

# YOGA OLYMPIAD 2022

(SCHEME AND GENERAL GUIDELINES)



एन सी ई आर टी  
NCERT

National Council of Educational Research and Training  
Sri Aurobindo Marg, New Delhi - 110016

# **YOGA OLYMPIAD**

## **(SCHEME AND GENERAL GUIDELINES)**

### **1. Introduction**

The aim of all education, undoubtedly, is the attainment of human excellence and perfection, not just in any field of knowledge or activity, but life in totality. Which means nurturing of the qualities of head and heart in a way congenial to the growth and development of oneself and others around him? In practical life, this has to be translated as qualities of truthfulness, righteous living, purity in personal life, self-confidence, integration of body, mind and intellect, love and compassion towards all living beings. Practicing Yoga in the true sense will support this. The National Education Policy 2020 has focused on Yoga as an important contribution of our rich heritage.

Yoga is not only a process for leading towards astounding hidden personality of human being by bringing mastery over the body, mind, intellect and emotional faculties, but also a powerful tool to manifest those hidden potential powers in self. Yoga is an art of living, it improves quality of life, a healthy life with physical, mental, emotional and spiritual well-being and leads to overall holistic development of body and mind. Swami Vivekananda once said *"Yoga has a complete message for humanity, Yoga is a culture of the future, as it was in the past and in the present."* Intensive intersect oral coordination and collaboration is indispensable for revival of Yoga in the right spirit and the way that was expressed by our Honorable Prime Minister Shri Narendra Modi ji *"It is our responsibility to ensure that the right spirit of yoga is conveyed to everyone."* It is needed that we collaborate and work together so that concerns, views, ideas and experiences are exchanged.

Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) taking multi dimensional initiative to promote Yoga in curriculum and transaction in Schools. 'National Curriculum Framework 2005' (NCF-2005) highlighted yoga as an essential component which contribute to the physical, social, emotional and mental development of a child. Yoga has been integrated as an essential component of Health and Physical Education.

#### **Importance of Yoga**

The word 'Yoga' is derived from Sanskrit root *yuj* which means 'join' or 'unite'. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies 'integration of personality' at the highest level.

As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. These practices and techniques are means in the yogic literature and are also referred collectively as 'Yoga'.

Good Health is the right of every human being. But this right depends on individual, social and environmental factors. Along with social or environmental factors to a large extent, we can develop a better immune system and a better perception of oneself so that other conditions do not affect us adversely and we can achieve good health. Health is a positive concept. Positive health does not mean merely freedom from disease, but, it also include a jubilant and energetic feeling of well-being with an amount of general resistance and capacity to easily cultivate immunity against specific offending agents. There are many modern and indigenous methods and disciplines that can help us to successfully fight with diseases. For example, the system of yoga, naturopathy, *ayurveda*, *unani*, *homeopathy* and *siddha* can be quoted among indigenous systems, whereas allopathic system is quoted as the modern and popular medical system. Yoga is one of the most powerful drugless system of treatment. It is having its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as lifestyle for promoting our physical and mental health. Yoga, if introduced at the school level would help to inculcate healthy habits and healthy lifestyle to achieve good health.

Ministry of Human Resource Development to take such initiatives more intensively conceptualized '**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 at the national level to spread the message of yoga as a science of holistic living.

*International Day of Yoga* observed on 21 June 2015, have attracted youths almost in lakhs. It is important that the younger generation is given a direction of holistic vision of sharing and caring, harmony, peace, sacrifice and love as the key features of yoga. Hence it is felt that Yoga Olympiad should bring the idea of an Olympic sports or a marathon peace run in the field of yoga. With this idea, this new initiative is named as "**Yoga Olympiad**" to give a meaning that we come together for achieving harmony, love and peace.

Apart from physical demonstration of yogasanas, later on, the Olympiad will also measure the individual's knowledge, grasp of concept, definition of yoga and its various techniques for total growth of individual at physical, mental, emotional and spiritual levels.

These guidelines covers the detailed dimensions of "**Yoga Olympiad**" rules and regulations, scheme, modalities of assessment and the awards of appreciation offered to the best performing teams and individuals within the teams.

## 2. Theme of Yoga Olympiad

The aim of yoga thus, is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. Yoga helps in the development of strength, stamina, endurance and high energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony, therefore Yoga Olympiad has been planned. The theme for the Yoga Olympiad will be **Yoga for Health and Harmony**.

## 3. Objectives Of Yoga Olympiad

- To develop an understanding of yogic practices and apply this understanding accordingly in one's life and living.
- To develop a healthy habit and lifestyle in children.
- To develop humane values in children.
- To develop physical, emotional and mental health through yogic activities.
- To develop harmony with the nature and universe.

