final Posture- Holding of Final Posture up to 30 second – 2 mark, Up to 1minutes – 3 marks, up to 1 ½ Minutes – 4 marks and above 2 Minutes – 5 marks
2. Evaluation of Breathing Pattern – Up to 10 stroke = 1 mark , up to stroke 20 = 2 mark, up to stroke 30 = 3 mark, Up to 40 stroke = 4 marks and above 40 stroke = 5 marks
3. Evaluation of Strength, Agility – Up to 5 stroke = 1 mark , up to stroke 10 = 2 mark, up to stroke 15 = 3 mark, Up to 20 stroke = 4 marks and above 20 stroke = 5 marks
4. Duration of sucking and holding of abdomen 5 second – 1 mark, for 10 seconds – 2 marks and above 3 seconds – 3 marks.

Name of Student	A&N ISLAND				Pranayama				Kriya				Bandha		Grand Total 100
	Name of Asana	Final Posture 5 Marks	Grace & Presentation 2 Marks	Total 10 Marks	Posture & Mudra 3 Marks	Breathing Pattern 5 Marks	Grace & Elegance 2 Marks	Total 10 Marks	Posture 3 Marks	No. of stroke Strength Agility 5 Marks	Grace & Elegance 2 Marks	Total 10 Marks	Duration of sucking and holding of abdomen 3 Marks	Effortless Elegance 5 Marks	
1.															
2.															
3.															
4.															

Yoga Olympiad Brochure

ABOUT NCERT

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

The major objectives of NCERT are:

- It undertakes, promotes, publishes and coordinates research in areas related to school education.
- It prepares and publishes model textbooks, supplementary materials, newsletters, journals; develops educational kits, multimedia digital materials, etc.
- It organises pre-service and in-service training of teachers.
- It collaborates and networks with state/UTs, NGOs, educational institutions and International organisations.

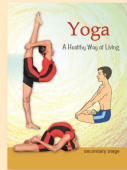
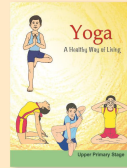
The Council came into existence by merging seven institutions established in the initial decade after independence, namely, Central Institute of Education (1947), the Central Bureau of Textbook Research (1954), the Central Bureau of Educational and Vocational Guidance (1954), Directorate of Extension Programme for Secondary Education (1958), the National Institute of Basic Education (1956), the National Fundamental Education Centre (1956), and the National Institute of Audio-Visual Education (1959). The amalgamation of these institutions indicated a need to develop a holistic view of education in the country. There are eight constituents of NCERT – National Institute of Education (NIE); and Central Institute of Educational Technology (CIET) at Delhi; Regional Institutes of Education (RIE) at Ajmer, Bhopal, Mysore, Shillong and Pandit Sunderlal Sharma Central Institute of Vocational Education (PSSCIVE) at Bhopal.

YOGA FOR SCHOOLS

Yoga is an integral part of 'Health and Physical Education' which is a compulsory subject up to the secondary stage. Yoga has been introduced from Class VI onwards, though yogic activities may begin in an informal way from primary level. The NCERT during the celebration of the International Day of Yoga on 21 June 2015 brought out textbooks – *Yoga: A Healthy Way of Living* for upper primary and secondary stages in English and Hindi languages. This curricular area adopts a holistic definition of health within which Physical Education and Yoga contribute to the physical, social, emotional and mental development of a child.

The Upper Primary Stage

The main emphasis of this textual material can develop concentration and mental health among the children. The units in this book give a brief description of *Asanas, Pranayamas, Kriyas* and meditation followed by successive actions or steps of these yogic practices.



The Secondary Stage

It explains in brief the origin and history of yoga and the general guidelines for doing yogic activities. The book emphasises on personality development and managing stress among adolescent children through yogic practices and adopting other yogic principles.

ABOUT THE PROGRAMME

Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) is taking multi-dimensional initiative to promote yoga in schools. 'Yoga Olympiad' is one such initiative, being organised on the eve of International Day of Yoga to be observed on 21 June 2016. NCERT is organising National Yoga Olympiad from 18 to 20 June 2016 in Delhi. 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. Olympiad will help to develop an understanding of yogic practices, their application in one's life and living which in turn develop physical, emotional and mental development of children. It will also help in the development of healthy habits and human values in children. During the Yoga Olympiad, Yogic Practices like *Asanas, Pranayama, Kriya* (Cleansing Process), *Dhyana* (Meditation), *Bandha* and *Mudra* (only for secondary level) will be assessed.

