

# National Yoga Olympiad-2025

## EVALUATION SHEET FOR YOGA OLYMPIAD OF MIDDLE STAGE TEAM - BOYS

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

| Name of the State/ UT/NB/ RIE: _____ |               | 1. All Asana<br>60 Marks     |                          |                                 |                   | 2. Pranayama<br>20 Marks   |                              |                             |                   | 3. Kriya<br>20 Marks |  |                             |                   | Grand Total<br>100 |
|--------------------------------------|---------------|------------------------------|--------------------------|---------------------------------|-------------------|----------------------------|------------------------------|-----------------------------|-------------------|----------------------|--|-----------------------------|-------------------|--------------------|
| Name of Student                      | Name of Asana | Vinyasa (Pattern)<br>3 Marks | Final Posture<br>5 Marks | Grace & Presentation<br>2 Marks | Total<br>10 Marks | Posture & Mudra<br>3 Marks | Breathing Pattern<br>5 Marks | Grace & Elegance<br>2 Marks | Total<br>10 Marks | Posture<br>3 Marks   | No. of stroke Strength, Agility<br>5 Marks | Grace & Elegance<br>2 Marks | Total<br>10 Marks |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
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|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 | Sub Total         |                            |                              |                             |                   |                      |  |                             | Sub Total         |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
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|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 | Sub Total         |                            |                              |                             |                   |                      |  |                             | Sub Total         |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
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|                                      |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |
|                                      |               |                              |                          |                                 | Sub Total         |                            |                              |                             |                   |                      |  |                             | Sub Total         |                    |
| <b>Team Grand Total</b>              |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |                    |

Name & Signature of the Jury Member

Prepared By

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## National Yoga Olympiad-2025

### EVALUATION SHEET FOR YOGA OLYMPIAD OF SECONDARY STAGE TEAM -GIRLS

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.

| Name of the State/ UT/ NB/ RIE: |               | 1. All Asana<br>60 Marks     |                          |                                 |                   | 2. Pranayama<br>20 Marks   |                              |                             |                   | 3. Kriya<br>10 Marks |  |                             |                   | 4. Bandha<br>10 Marks                                 |                                    |   |                   | Grand Total<br>100 |
|---------------------------------|---------------|------------------------------|--------------------------|---------------------------------|-------------------|----------------------------|------------------------------|-----------------------------|-------------------|----------------------|--|-----------------------------|-------------------|---|------------------------------------|---|-------------------|--------------------|
| Name of Student                 | Name of Asana | Vinyasa (Pattern)<br>3 Marks | Final Posture<br>5 Marks | Grace & Presentation<br>2 Marks | Total<br>10 Marks | Posture & Mudra<br>3 Marks | Breathing Pattern<br>5 Marks | Grace & Elegance<br>2 Marks | Total<br>10 Marks | Posture<br>3 Marks   | No. of stroke Strength, Agility<br>5 Marks | Grace & Elegance<br>2 Marks | Total<br>10 Marks | Duration of sucking and holding of abdomen<br>3 Marks | Effortlessness/Elegance<br>5 Marks | Art of inhalation & Exhalation<br>2 Marks | Total<br>10 Marks |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
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|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   | Sub Total                  |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   | Sub Total                  |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   | Sub Total                  |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
|                                 |               |                              |                          |                                 |                   | Sub Total                  |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |
| <b>Team Grand Total</b>         |               |                              |                          |                                 |                   |                            |                              |                             |                   |                      |  |                             |                   |   |                                    |   |                   |                    |

Name & Signature of the Jury Member

Prepared By