



**NATIONAL YOGA OLYMPIAD 2025**  
**(15 - 18 June, 2025 at Vivekanand Kendra, Kanyakumari, Tamil Nadu)**  
**EVALUATION FOR INDIVIDUALS MIDDLE STAGE**

- 1. Evaluation of Asanas (Final Posture)** - Holding final position between 10 to 20 seconds = 01 marks, Holding final position between 21 to 30 seconds = 02 marks, Holding final position between 31 to 40 seconds = 03 marks, Holding final position between 41 to 50 seconds = 04 marks, Holding final position between 51 to 60 seconds = 05 marks
- 2. Evaluation of Pranayama (Breathing Pattern)** - Rechaka Less than 10 seconds = 01 mark, between 11 to 20 seconds = 02 marks, between 21 to 30 seconds = 03 marks, between 31 to 40 seconds = 4 marks, above 40 seconds = 5 marks
- 3. Evaluation of Kriya:**  
**Kapalabhati** - Less than 50 strokes per minute = 1 mark, between 51 to 70 strokes per minute = 2 marks, between 71 to 90 strokes per minute = 3 marks, between 91 to 110 strokes per minute = 4 marks and above 110 strokes per minute = 5 marks  
**Agnisara** - Less than 5 strokes = 1 mark, between 5 to 10 strokes = 3 marks, between 11 to 15 strokes = 4 marks and above 15 strokes = 5 marks



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**EVALUTION FOR INDIVIDUALS SECONDARY STAGE**

- 1. Evaluation of Asanas (Final Posture)** - Holding final position between 10 to 20 seconds = 01 marks, Holding final position between 21 to 30 seconds = 02 marks, Holding final position between 31 to 40 seconds = 03 marks, Holding final position between 41 to 50 seconds = 04 marks, Holding final position between 51 to 60 seconds = 05 marks
- 2. Evaluation of Pranayama (Breathing Pattern)** - Rechaka Less than 10 seconds = 01 mark, between 11 to 20 seconds = 02 marks, between 21 to 30 seconds = 03 marks, between 31 to 40 seconds = 4 marks, above 40 seconds = 5 marks
- 3. Evaluation of Kriya: Agnisara** - Less than 5 strokes = 1 mark, between 5 to 10 strokes = 3 marks, between 11 to 15 strokes = 4 marks and above 15 strokes = 5 marks
- 4. Evaluation of Bandha** - Less than 05 seconds = 02 mark, between 6 to 10 seconds = 03 mark, between 11 to 15 seconds = 04 marks, above 15 seconds = 05 mark.