The theme for the Yoga Olympiad is:

'Yoga for Health and Harmony'

Following Yogic practices will be covered in the 'Yoga Olympiad-2016':



Target Group

The students of following classes will be participating in this event.

The Upper Primary Stage – students from Class VI to Class VIII.

The Secondary Stage – students from Class IX to Class X.

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

LEVELS OF ORGANISATION OF YOGA OLYMPIAD

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

In all, 16 students (4 boys and 4 girls from the Upper Primary Stage and 4 boys and 4 girls of the Secondary Stage) from each state/UT will participate at the national level in this Olympiad.

PROGRAMME

18-19
June 2016

Inauguration and Events
9:00 a.m. onwards
CIET, NCERT Campus
New Delhi

20
June 2016

Valedictory
10:00 a.m.
Talkatora Stadium
New Delhi

Contact

Professor Hrushikesh Senapaty (Director)	directorncert@nic.in 011-26519154 / 26964712
Professor B.K. Tripathi (Joint-Director)	011-26510105/ 26567716
Professor Sridhar Srivastava (Secretary)	Mob.: 9868326472 011-26519153
Professor Sarej Yadav (Dean (A) and Coordinator)	deanacademicncert@gmail.com 26536040 / 9911079287
Professor Siraj Anwar (Stay at IIT Delhi)	Mob.: 9868094266
Professor P.K. Mandal (Stay at NIE Guest House)	Mob.: 9868119608
Control Room	011-26566930 011-26566931



National Yoga Olympiad

18-20 June 2016



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



Yoga Olympiad Committee

1. Protocol /Overall Committee <ol style="list-style-type: none"> 1. Director, NCERT 2. Joint Director, NCERT 3. Secretary, NCERT 4. Professor Saroj Yadav, Dean (A), NCERT 	
2. Venue with all arrangements Committee <ol style="list-style-type: none"> 1. Professor Anup Rajput, DEE (Chairperson) 2. Professor R.K. Parashar, DEK 3. Professor A.K. Wazalwar, DESM 4. Dr. Aparna Pandey, DESS 5. Dr. Prabhat Mishra, DEPFE 6. Dr. Bijaya Malik, DESS 7. Dr. Sharad Pandey, RMSA 8. Shri Jai Singh, Sr. Accounts Officers 9. Shri Maheswar, UDC (E-II) 10. Sh. Krishan Kumar, SO, Vigilance Section 11. Ms. Promila Tanwar, Assistant Professor, DESM 12. Sh. R.N. Sharma, UDC, Vigilance Section 13. Sh. Rajender Gupta, Accounts 14. Mr. Balram, LDC, E-II Section 15. Mr. Sumant Thapliyal, UDC, CIET 16. Mr. Harpreet Singh, MTS, E-II 17. Mr. Ashok Kumar, MTS, DEE 18. Mr. Anil Tomar, UDC, Accounts Branch 19. Mr. Sanjay Sharma, UDC, Publication Division 20. Mr. Dinesh Kumar, MTS, UDC, DEE 21. Mr. Om Prakash Dhyani, UDC, DEE 	3. Accommodation and Registration Committee at IIT <ol style="list-style-type: none"> 1. Professor Siraj Anwar, PMD (Chairperson) 2. Professor Mauzumuddin, DEL 3. Dr. Vardha Mohan Nikhalje, DEE 4. Dr. R. Meghanathan, DEL 4. Dr. M.V.S. Prasad, DESS 5. Dr. M.V. Srinivasan, DESS 6. Dr. P.D. Shubhash, PMD 7. Shri Bhoopendra Singh, ABM, Pub. Div. 8. Shri Ashish Jain, S.O. Pub. Div. 9. Shri D.K. Singhal, APC, DESS 10. Shri Motilal, S.O. PMD 11. Smt. Tulika Verma, SO 12. Shri Dayanand, MTS, PMD 13. Shri Jagbir Singh, MTS, PMD

