



Target Group

The students of Government and Government-Aided Schools of States/UTs, Kendriya Vidyalaya Sangathan, Navodaya Vidyalaya Samiti, National Education Society for Tribal Students, Central Board of Secondary Education, Council for the Indian School Certificate Examination, Vidya Bharati Akhil Bharatiya Siksha Sansthan and Demonstration Multipurpose Schools of Regional Institutes of Education of following age group (as on 01-04-2025) will participate in this event.

- 10-14 Year (Middle Stage)
- 14-16 Year (Secondary Stage)

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

Levels of Organisation of Yoga Olympiad

Four winning girls and four winning boys from the Middle Stage and four winning girls and four winning boys from the Secondary Stage will participate at the next level.

Block Level: This is the first level of the Yoga Olympiad from where schools as mentioned above can send their entries. However, depending upon the number of schools participating and availability of resources, organisers may decide to have the Yoga Olympiad directly at the district level.

District Level: This is the second level of the Yoga Olympiad, where the winning teams from the block level will participate.

State/UT/Unit Level: This is the third level of the Yoga Olympiad where the winning teams from the district/zone/region level will participate.

National Level: This is the final level of the Yoga Olympiad. At this level, a total of 16 students (four boys and four girls from the Middle Stage and four boys and four girls of the Secondary Stage) from each State/UT, KVS, NVS, NESTS, CBSE, CISCE, VBABSS and DMS-RIEs will showcase their performance as one unit.



PROGRAMME

INAUGURATION
15th June, 2025 at 11:15 a.m.

YOGIC PERFORMANCE
15-17 June, 2025

VALEDICTORY & PRIZE DISTRIBUTION
18th June, 2025 at 10:00 a.m.

VENUE

Sabhagriham, Vivekananda Kendra, Kanyakumari

CHIEF PATRON

Professor Dinesh Prasad Saklani, Director, NCERT

PATRON

Prof. Prakash Chandra Agarwal, Joint Director, NCERT;
Shri Aman Sharma, Secretary, NCERT, Joint Director, CIET;
Dr. Pratyusa Kumar Mandal, Dean (Academic) & Head DESS, NCERT;
Prof. Sridhar Srivastava, Dean (Coordination), NCERT;
Dr. Dinesh Kumar, Dean (Research), NCERT; &
Shri Bhaundas Dhakra Ji,
General Secretary, Vivekananda Kendra, Kanyakumari

CONTACTS

Reception: +91 4652246250

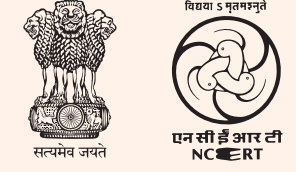
Control Room: 9677266859/9991352345

Registration: 9957931681/9868231766

Accommodation: +91 6382401009

Food & Refreshment: 8667823073

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Campus In-charge, VKK	
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Assistant Professor, Physical Education, DESS	



NATIONAL YOGA OLYMPIAD

THEME : YOGA FOR ONE EARTH, ONE HEALTH

15-18 June, 2025



YOGA FOR ONE EARTH, ONE HEALTH

“Yoga is the journey of the self, through the self, to the self”

Bhagavad Gita



INAUGURAL &
VALEDICTORY



SECONDARY BOYS



SECONDARY GIRLS



MIDDLE BOYS



MIDDLE GIRLS

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





NCERT

The National Council of Educational Research and Training (NCERT) is an autonomous organisation set up in 1961 by the Ministry of Education, Government of India to assist and advise the Central and State Governments on policies and programmes for education in schools.

The major objectives of the NCERT are to:

- Undertake, promote, publish and coordinate researches in areas of school education;
- Prepare and publish model textbooks, teachers' handbooks, manuals, training packages, supplementary curricular materials, newsletters, journals, etc.;
- Develop educational kits, multimedia digital curricular materials, etc.;
- Organise pre-service and in-service education and training of teachers, teacher-educators, school education administrators, etc.; &
- collaborate and network with States/UTs, NGOs, educational institutions and international organisations.

