

## GUIDELINES –NATIONAL ONLINE YOGA QUIZ COMPETITION

*Participate in Promoting Health, Wellness, Harmony, Peace, Fun and Joy*

### **Introduction:**

The online Yoga Quiz competition is being organised during the pandemic to encourage students to participate and create an overall positive environment. The quiz items are designed to make children aware about the importance of yoga in maintaining, health, wellness and harmony. Yoga is one of the most powerful drugless system and an effective preventive measure in dealing with all kinds of physical and mental ailments. By participating in the quiz the students will learn to appreciate that Yoga is an integral part of our cultural heritage and was practiced by our ancient seers and saints for physical fitness, mental alertness and emotional balance. The different *asanas and* postures in yoga show a close bonding with our environment and our rich biodiversity. Performing and practicing yoga would instil an urge amongst all, to lead a healthy lifestyle with joy and fun as hallmarks.

The present Yoga Quiz competition is designed to instil among the students awareness and understanding of Yoga, its importance in strengthening human values and in helping all, in maintaining cheerful and healthy disposition.

### **Objectives:**

The objectives are to:

- a. create awareness regarding yogic practices and motivate children
- b. collect additional materials on yoga
- c. develop understanding about the advantages of various asana and as preventive measure in addressing various physical and mental ailments
- d. motivate students to practice asana on regular basis for overall health and wellness
- e. Instil human values

### **The participants:**

The quiz is meant for children from classes 6 to 12 of all types of school and managements: Government Schools, Government Aided, CBSE affiliated Schools, KVS,NVS ,CISCE,DMS of RIEs, Private schools affiliated to other Boards.

### **Language:**

The Quiz items are prepared in English and in Hindi

### **Awards:**

The top 100 children from classes VI-VIII and 100 children from classes IX-XII will get merit certificate.

### **Guidelines:**

- Each question in the quiz will be in the multiple choice format with only one correct answer.

- Each Quiz item 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 are required to 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 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 mark will be done.
- After attempting questions, final submission should be clicked. No change can be made after final submission.
- For logging into the Quiz, the participants have to register on DIKSHA portal to take part in the quiz. Please provide details information like your name, class, date of birth, gender, mobile number, name of your school, parent/guardian.
- For learner with visual impairment there is a text to speech option in English and Hindi
- Answer key will be published after the closure of the Quiz

**Note: The decision of NCERT will be final in all Quiz related matter**

**Time and Date:**

The quiz will be open for one month starting on June 21<sup>st</sup> and will close on July 20<sup>th</sup> midnight 2021.