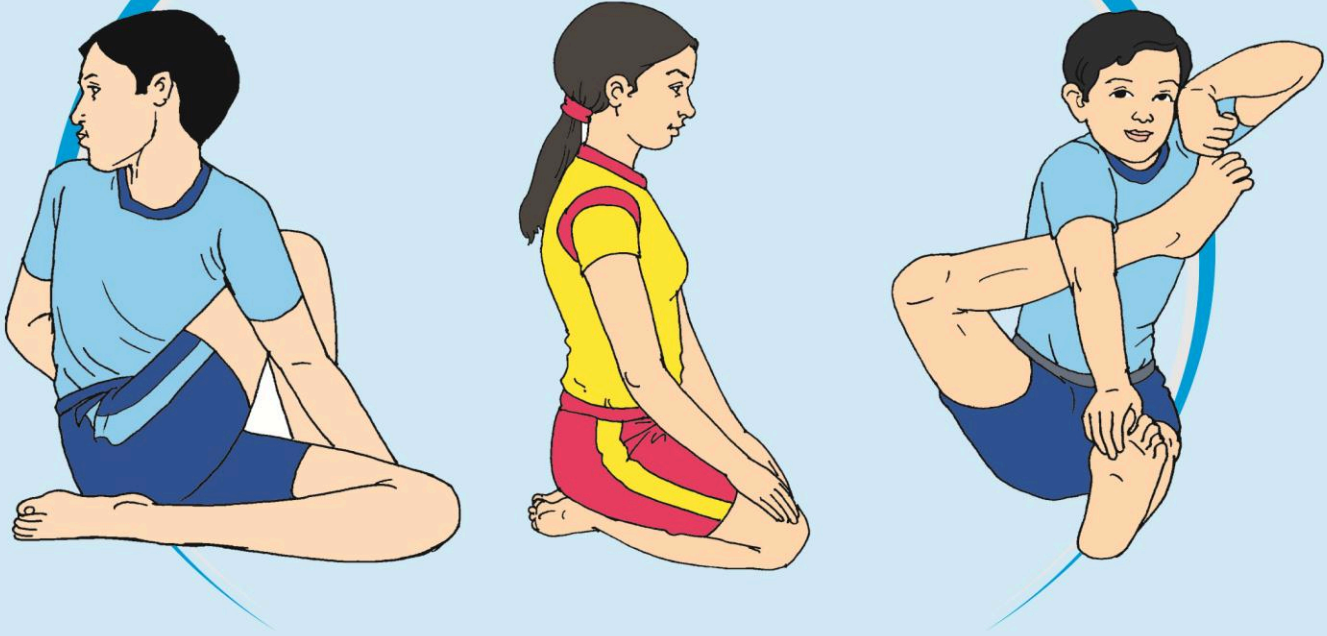
National Online Yoga Quiz Competition

Scheme and General Guidelines



विद्यया ऽ मृतमश्नुते

एन सी ई आर टी
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्

NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

Ministry of Health & Family Welfare
Government of India

Help us to help you



NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus



A distance of at least 1 meter is necessary to ensure safety for all



Wash your hands with soap and water regularly



If soap and water is not available, use hand sanitizer with at least 60% alcohol



Wash hands before touching eyes, nose and mouth



Throw used tissues into closed bins immediately after use



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number or 24x7 helpline numbers of Ministry of Health and Family Welfare, Government of India and follow the instructions.

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Online Yoga Quiz Competition: Guidelines

1. Introduction

The aim of yoga is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. It helps in the development of strength, stamina, endurance and high energy at physical and mental levels. Yoga has been integrated as an essential component of Health and Physical Education. NCERT has already developed textual material on Yoga for Upper Primary and Secondary stage titled "Yoga-A Healthy Way of Living" for Upper Primary and "Yoga-A Healthy Way of Living" for Secondary stage. Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) is taking multi-dimensional initiative to promote Yoga in curriculum and transaction in schools. Ministry of Human Resource Development through NCERT took an initiative to by conceptualizing 'Yoga Olympiad as a venture with the objective to promote the awareness of yoga and to build up a network of yoga students, teachers and Yoga practitioners from schools to the national level and to spread the message of yoga as a science for holistic living. With this idea, this new initiative named as "**Yoga Olympiad**" was organized from 2016 onward as a prelude to the *International Yoga Day* which is on 21 June. A detailed scheme was developed and has already been circulated to all the states/UTs and other National agencies.