## 3. Yogic Practices to be covered in Olympiad

The Following dimensions of Yoga are embedded into 'Yoga Olympiad':

1. Kriya (Cleansing Process)
2. Asanas
3. Pranayama
4. Dhyana (Meditation) (Not for evaluation)
5. Bandha and Mudra (Only for Secondary level)

### 3.1 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*, *Kapalabhati* and *Agnisara*. These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body. In this Yoga Olympiad *Kapalabhati* and *Agnisara* are included.

### 3.2 Asanas

The term *asana* means sitting 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 level. There may be variations in the techniques of some of the *asanas* depending upon the following yoga institutions.

### **3.3 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.

*Pranayama* has three phases known as *puraka*, *rechaka* and *kumbhaka*. *Puraka* is controlled inhalation; *rechaka* is controlled exhalation and *kumbhaka* is controlled retention of breath.

Initially, the exhalation (*Rechaka*) may be a little more prolonged in comparison to inhalation (*Puraka*). Insistence on 1:2 ratio in the beginning may prove counterproductive. As we practice, 1:2 ratio is reached in natural manner.

### **3.4 Dhyana (Meditation) (Not for evaluation)**

Meditation is a practice which helps in concentration of the body and mind. In meditation, concentration is focussed 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.

### **3.5 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.

## **4. Syllabus**

NCERT has developed a syllabus for Class VI to VIII (Upper Primary Stage, presently Middle Stage as per NEP 2020) and Class IX & X(Secondary Stage).

## **5. School Participating**

All government, government-aided schools are eligible to participate.

## 6. Target Group

### 6.1 Upper Primary Stage

Upper Primary Stage, presently middle stage as per NEP 2020 comprise students' form Class 6<sup>th</sup> to Class 8<sup>th</sup>

will participate

#### Age Group

**1A** - 10 to 14 years Girls (Upper Primary Stage presently middle stage as per NEP 2020)

**1B** - 10 to 14 years Boys (Upper Primary Stage presently middle stage as per NEP 2020)

### 6.2 Secondary Stage

Secondary Stage comprise students' form Class 9<sup>th</sup> to Class 10<sup>th</sup>

#### Age Group

**2A** - 14 to 16 years Girls (Secondary Stage)

**2B** - 14 to 16 years Boys (Secondary Stage)

Yoga Olympiad will be conducted for both Girls and Boys separately (Separate teams for Girls and Boys and for Upper Primary stage Upper Primary Stage presently middle stage as per NEP 2020, presently middle stage and Secondary stage). Yoga Olympiad promotes active participation of students with special needs, in inclusive settings. Schools / authorities may ensure that students with special needs have active participation in Yoga Olympiad.

## 7. Level of organization of Yoga Olympiad

Organisation of Yoga Olympiad from School to State/UT level will be of the responsibility of respective State/UT. States/UTs are free to organise Yoga Olympiad as per their norms and instructions.

This is only an advisory for Stats/UTs and States/UTs are free to follow or can develop their own scheme up to State/UT level.

**Block Level :** *This is the first level of Yoga Olympiad where all schools can send their entries. (However if appropriate and convenient, authorities / organizers may opt / decide to have 'Yoga Olympiad' at district level directly depending upon number of schools participation and availability of resources etc). Four winning girls and Four winning boys (I, II, III position winners as main participants and IV position winner as Substitute / Extra) at the upper primary and similar number at the secondary will participate at the district level or Next Level.*

**District level:** This is the Second level of Yoga Olympiad where only the Block level winners will participate / send their entries.

**State/UT level:** This is the Third level of Yoga Olympiad where only selected winners from district level will participate.

**National level:** This is the final and culminating level of Yoga Olympiad where the best of State / UT entries will showcase their performance. States and Union Territories shall select the best teams for participating at the national level. At this stage, best 4 girls and best 4 boys of Upper Primary and best 4 girls and best 4 boys of secondary will participate (I, II, III position winners as main participants and IV position winner as Substitute / Extra). In all 16 students from each State/UT / KVS / NVS will participate in this Olympiad

**8. Language**

Local languages may be used at School / Block / District / State/UT level. However Hindi or English will be the medium of instruction or expression at the national level.

**9. Awards at the Yoga Olympiad**

Awards for Yoga Olympiad from School to State/UT level will be of the responsibility of respective State/UT. States/UTs are free to choose awards for Yoga Olympiad as per their norms and instructions. States/UTs are free to opt prizes / certificate at school / block / District / State/UT level.