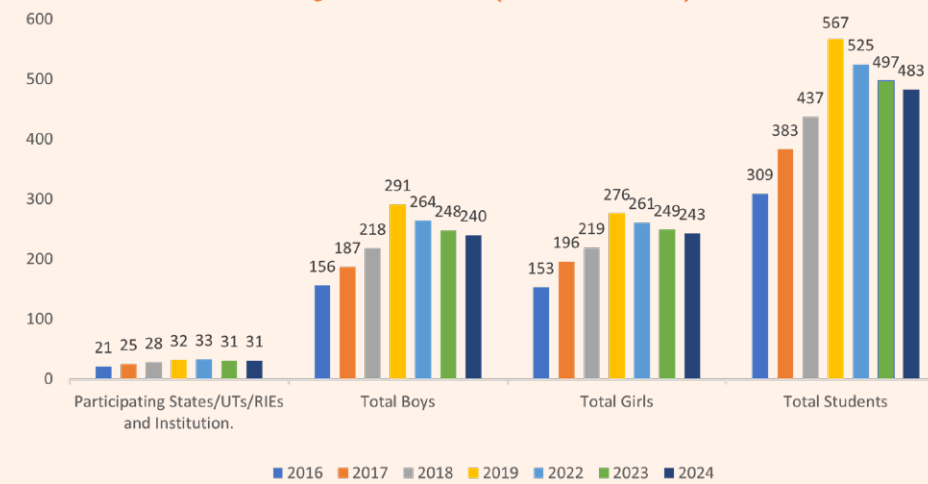
NATIONAL YOGA OLYMPIAD

The NCERT, in concert with the Ministry of Education (MoE), Government of India, has initiated the annual celebration of the National Yoga Olympiad to promote Yoga in schools. This celebration was commenced in the year 2016 as a follow up to the observation of the 'International Day of Yoga' on 21st June across the globe. There has not been any let up in its celebration since. Even during the time of the Covid-19 global pandemic, the NCERT organised 'National On-line Yoga Quiz Competition' in the years 2020 and 2021. This year, the NCERT is organising the 'National Yoga Olympiad' in Vivekananda Kendra at Vivekananda Puram, Kanyakumari, Tamil Nadu. As in the preceding years, this will help in motivating our younger generation to not only develop an awareness about Yoga, but will also create in them a kinetic enthusiasm to adopt yogic practices in life which will promote among them physical,



emotional and mental health along with those human values which have sustained Indian civilisation over thousands of years. In order to figure out how the 'National Yoga Olympiad' has helped in achieving some such goals, a research study is also being undertaken by the DESS in right earnest. During the four-day celebration, different yogic practices like asana, pranayama, kriya (cleansing process), dhyana (meditation) and bandha (only for secondary stage) will be assessed. Simultaneously, different creative activities related to yoga like drawing/painting, essay writing (in Hindi/English), composition of poems (in Hindi/English), slogan writing and poster making will also be organised to foster creativity among children.

NATIONAL YOGA OLYMPIAD A JOURNEY (2016-2024)



YOGA FOR SCHOOL

Yoga holds a pivotal position in the holistic educational vision of our country as outlined in the National Education Policy (NEP), 2020 and the National Curriculum Frameworks for Foundational Stage (NCF-FS), 2022 and School Education (NCF-SE), 2023. The NEP, 2020 recognizes Yoga as a vital component in fostering self-discipline, mindfulness and a healthy lifestyle among learners. In alignment with this recognition, the NCF-SE, 2023 makes Yoga an integral component of 'Physical Education and Well-being',



promoting it as a critical life skill that enhances resilience, emotional balance and overall well-being. In order to bolster this vision, the NCERT actively promotes Yoga through the initiative of the 'National Yoga Olympiad', which encourages experiential learning through nation-wide student participation. The NCERT is also implementing the curricular vision of the NCF-FS and the NCF-SE through the development of syllabi and textbooks in 'Physical Education and Well-being' across Grades. For Grades 3 and 4, the textbooks titled 'Khel Yoga' have already been published. The Grade 5 textbook, carrying the same title, is going to be released soon. Similarly, for Grades 6 and 7, the textbooks titled 'Khel Yatra' have already been published and the Grade 8 textbook is under development. These textbooks provide age-appropriate Yoga lessons in a structured manner in conformity with the 'curricular goals' and 'learning outcomes' as outlined by the respective NCFs, thus firmly situating 'Physical Education and Well-being' as a mandatory area of curricular study of school education across stages.