But due to corona virus (COVID 19), all schools are closed since March 2020, though the children are being guided by their teachers at home not only for subject specific online learning but also on yoga along with physical exercises based on the alternative calendars developed by NCERT which is being implemented at State/UT level. These days, as there is much focus on health and well-being of children, it is expected that they are not only getting awareness but also doing yogic practices at their homes. Therefore, in view of this, it is proposed to organize online National Quiz Competition on Yoga. Quiz Competition has been a very popular activity both within and outside educational institutions. It enables students and other participants to gather varied information on the selected theme or topic and understand the implications of different aspects of the concerned areas. It provides opportunities to get exposed to various dimensions of that area and encourage them to acquire authentic knowledge about it. This online quiz competition will also provide flexibility to students to respond at their own convenience however within a given period of time. This will also create a motivated environment for students, in which learning takes place in a very involved manner.

2. Theme of Online Yoga Quiz Competition

It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony, therefore **Online Quiz on** Yoga has been planned. The theme for the Quiz will be **Yoga for Health and Harmony.**

3. Objectives of Online Quiz Competition On Yoga

- To create awareness regarding yogic practices among students and to motivate them to collect comprehensive information from authentic sources on related issues**.**
- To develop understanding of yogic practices and motivate them to apply this understanding accordingly in one's life and living.
- To motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in children through yogic practices.
- To develop humane values in children.

4. Yogic Practices to be covered in Online Yoga Quiz Competition

The Following dimensions of Yoga are embedded into 'Yoga Quiz

- Yama and Niymaa
- Shatkarma/Kriya (Cleansing Process)
- Asanas
- Pranayama
- Meditation
- Bandha and Mudra

4.1. Yama and Niymaa

Yama (Restraint) and Niyama (Observance) Yama and Niyama are principles which need to be adopted always in our day-to-day life regardless of time and place. These can be considered as the universal code of conduct that help in following high standards in personal and social life. Principles of yama are concerned with one's social life; while the principles of niyama are concerned with one's personal life. Yama and niyama are part of Ashtanga yoga.

The five principles of yama are: Ahimsa (non-violence), Satya (truthfulness); Asteya (non-stealing); Brahmcharya (abstinence) and Aparigraha (non-collectiveness).

The five principles of niyama are: Shaucha (purity/cleanliness); Santosha (satisfaction); Tapas (austerity); Swadhyaya (study of good literature and knowing about the 'self')

4.2 Shatkarma/Kriya (Cleansing Process)

Shatkarma means six *karmas* or *kriyas*. The *karma/kriya* means 'action'. *Shatkarma* consists purificatory processes which cleanse the specific organs of the body by detoxifying them. The purification helps to keep the body and mind healthy.

There are six cleansing processes described in hatha yogic texts. These are *Neti, Dhauti, Basti, Trataka, Nauli*and *Kapalabhati*. These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body. In this Online Quiz, *Trataka,* kapalabhati & Agnisara will be included.

4.3 Asanas

The term *asana* means sitting, standing and lying down in a particular posture, which is comfortable and which could be maintained steadily for long time. *Asana* gives stability and comfort, both at physical and mental levels.

4.4 Pranayama

Pranayama consists of the breathing techniques which are related to the control of breath or respiratory process. *Pranayama* popularly known as 'yogic breathing', involves a conscious manipulation of our breathing pattern.

The health of the respiratory system depends upon the quality as well as the quantity of air inhaled by the person. It also depend on the rhythm and completeness of the breathing. Through *pranayama*, a practitioner advantageously works with her/his respiratory, cardiovascular and the nervous system which bring about emotional stability and peace of mind.

4.5 Dhyana (Meditation)

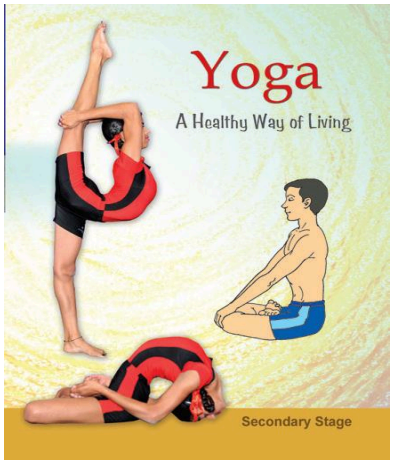
Meditation is a practice which helps in concentration of the body and mind. In meditation, concentration is focused for a long time on a single object like tip of the nose, space between eyebrows, etc. It develops a sense of well-being and improves memory and decision making power in the person.