This is only an advisory for States/UTs and States/UTs are free to follow or can develop their own scheme up to State/UT level.

**Block / School Level**

*First Prize – Merit Certificate*

*Second Prize – Merit Certificate*

*Third Prize – Merit Certificate*

*All other participants – Certificate of Participation.*

**District level**

*First Prize – Merit Certificate*

*Second Prize – Merit Certificate*

*Third Prize – Merit Certificate*

*All other participants – Certificate of Participation.*

**State/UT level**

*First Prize – Merit Certificate with memento*

*Second Prize – Merit Certificate with memento*

*Third Prize – Merit Certificate with memento  
All other participants – Certificate of Participation.*



**National level**

First Prize – Gold Medal (Plated) with Certificate

Second Prize – Silver Medal (Plated) with Certificate

Third Prize – Bronze Medal (Plated) with Certificate

All other participants – Certificate of Participation.

**10. Time Schedule of Organization of Yoga Olympiad**

**Block / School Level** : to be Complete by 30 April, 2022

**District level** : to be Complete by 10<sup>th</sup> May, 2022

**State/UT level** : to be Complete by 15<sup>th</sup> May, 2022

**National level** : 18-20 June, 2022 at NCERT, New Delhi

**(Entries at National Level be sent to NCERT by 31<sup>st</sup> May, 2022)**

Stay arrangement has been made in NCERT Guest House/NCERT Hostels.

**11. Responsible authority / agency for organisation at Different levels**

Appointment of responsible authority / agency for organisation of Yoga Olympiad from School to State/UT level will be of the responsibility of respective State/UT.

This is only an advisory for Stats/UTs and States/UTs are free to take decision in this regard as per their norms and instructions.

- *Responsible authority / agency for organisation in government, government-aided schools affiliated to State boards is as per the details given below.*

**Block / School Level** : District Education Officer / DIETs and School Principals.

**District level** : District Education Officer / DIETs Principals.

**State/UT level** : Secretary / Director of School Education / SCERT/SIEs etc.

- *Kendriya Vidyalaya Sangathan for Kendriya Vidyalaya*
- *Navodaya Vidyalaya Samiti for Jawahar Navodaya Vidyalaya*
- *CBSE for schools affiliated with CBSE*

**National level :**

Ministry of Human Resource Development / NCERT.

## 12 EXPENDITURE NORMS

### Up to State/UT Organisation level

Expenditure up to State/UT level will be borne by respective States/UTs as per their norms.

### National Level:

NCERT will bear the Expenditure of National level Yoga Olympiad as per NCERT norms.

## 13 Criteria for Assessment

Assessment of participants will be done by a jury based on the assessment criteria.

### 13.1 Jury

At each stage there will be a team of 3 judges having expertise in Asanas, Pranayama, Kriya, Bandh. The jury members will be drawn from educators, practitioners / scholars from different institutions, Schools, Yoga institutes throughout the country.

- ❖ Girls and Boys will be assessed separately.
- ❖ Upper primary and secondary stage teams will be assessed separately.

### 13.2 Criteria for Assessment

#### A. Evaluation for Upper Primary

- ❖ Surya Namaskara ( optional )
- ❖ Evaluation of Asana

**Standing Posture:** Tadasana, Vrikshasana, Trikonasana, Garudasana

**Sitting Posture:** Yogamudrasana, Badha Padmasana, Pachimattanasana, Supta Vajrasana, Gamukhasana, Ardhamatsyendrasana

**Prone Posture:** Bhujangasana, Shalabhasana, Dhanurasana, Makarasana

**Supine Posture:** Setubandhasana, Halasana, Matsyasana, Chakrasana, Pawanmuktasana

SL No	Asana Name	Vinyasa(Pattern) 03 Marks	Final Posture 05 Marks	Grace & Presentation- 02 Marks	Total 10 marks
1					
2					
3					
4					
5					
6					
				Total	

❖ Evaluation of Pranayama

Anuloma viloma, Sitkari, Bhramari

Name of Pranayama	Posture & Mudra-03	Breathing Pattern-04	Grace & Elegance-03	Total-10
Total				

❖ Evaluation of Kriya

Name of Kriya	Posture - 03	No of stroke, Grief, Strength, Agility -04	Grace & Elegance-03	Total-10
Kapalabhati				
Agnisara				
Total				

**Evaluation for Secondary**

- ❖ Surya Namaskara is optional
- ❖ Evaluation of Asana

**Standing Posture:** Vrikshasana, Hastottanasana, Padhastasana, Trikonasana.

**Sitting Posture:** Simhasana, Uttana Mundakasana, kukkutasana, Akarna Dhanurasana. Ustrasana, Shashankasana, Bakarasana