<p>4. Accommodation and Registration Committee at NIE, Guesthouse</p> <ol style="list-style-type: none"> 1. Professor P.K. Mandal, Head, IRD (Chairperson) 2. Professor Shipra Vaidya, DESS 3. Professor Sunita Farkya, DESM 4. Professor S.C. Chauhan, DEGSN 5. Professor Diwan Hannan Khan, DEL 6. Professor Usha Sharma, DEE 7. Dr. Kavita Sharma, DEE 8. Dr. Pratima Kumari, ESD 9. Dr. Koirang, DESM 10. Shri Dinesh Tokas, DER 11. Sh. Madan Singh Yadav, SO, E-I 12. 2 MTS (will be selected) 	<p>5. Food and water arrangement Committee for Stay and Venue</p> <ol style="list-style-type: none"> 1. Professor Pawan Sudhir (Chairperson) 2. Professor Rajendra Pal, Head, DER 3. Professor Mona Yadav, DGS 4. Dr. Promila Tanwar, Asstt. Professor, DESM 5. Dr. Milly Roy Anand, DESS 6. Dr. P.D. Subash, PMD 7. Dr. Ashita Ravindran, PMD 8. Dr. Sukvinder, ESD 9. Dr. Gulfam, ESD 10. Dr. Vishal Pajankar, ESD 11. Mr. J. P. Bhulania, S & S 12. Shri Bisht, Account Officer 13. Shri S.S. Bisht (US) 14. Shri. Devendra Kumar, SO 15.
<p>6. Press release/Publicity/ Committee Members</p> <ol style="list-style-type: none"> 1. Professor Dinesh Kumar, PD (Chairperson) 2. Professor Amarendra Behera, CIET 3. Professor Sandhya Singh, DEL 4. Professor Kirti Kapur, DEL 5. 6. Professor Lal Singh, CIET 7. Dr. Indu Kumar, CIET 8. Dr. Promod Dubey, DEL 9. Dr. Shankar Sharan, DESS 10. Dr. Shveta Uppal, PD 11. Dr. Perwaiz Ahmed, Editor, PD 12. Sh. D.K. Shende, PD 13. Sh. Manish Singhal, SO 14. 2 MTS (will be selected) 	<p>7. Committee members for Trophy/Memento</p> <ol style="list-style-type: none"> 1. Professor A.D. Tewari, ESD (Chairperson) 2. Dr. Gagan Gupta, DESM 3. Dr. Sarbari Banerjee, DEAA 4. Dr. Bijaya Malik, DESS 5. Shri Harish Meena, DESS 6. Dr. Vijayan K. DTE 7. Sh. SS Rawat, So, LDD 8. Sh. Kuldeep Singh, DESS 9. 2 MTS (will be selected)
<p>8. Committee for Purchasing of Miscellaneous Items</p> <ol style="list-style-type: none"> 1. Professor Neeraja Rashmi, Head, DESS-(Chairperson) 2. Dr. Bijay Malik, DESS 3. Shri Harish Meena, DESS 4. Dr. Shimray Chochong 	<p>9. Control Room Committee Members</p> <ol style="list-style-type: none"> 1. Professor Amarendra Behera, CIET (Chairperson) 2. Dr. Jatindra Mohan Mishra, DEL

<p>Vareichung, DESM</p> <ol style="list-style-type: none"> 5. Dr. Alka Mehrotra, DESM 6. Smt. Rani Devi Sharma, PA, Dean(A) Office 	<ol style="list-style-type: none"> 3. Dr. Satya Bhusan, ESD 4. Shri Harish Meena, DESS 5. Mr. Rejaul Karim Barbhuiya, DESM 6. Smt. H.P. Bali, SO, DESS 7. 2 MTS (will be selected)
<p>10. Transport Committee Members</p> <ol style="list-style-type: none"> 1. Professor Faruq Ansari, DEL (Chairperson) 2. Professor Y . Sreekanth, Head ESD 3. Professor N.K. Gupta, DER 4. Shri Gautam Ganguli, PD 5. Mrs Kanta Kelkar, DS 6. Shri Gyan Chand,US, Publication Division 7. Shri L. Srinivasan, ESD 8. Shri Devendra Kumar, SO 9. Shri B.K. Das, PD 10. Shri Kuldeep Singh, UDC, DESS 11. Shri S.N. Joshi 12. Shri Yagdutt Sharma, SO 13. Shri Hari Bahadur, MTS, E-I 14. Sh. Devanshu Sarin, LDC, E-I Section 15. Sh. Ratanlal, ASO, S&S 16. Sh. Hari Sharma, LDC, S&S 17. Shri Brij Bhushan, LDC, ESD 18. Shri Rakesh Kumar, LDC, PD 19. Shri Bhupesh Mathur, UDC, DESS 20. Shri Hira Singh, MTS, PD 21. Shri Maheswar, UDC, E-II Section 22. Shri Balram, LDC, E-II 23. Shri Naresh, LDC, S&S 24. Shri Pradeep Kumar, LDC, E-II Section 25. Shri Shavender Dayal, LDC, CIET 26. Shri Chanchal, LDC, E-II Section 27. Shri Manish Mudgal, MTS, Security Section 28. Shri Munna, MTS, DEL 29. Shri Bishan Singh, MTS, DEL 	<p>11. Discipline/Safety Committee Members</p> <ol style="list-style-type: none"> 1. Professor Poonam Agrawal, DGS (Chairperson) 2. Professor Moona Yadav, DGS 3. Dr.. Moorttematee Samantaray, LDD 4. Dr. Angel Ratna Bai, RMSA 5. Sh. Ashis Srivastava, DESM 6. Dr. Jitendra Patidar, DTE 7. Dr. Ranjan Biswas, CIET 8. Mr. M.P. Nathanael, Consultant 9. Ms Kunda Shyam Kanwar, CIET 10. Sh. Nitin Kumar Suman, SO, ESD 11. Mr. Deepak Kapoor, LDD 12. Mr. Anil Singh, LDD 13. 2 MTS (will be selected)

