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100	Total 10 Marks	Grace & Elegance 2 Marks	No. of stroke Strength, Agility 5 Marks	Posture 3 Marks	Total 10 Marks	Grace & Elegance 2 Marks	Breathing Pattern 5 Marks	Posture& Mudra 3 Marks	Total 10 Marks	Presentation 2 Marks	Final Posture 5 Marks	(Pattern) 3 Marks	Name of Asana	Name of Student
Grand		rks	20 Marks				20 N			Marks	60 M	Vinvaca		NIE.
		уа	3. Kriya			Pranayama	2. Prai			Asana	1=		State/ UT/ NB/	e of the
					•	stokes = 05 mark,	marks, above 15 s	strokes = 04	etween 10 to 15	:s = 03 mark, b	5 to 10 st	01 mark, between	ın 5 strokes =	
ıte = 04	okes per minute	n 90 to 110 stro	22 marks, between 70 to 90 strokes per minute = 03 marks, between 90 to 110 strokes per	per minute =	0 to 90 strokes	narks, between	1	occased 30 to 70 strokes per minute	3	5		= 05 marks	-	ove
	= 05 marks,	e 40 seconds =	= 04 marks, above 40 seconds	to 40 seconds	ks, between 30 to	seconds = 03 marks,	03	= 02 marks, bety	5 2	mark, between 10	seconds = 01 mark, be	Rachaka 10 Less than	of Kriya: Kapalabhati	Evaluation .
	= 05 marks	Un to 60 seconds = 05	narks.	conds =	marks, Up	to 30 seconds = 03	02 marks, Up t	to 20 seconds = 0	= 01 mark, Up	than 10 seconds :	Position less th	lding of Final	Final Posture -	valuation
			LS	AM - GIRLS	STAGE TEAM	OF MIDDLE	YMPIAD	R YOGA OL	SHEET FOR	LUATION	EVA			

Evaluation of Kriva: 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 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 EVALUA National Yoga Olympiad-2024
TION SHEET FOR YOGA OLYMPIAD OF MIDDLE STAGE TEAM - BOYS to 40 seconds = 04 marks, Up to 60 seconds = 05 marks, 30 to 40 seconds = 04 marks, above 40 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 marks, above Agnisara - Less than 5 strokes Name of Student Name of the State/ UT/ NB/ 110 strokes per minute = 05 marks, Name of Asana = 01 mark, between 5 (Pattern) Vinyasa Final Posture to 10 strokes Marks 60 Marks All Asana = 03Presentation Grace & Marks mark, between 10 to 15 strokes = 04 marks, above 15 stokes = 05 mark, Sub Total Sub Total Sub Total Sub Total 10 Marks Posture& Mudra 3 Marks Breathing Pattern Pranayama 20 Marks Elegance Grace & Sub Total Sub Total Sub Total Sub Total 10 Marks Total 3 Marks Posture Strength, Agility No. of stroke 5 Marks 20 Marks 3. Kriya Elegance Grace & 2 Marks **Team Grand Total** Sub Total Sub Total Sub Total Sub Total 10 Marks Total Grand Total <u>=</u>

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, 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, above 15 seconds hold = 05 mark.

	Team Grand Total	Team (
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Total 100	Total 10 Marks	Art of inhalation & Exhalation 2 Marks	Effortlessness/El egance 5 Marks	sucking and holding of abdomen 3 Marks	Total 10 Marks	Grace & Elegance 2 Marks	No. of stroke Strength, Agility 5 Marks	Posture 3 Marks	Total 10 Marks	Grace & Elegance 2 Marks	Breathing Pattern 5 Marks	Posture& Mudra 3 Marks	Total 10 Marks	Grace & Presentation 2 Marks	Final Posture 5 Marks	Vinyasa (Pattern) 3 Marks	Name of Asana	Name of Student
		10 Marks	101			10 Marks	101			20 Marks	1 07							
		andha	4. B.	1930	Residence of the Control of the Cont	Nriya	5.7			anayama				60 Marks	60 M			RIE:
		and he	1 8			-				2. Pranavama	2. Pra			All Asana	I. All		tate/ UT/ NB/	Name of the State/
								ls hold = 05 mark,	above 15 seconds	= 04 marks,	10 to 15 seconds hold	mark, between 1	conds hold = 03	between 5 to 10 Sec	yo - oz mark,	dan on account in	Π.	

Name & Signature of the Jury Member

Prepared By

National Yoga Olympiad-2024

VALUATION SHEET FOR YOGA OLYMPIAD OF SECONDARY STAGE TEAM -BOYS

Sub Total			Sub Total		Sub Total		Sub Local		Sub Total		Sub Total		Sub Total		Sub Total		3 Marks	Vinyasa Final Posture Grace & Total Posture Breathing Grace & Total Posture Of Student Name of Asana (Pattern) 5 Marks 5 Marks 10	60 Marks	a	Evaluation of Bandha - Less than 05 seconds hold = 02 mark, between 5 to 10 seconds hold = 03 mark, between 10 to 15 seconds note 15 seconds note 15 to 15 seconds note 15 seconds note 15 to 15 seconds note 15 seconds note 15 to 15 seconds note 15 seconds note 15 to 15 seconds note 15 seconds note 15 to 15 seconds note 15 seconds	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 10 to 15 strokes = 04 marks, above 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	seconds = 01 mark, Up to 20 seconds = 02 marks, Up to 30 seconds = 03 marks, Up to 40 seconds = 04 marks,	EVALUATION SHEET FOR YOGA OLYMPIAD OF SECONDARY
																		No. of stroke Strength, Agility 5 Marks		10 Marks	3. Kriya	nds hold = 05 mark,	onds = 04 marks, Up to 60 seconds = 05 r 0 seconds = 04 marks, above 40 seconds =	OF SECONDA
				Sub Total				Sub Total				Sub Total				Sub Total		Elegance 10 Marks 2 Marks		S			= 05 marks,	
																		5 M	Duration of Effortlessness/El		4. 5			
Team Grand Total				Sub Total				Sub Total				Sub Total				Sub Total		& Exhalation 10	Art of inhalation Total	Ortaino	4. Danoua			
otal																1			Total 100	Grand	_			

Prepared By