

NATIONAL YOGA OLYMPIAD 2024

(18 - 20 June, 2024 at RIE Mysuru, Karnataka)

EVALUTION FOR INDIVIDUALS SECONDARY STAGE

Name of the Participant: _____ Category (Boys/Girls) _____

Name of the State/UT/National Body/ RIE: _____

1. Evaluation of Asana

Set A - Tadasana, Vrikshasana, Utkatasana, Garudasana,
Set B - Yogamudrasana, Pachimattanasana, Pawanmuktasana,
Set C - Bhujangasana, Shalabhasana, Dhanurasana, Setubandhasana
Set D - Trikonasana, Ardhamatsyendrasana, Katichakrasana
Set E - Badhapadmasana, Matsyasana, Supta vajrasana, Gamukhasana,
Set F - Chakrasana, Halasana, Naukasana

Sr. No	Asana Name	Vinayasa (Pattern) 03 Marks	Final Posture* (05 Marks)	Grace & Presentation 02 Marks	Total 10 Marks
1.					
2.					
3.					
4.					
5.					
6.					
Sub Total					/60

2. Evaluation of Pranayama

Sr. No.	Name of Pranayama	Posture & Mudra-03 Marks	Breathing Pattern-05	Grace & Elegance-02	Total 10 Marks
1.	Anuloma Viloma / Sheetari				
2.	Bhramari				
Sub Total					/20

3. Evaluation of Kriya

Sr. No.	Name of Kriya	Posture & Mudra-03 Marks	Number of stroke-05 Marks	Grace & Elegance-02	Total 10 Marks
1.	Kapalbhati				
Sub Total					/10

4. Evaluation of Bandha

Sr. No.	Name of Bandha	Duration of Sucking & holding of abdomen-05 Marks	Effortlessness/Elegance-05 Marks	Art of Inhalation & Exhalation-02	Total 10 Marks
1.	Uddiyan				
Sub Total					/10

Grand Total: _____/100

Name of the Jury

Signature of the Jury