<p>12. Jury Committee Members</p> <ol style="list-style-type: none"> 1. Professor Saroj Yadav,(Chairperson) 2. Professor Neeraja Rashmi, Head,DESS 3. Professor Gouri Srivastava, DGS 4. Professor Sandhya Sahoo, DEL 5. Profesor Manju Bhatt, DESS 6. Dr. Tanu Malik, DESS 7. Dr. Bharti, DEGSN 8. Dr. Anjani Kaul, DESM 9. Dr. Shashi Prabha, DESM 10. Dr. Ruchi Verma, DESM 11. Dr. Sreedevi, RMSA 12. Dr.. Neelkanth Kumar, DEL 13. Dr. Puhplata Verma, DESM (9968071075) 14. Pramila Tanwar, DESM (09599753744) 15. Sh. Ashok Kumar Singh, SO 16. Sh. Ved Raj Soni, S & S 17. Mrs. Kiran, DEL 	<p>13. Brochure Development Committee for Yoga Olympiad</p> <ol style="list-style-type: none"> 1. Professor A.K. Srivastava, Dean(R), (Chairperson) 2. Professor Anupam Ahuja, Head, DEGSN 3. Professor Gouri Srivastava, DGS 4. Professor Jyotsna Tiwari, DEAA 5. Dr. Padma Yadav, DEE 6. Shri Dillip Shende, PD
<p>14. Media coverage/Video Recording/Photography Committee /PA System at NIE and Talkatora Stadium</p> <p>Dr. Lal Singh, CIET (Chairperson)</p> <ol style="list-style-type: none"> 1. Professor Amarendra Behera, CIET 2. Dr. Indu Kumar, CIET 3. Dr. Shveta Uppal, Pub. Division 4. Sh. M.P. Singh, CIET 5. Other technicians from CIET 6. Smt. Tripti, SO, PMD 	<p>15. Invitation Committee Members</p> <ol style="list-style-type: none"> 1. Professor Saroj Yadav, Dean (A)-Chairperson 2. Profesor Ranjana Arora, RMSA 3. Professor Sharad Sinha, RMSA 4. Professor A.D. Tiwari, ESD 5. Mr. Amitav Kumar, PD 6. Mr. Vijay Kumar, PS to JD 7. Sh. Mukesh Kumar, PA, Director Office
<p>16. Cultural Programme and Rehearsal for group performance at the venue</p> <ol style="list-style-type: none"> 1. Dr. Sharbari Banerjee, DEAA(Chairperson) 2. Professor Jyotsna Tiwari, DEAA 3. Professor Shipra Vaidya, DESS 4. Ms. Usha Kapoor (APC), DEPFE, 5. Ms. Charu Arya, PS to Director 6. Ms. Renu Katyal (PA), DEAA 7. Ms. Kirti, DESS 8. Ms. Deepika, JPF, Dean(A) Office 9. Sh. Sumit Kumar, DESS 	<p>17. First Aids /Medical facility Committee</p> <ol style="list-style-type: none"> 1. Professor Sharad Sinha, RMSA(Chairperson) 2. Professor Amrendra Behera, CIET 3. Dr. Sharddha Dhiwal(DEPFE) 4. Dr. Sarla Verma(DEE) 5. Mrs. Usha Bisht, PMD 6. Sh. Manish Verma.E- I(9810825778) 7. Sh.Ved(Accounts),Cashier (9891596451)