**Prone Posture:** Shalabhasana, Dhanurasana, Mayurasana

**Supine Posture:** Sarvangasana, Matsyasana, Sirsasana

SL No	Asana Name	Vinyasa(Pattern) 03 Marks	Final Posture 05 Marks	Grace & Presentation- 02 Marks	Total 10 marks
1					
2					
3					
4					
5					
6					
Total					

❖ Evaluation of Pranayama

Anuloma viloma, Shitali, Bhastrika

Name of Pranayama	Posture & Mudra-03	Breathing Pattern-04	Grace & Elegance-03	Total-10
Total				

❖ Evaluation of Kriya

Name of Kriya	Posture - 03	No of stroke, Grief, Strength, Agility -04	Grace & Elegance-03	Total-10
Agnisara				
Total				

❖ Evaluation of Bandha

Name of bandha	Duration of sucking and holding of abdomen-03	Effortlessness/Elegance-	Art of Inhalation & Exhalation-04	Total-10
Uddiyan				
Total				

#### 14. Reports of 'Yoga Olympiad' to be sent to NCERT

A formal report of the State/UT, Organisation level Yoga Olympiad should reach NCERT within one month after the conclusion of the State/UT, Organisation level Yoga Olympiad. It should include the following:

- i. Dates and venue of Yoga Olympiad.
- ii. Proformas duly filled up.
- iii. List of schools participating and the number of students/teachers participating as per the proforma attached. Break-up of the male and female participants should also be given. It should also reflect on the number of rural and urban schools that participated in the Yoga Olympiad at State/UT, Organisation level.
- iv. List of participants at the State/UT, Organisation level.
- v. Highlights of the Yoga Olympiad including other activities and participation of other organisations.

- vi. Panel of judges evaluated the Yoga Olympiad.
- vii. List of selected participants being sent for National Level Yoga Olympiad bearing the name of student, teacher, school, contact details, email etc.
- viii. Number of visitors to the Yoga Olympiad at State/UT, Organisation level.

## SYLLABUS FOR YOGA

### Annexure 1

**UPPER PRIMARY STAGE**  
**presently Middle Stage**  
**as per NEP 2020**

#### Class VI

Theme/ Sub-Theme	Questions	Key Concepts	Resource	Activities/Processes
Yoga for Health	How yoga is suitable for me and why should we do <i>asanas</i> and <i>pranayamas</i> ?	Benefits of Yoga Practices	Textbook, other materials diaries, charts, video clips, etc.	<ul style="list-style-type: none"> <li>• <i>Surya Namaskara Asanas</i></li> <li>• <i>Tadasana</i></li> <li>• <i>Vrikshasana</i></li> <li>• <i>Utkatasana</i></li> <li>• <i>Vajrasana</i></li> <li>• <i>Swastikasana</i></li> <li>• <i>Ardhapadmasana</i></li> <li>• <i>Niralamba Bhujangasana</i></li> <li>• <i>Ardha-Shalabhasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>Uttanapadasana</i></li> <li>• <i>Pawanmuktasana</i></li> <li>• <i>Shavasana</i></li> <li>• <i>Breathing with Awareness</i></li> <li>• <i>Trataka Meditation</i></li> </ul>

#### Class VII

Theme/ Sub-Theme	Questions	Key Concepts	Resource	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 flexibility	Textbook, other materials, diaries, charts, video clips, etc	What is flexibility? Yogic Practices to Enhance Flexibility <ul style="list-style-type: none"> <li>• <i>Surya Namaskara Asanas</i></li> <li>• <i>Tadasana</i></li> <li>• <i>Hastottanasana</i></li> <li>• <i>Trikonasana</i></li> <li>• <i>Katichakrasana</i></li> </ul>

				<ul style="list-style-type: none"> <li>• <i>Padmasana</i></li> <li>• <i>Yogamudrasana</i></li> <li>• <i>Paschimottanasana</i></li> <li>• <i>Dhanurasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>SuptaVajrasana</i></li> <li>• <i>Chakrasana</i></li> <li>• <i>Ardhahalasana</i></li> <li>• <i>Shavasana</i></li> </ul> <p><i>Kriya</i></p> <ul style="list-style-type: none"> <li>• <i>Kapalabhati</i></li> </ul> <p><i>Pranayamas</i></p> <ul style="list-style-type: none"> <li>• <i>Anuloma-viloma</i></li> <li>• <i>Bhastrika</i></li> </ul> <p>Meditation</p>
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**Class VIII**

