

National Yoga Olympiad-2024

EVALUATION SHEET FOR YOGA OLYMPIAD OF MIDDLE STAGE TEAM - GIRLS

1. Evaluation of Final Posture - Holding of Final Position less than 10 seconds = 01 mark, Up to 20 seconds = 02 marks, Up to 30 seconds = 03 marks, Up to 40 seconds = 04 marks, Up to 60 seconds = 05 marks,
- 2.Evaluation of Breathing Pattern - Rachaka 10 seconds = 01 mark, between 10 to 20 seconds = 02 marks, between 20 to 30 seconds = 03 marks, between 30 to 40 seconds = 04 marks, above 40 seconds = 05 marks,
3. Evaluation of Kriya: Kapalabhati – Less than 50 strokes per minute = 01 mark, between 50 to 70 strokes per minute = 02 marks, between 70 to 90 strokes per minute = 03 marks, between 90 to 110 strokes per minute = 04 marks, above 110 strokes per minute = 05 marks,
- Agnisara - Less than 5 strokes = 01 mark, between 5 to 10 strokes = 03 mark, between 10 to 15 strokes = 04 marks, above 15 stokes = 05 mark,

Name of the State/ UT/ NB/ RIE:					1. All Asana										2. Pranayama										3. Kriya										Grand Total 100																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
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Name of Student	Name of Asana	Vinyasa (Pattern) 3 Marks	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																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										

National Yoga Olympiad-2024

EVALUATION SHEET FOR YOGA OLYMPIAD OF MIDDLE STAGE TEAM - BOYS

1. Evaluation of Final Posture - Holding of Final Position less than 10 seconds = 01 mark, Up to 20 seconds = 02 marks, Up to 30 seconds = 03 marks, Up to 40 seconds = 04 marks, Up to 60 seconds = 05 marks,
2. Evaluation of Breathing Pattern - Rachaka 10 seconds = 01 mark, between 10 to 20 seconds = 02 marks, between 20 to 30 seconds = 03 marks, between 30 to 40 seconds = 04 marks, above 40 seconds = 05 marks,
3. Evaluation of Kriya: Kapalahati – Less than 50 strokes per minute = 01 mark, between 50 to 70 strokes per minute = 02 marks, between 70 to 90 strokes per minute = 03 marks, between 90 to 110 strokes per minute = 04 marks, above 110 strokes per minute = 05 marks,
- Agnisara - Less than 5 strokes = 01 mark, between 5 to 10 strokes = 03 mark, between 10 to 15 strokes = 04 marks, above 15 strokes = 05 mark,

Name of the State/ UT/ NB/ RIE:		1. All Asana 60 Marks				2. Pranayama 20 Marks				3. Kriya 20 Marks				Grand Total 100
Name of Student	Name of Asana	Vinyasa (Pattern) 3 Marks	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	
Sub Total														
Sub Total														
Sub Total														
Sub Total														
Team Grand Total														

Name & Signature of the Jury Member

Prepared By

National Yoga Olympiad-2024

EVALUATION SHEET FOR YOGA OLYMPIAD OF SECONDARY STAGE TEAM - GIRLS

1. Evaluation of Final Posture - Holding of Final Position less than 10 seconds = 01 mark, Up to 20 seconds = 02 marks, Up to 30 seconds = 03 marks, Up to 40 seconds = 04 marks, Up to 60 seconds = 05 marks,
2. Evaluation of Breathing Pattern – Less then 10 seconds = 01 mark, between 10 to 20 seconds = 02 marks, between 20 to 30 seconds = 03 marks, between 30 to 40 seconds = 04 marks, above 40 seconds = 05 marks,
3. Evaluation of Kriva: Agnisara - Less than 5 strokes = 01 mark, between 5 to 10 strokes = 03 mark, between 10 to 15 strokes = 04 marks, above 15 stokes = 05 mark,
4. Evaluation of Bandha - Less than 05 seconds hold = 02 mark, between 5 to 10 seconds hold = 03 mark, between 10 to 15 seconds hold = 04 marks, above 15 seconds hold = 05 mark,

Name of the State/ UT/ NB/ RIE:					1. All Asana 60 Marks					2. Pranayama 20 Marks					3. Kriya 10 Marks					4. Bandha 10 Marks					Grand Total 100
Name of Student	Name of Asana	Vinyasa (Pattern) 3 Marks	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	Effortlessness/EI egance 5 Marks	Art of inhalation & Exhalation 2 Marks	Total 10 Marks								
Sub Total																									
Sub Total																									
Sub Total																									
Sub Total																									
Team Grand Total																									

Name & Signature of the Jury Member

Prepared By

National Yoga Olympiad-2024

EVALUATION SHEET FOR YOGA OLYMPIAD OF SECONDARY STAGE TEAM-BOYS

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| 1. Evaluation of Final Posture - Holding of Final Position less than 10 seconds = 01 mark, Up to 20 seconds = 02 marks, Up to 30 seconds = 03 marks, Up to 40 seconds = 04 marks, Up to 60 seconds = 05 marks. | |
| 2. Evaluation of Breathing Pattern - Less than 10 seconds = 01 mark, between 10 to 20 seconds = 02 marks, between 20 to 30 seconds = 03 marks, between 30 to 40 seconds = 04 marks, above 40 seconds = 05 marks. | |
| 3. Evaluation of Kriya: Agnisara - Less than 5 strokes = 01 mark, between 5 to 10 strokes = 03 mark, between 10 to 15 strokes = 04 marks, above 15 strokes = 05 mark. | |
| 4. Evaluation of Bandha - Less than 05 seconds hold = 02 mark, between 5 to 10 seconds hold = 03 mark, between 10 to 15 seconds hold = 04 marks, above 15 seconds hold = 05 mark. | |
| | 3. Kriya |

[illegible]