<p>10. Sh. Sarfaraz , MTS, DEAA</p>	<p>8. Ms. Shushma(Accounts) 9. Dr. Seema Ojha, DESS 10. Dr. Jaya Singh, DESS 11. Mrs. Pratima Chauhan, SO, Accounts 12. 12 Nurses from Pvt. Sector for Stay and venue</p>
<p>18. Approval Committee Members</p> <ol style="list-style-type: none"> 1. Joint Director, NCERT(Chairperson) 2. Professor Siraj Anwar, PMD 3. Professor Ranjana Arora, RMSA 4. Professor Anup Rajput, DEE 5. Shri D.P. Toor, CAO 6. Sh. Mahesh Chand, SO 	<p>19. Yoga Kit Procurement Committee Members</p> <ol style="list-style-type: none"> 1. Professor R.K. Parashar, DEK (Chairperson) 2. Professor Rajendra Pal, Head, DER 3. Professor Indrani Bahaduri,ESD 4. Shri Harish Kumar Meena, DESS 5. Dr. T.P. Sarma, DESM 6. Sh. V.B.Patil, TO, DEK 7. Sh. J.P. Bhulania, SSO, S &S 8. Shri Sajan Kumar Meena, SO, S & S
<p>20. Reporting Committee Members</p> <ol style="list-style-type: none"> 1. Professor Ranjana Arora, RMSA (Chairperson) 2. Professor Indrani Bahaduri, ESD 3. Professor Chandra Sadayat, DEL 4. Dr. Padma Yadav, DEE 5. Dr. Meenakshi Kher 6. Dr. Sanjay Suman, DEL 7. Dr., Promod Dubey, DEL 8. Dr. Pooja Jain, LDD 9. DTP Operator /Typist (to be identified) 10. Dr., Promod Dubey, DEL 11. Dr. Pooja Jain, LDD 12. DTP Operator /Typist (to be identified) 	<p>21. Disbursement Committee(TA/DA)</p> <ol style="list-style-type: none"> 1. Sh. D.P. Toor, CAO (Chairperson) 2. Sh. Jai Singh, Sr. Accounts Officer 3. Sh. T.S. Bisht, Accounts Officer 4. Sh. R.K. Kotru, Accounts Officer 5. Sh. B.S. Malik, Accounts Officer 6. Sh. Moti Lal, S.O. , PMD 7. Sh. Rajpal, Sr. Accountant 8. Sh. V. Swaminathan, Sr. Accountant 9. Smt. Rekha Malik, Sr. Accountant 10. Sh. Ashok Kumar, Sr. Accountant 11. Sh. R.K. Gupta, Jr. Accountant 12. Sh. Raj Kumar, Jr. Accountant 13. Sh. Ved Kumar, Asstt. Cashier 14. Sh. Hari Narayan, Asstt. Cashier

22. Back-Up Committee/Team Members:

1. Sh. Indesh, UDC, Bill-II Section
2. Smt. Devki Rawat, PA (C&P)
3. Ms. Tanu Sareen, PA, ESD
4. Ms. Renu, PA, ESD
5. Mr. Balram, LDC, E-II Section
6. Mr. Dinesh Kumar, Steno, Hindi Cell
7. Ms. Pramila Talwar, Assistant Professor, DESM
8. Mr.. Kamal Chauhan, UDC (Security Section)
9. Mr. Sumant Thapliyal, UDC, Account Section, CIET
10. Mr. Vikram Singh, UDC, DEGSN
11. Mr. Ramesh Chandra, UDC, C&W
12. Mr. Shakambhar Dutt, UDC, DEE
13. Mr. Dinesh Kumar, MTS, DEPFE
14. Mr. Hari Narayan, Cashier, DEK
15. Mr. Mahabir Singh, APC, CIET
16. Mr. Manmohan, MTS, DESM
17. Mr. Harpreet Singh, MTS, E.III Section
18. Mr. Anil Tomar, UDC, Account Branch
19. Mr. Sanjay Sharma, UDC, Pub. Division
20. Mr. Sanjeev Kumar Tiwari, Jr. Accountant, CIET
21. Mr. Kamal Sharma, Hindi Assistant, Hindi Cell