<b>Theme/ Sub-Theme</b>	<b>Questions</b>	<b>Key Concepts</b>	<b>Resources</b>	<b>Activities/ Processes</b>
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	<p>Yogic Practices for Health and Harmony</p> <p><i>Asanas</i></p> <ul style="list-style-type: none"> <li>• <i>Garudasana</i></li> <li>• <i>Baddhapadmasana</i></li> <li>• <i>Gomukhasana</i></li> <li>• <i>Ardhamatsyendrasana</i></li> <li>• <i>Bhujangasana</i></li> <li>• <i>Shalabhasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>Matsyasana</i></li> <li>• <i>Naukasana</i></li> <li>• <i>Setubandhasana</i></li> <li>• <i>Halasana</i></li> <li>• <i>Shavasana</i></li> </ul> <p><i>Kriya</i></p> <ul style="list-style-type: none"> <li>• <i>Agnisara</i></li> </ul> <p><i>Pranayamas</i></p> <ul style="list-style-type: none"> <li>• <i>Anuloma-viloma</i></li> <li>• <i>Seetkari</i></li> <li>• <i>Bhramari</i></li> </ul> <p>Meditation</p>

## SECONDARY STAGE

### Class IX

Unit	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 : <ul style="list-style-type: none"> <li>• Physical</li> <li>• Mental</li> <li>• Intellectual</li> <li>• Emotional</li> <li>• Social</li> </ul> Yogic practices for personality development <b>Meditation</b> <ul style="list-style-type: none"> <li>• Introspection</li> <li>• Meditation/Introspection or self-observation.</li> </ul> Meditation, Yognidra, etc.	Play ground, Halls, Classrooms, Charts, Posters, Various Visual Aids. Discussion	a. <i>Surya Namaskar</i> b. <i>Asanas</i> <ul style="list-style-type: none"> <li>• <i>Tadasana</i></li> <li>• <i>Katichakrasana</i></li> <li>• <i>Simhasana</i></li> <li>• <i>Mandukasana</i></li> <li>• <i>Uttana Mandukasana</i></li> <li>• <i>Kukkutasana</i></li> <li>• <i>Akarna Dhanurasana</i></li> <li>• <i>Matsyasana</i></li> <li>• <i>Bhujangasana</i></li> <li>• <i>Shalabhasana</i></li> <li>• <i>Dhanurasana</i></li> <li>• <i>Sarvangasana</i></li> <li>• <i>Halasana</i></li> <li>• <i>Shavasana</i></li> </ul> c. <i>Kriyas</i> <ul style="list-style-type: none"> <li>• <i>Kapalabhati</i></li> <li>• <i>Agnisar</i></li> </ul> d. <i>Pranayamas</i> <ul style="list-style-type: none"> <li>• <i>Anuloma-viloma</i></li> <li>• <i>Bhastrika</i></li> </ul> e. <i>Bandha</i> <ul style="list-style-type: none"> <li>• <i>Uddiyana</i></li> </ul> f. <i>Meditation</i> <ul style="list-style-type: none"> <li>• <i>Meditation</i></li> <li>• <i>Introspection</i></li> </ul>



Class X

Theme / 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	Demonstration and performing of various Yogic Practices: <b>Yoga for Stress Management</b> <ul style="list-style-type: none"> <li>• <i>Hastottanasana</i></li> <li>• <i>Padhastasana</i></li> <li>• <i>Trikonasana</i></li> <li>• <i>Shashankasana</i></li> <li>• <i>Ushtrasana</i></li> <li>•</li> <li>• <i>Ardhamatsyendrasana</i></li> <li>• <i>Bhujanagasana</i></li> <li>• <i>Shalabhasana</i></li> <li>• <i>Sharvangasana</i></li> <li>• <i>Matsyasana</i></li> <li>• <i>Makarasana</i></li> <li>• <i>Shavasana</i></li> <li>• <i>Kapalabhati</i></li> <li>• <i>Anuloma-viloma</i></li> </ul> Pranayama <ul style="list-style-type: none"> <li>• <i>Bhramari Pranayama</i></li> <li>• <i>Bhastrika Pranayama</i></li> <li>• Meditation</li> </ul> <b>Yoga for Healthy Living</b> <ul style="list-style-type: none"> <li>• <i>Shirshasana</i></li> <li>• <i>Bakasana</i></li> <li>• <i>Mayurasana</i> (for boys)</li> <li>• <i>Hamshasana</i> (for girls)                             <ul style="list-style-type: none"> <li>• <i>Uttana Kurmasana</i> (for boys)</li> </ul> </li> </ul>