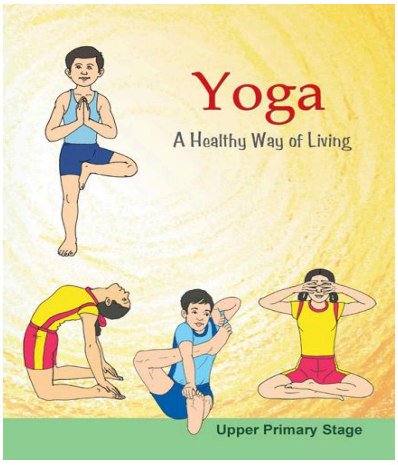
4.6 Bandha and Mudra (Only for Secondary level)

*Bandha*and *Mudra* are the practices involving manipulation of certain semi-voluntary and involuntary muscles in the body. These practices bring about voluntary control and tone up the internal organs.

5. SYLLABUS

NCERT has developed a syllabus for Upper Primary Stage and Secondary Stage. NCERT has also developed textbooks for Upper Primary and Secondary Stages titled "Yoga: A Healthy Way of Living". These books are available in Hindi, Urdu and English. These books are also available on e-pathshala and on NCERT website. The Quiz will be based on the syllabus of *NCERT* developed for yoga.





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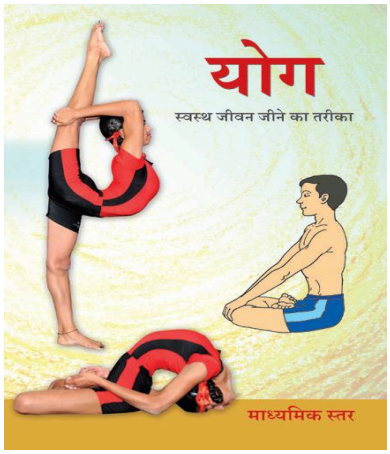

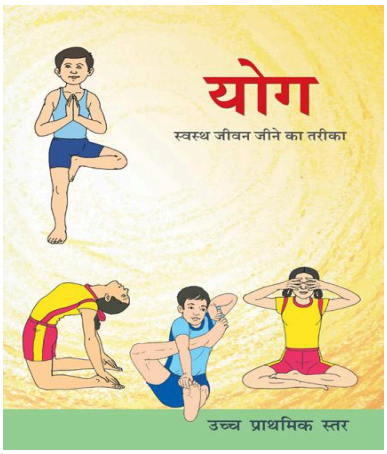

6. School Participating

Children from class 6 to 12 of all management types of schools as given below are eligible to participate.

- Govt. School
- Govt. Aided School
- Central Board of Secondary Education
- KendriyaVidyalaya Sangathan
- NavodayaVidyalaya Samiti
- CBSE affiliated schools
- Council for the Indian School Certificate Examinations (CISCE)
- Private School affiliate to other boards
- Demonstration Multipurpose School at RIEs

Yoga Online Quiz promotes active participation of students with special needs. Parents, teachers and schools/authorities may also ensure that students with special needs have active participation in Yoga Online Quiz competition..

7. Language

Questions will be available in two languages -Hindi or English. Child can opt any of the language.

8. Awards for Yoga Online Quiz

The top 100 children from Class VI-VIII and 100 Children from Class IX-XII will get Merit certificates belonging to each system as given below:-

- Govt. School
- Govt. Aided School
- Central Board of Secondary Education
- Kendriya Vidyalaya Sangathan
- Navodaya Vidyalaya Samiti
- CBSE affiliated schools
- Council for the Indian School Certificate Examinations (CISCE)
- Private School affiliate to other boards
- Demonstration Multipurpose School at RIEs

9. Process of Online Quiz.

- Each question in the Quiz will be in the Multiple Choice Format and with only one correct answer.

- Each Question carries 1 mark. Students are required to attempt as many questions in 20 minutes.
- The Quiz questions are prepared in both Hindi and English. You may select one medium for answering.
- You are allowed to attempt the Quiz only once and only one option will be accepted for a question. However, you may revise your answer before final submission within 20 minutes duration.
- After responding to a question, click on the "Next Question" button to go to the next question.
- No negative marking will be done.
- After attempting questions, final submission should be clicked. No changes can be made after the final submission.
- For logging into quiz, the participants have to register on DIKSHA portal to take part in the quiz. In details, please provide information like your name, class, date of birth, gender, mobile number (yours parents/guardian) and school name.
- For learners with visual impairment there is a text to speech option in both the medium i.e English and Hindi
- Answer keys will be published after the closure of the Quiz

Note: *Decision of NCERT, New Delhi will be final in all Quiz related matters.*

10. Time Schedule of Organization of Online Yoga Quiz

- The quiz will be open for one month, staring on 21st June and will close on 20 July midnight, 2020.

11. For any information Contact

- Prof. Saroj Yadav, Dean (Academic), NCERT
  9911079287 or deanacademicncert2019@gmail.com

Syllabus For Yoga

Upper Primary Stage

Class VI

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Health	How yoga is suitable for me and why should we do asanas and pranayamas	Benefits of yoga Practices	Textbook, other materials, diaries, charts, video clips, etc.	• Surya Namaskara **Asanas** • Tadasana • Vrikshasana • Utkatasana • Vajrasana • Swastikasana • Ardhapadmasana • Niralamba • Bhujangasana • Ardha-shalabhasana • Makarasana • Uttanapadasana • Pawanmuktasana • Shavasana **Breathing with Awareness** • Trataka **Meditation**

Class VII

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Physical Fitness	How flexibility and physical fitness can be achieved through yogic practices	What is flexibility? Various yogic practices to enhance flexibilty	Textbook, other materials, diaries, charts, video clips, etc.	**What is flexibility?** Yogic Practices to Enhance Flexibility • Surya Namaskara **Asanas** • Tadasana • Hastottanasana • Trikonasana • Katicnakrasana • Padmasana • Yogamudrasana

				• Paschimottanasana • Dhanurasana • Makarasana • Supta Vajrasana • Chakrasana • Ardhahalasana • Shavasana **Kriya** • kapalabhati **pranayamas** • Anuloma-viloma • Bhastriak **Meditation**

Class VIII

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Concentration	How yogic practices help in developing concentration and harmony	Benefits of yogic practices for developing concentration and harmony	Textbook, other materials, diaries, charts, video clips, etc.	Yogic practices for health and Harmony **Asanas** • Grudasana • Baddhapadmasana • Gomukhasana • Ardhamatsyendrasana • Bhujangasana • Shalabhasana • Makarasana • Matsyasana • Naukasana • Setubandhasana • Halasana • Shavasana **Kriya** • Agnisara **Pranayamas** • Anuloma-viloma • Seetkari • Bhramari **Meditation**

Secondary Stage

Class IX

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Unit 1 Introduction	Why Yoga is important	What is Yoga, importance of yoga and Guidelines for Yogic Practices	Charts, Posters, Various Visual Aids	Discussion
Unit 2 Personality Development through Yoga	1. Role of Yoga in all-round Development 2. How can we improve flexibility and Strength through Yogic Practices	Yoga and personality development Personality: • Physical • Mental • Intellectual • Emotional • social Yogic practices for personality development Meditation • Introspection • Meditation/ introspection Or self-observation Meditation Yognidra, etc.	Playground, Halls, Classrooms, Charts, Posters, Various Visual Aids, Discussion	**Surya Namaskar** **Asanas** • Tadasana • Katichakrasana • Simhasana • Mandukasana • Uttana mandukasana • Kukkutasana • Akarna Dhanurasana • Matsyasana • Bhujangasana • Shalabhasana • Dhanurasana • Sarvangasana • Halasana • Shavasana **Kriyas** • Kapalabhati • Agnisara **Pranayamas** • Anuloma-viloma • Bhastrika **Bandna** • Uddiyana **Meditation** • Bhastrika • Introspection

Class X

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Stress Management	Do we feel stressed?	Stress Factors inducing stress. Yogic Life Style Role of Yoga in Stress Management	Photographs, posters of yogic practices, Audio-Visual Aids	Demonstarion and performing of various Yogic Practices: **Yoga for stress Management** • Hastottanasana • Padhastasana • Trikonasana • Shashankasana • Ushtrasana • Ardhamatsyendrasana • Bhujangasana • Shalabhasana • Sharvangasana • Matsyasana • Makarasana • Shavasana • Kapalabhati • Anuloma-viloma **Pranayama** • Bhramari Pranayama • Bhastrika Pranayama • Meditation **Yoga for Healthy Living** • Shirshasana • Bakasana • Mayurasana (for boys) • Hamshasana (for girls) • Uttana kurmasana (for boys)