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Yoga for Healthy Living
National Yoga Quiz Competition - Online
Launching on 21st June, 2020
The quiz will remain open from
21st June - 20th July, 2020
Stay Safe, Stay home
COVID - 19

For Technical Assistance contact: support@diksha-ncte.freshdesk.com | For Academic query contact: ncert.diksha@ciet.nic.in

Dear Parents,

Observing International Day of Yoga (IDY) on 21.06.2020 – reg. As you are aware, the International Day of Yoga (IDY) was celebrated on 21st June 2020. In the wake of COVID-19 pandemic, this year it will be observed virtually

National Yoga Quiz Competition Launched: On the occasion of International Yoga Day 2020, NCERT launched the National Yoga Quiz Competition online via Diksha App or Portal. This online competition is for students, is an initiative to promote integration of Yoga in the school curriculum. Students and Learners can participate in the national-level quiz competition by logging onto Diksha App until 20th July 2020.

Use link https://bit.ly/EYQ_TW.

I. ONLINE QUIZ COMPETITION ON YOGA

1. NCERT is organizing an Online National Quiz Competition on Yoga on the theme 'Yoga for Health and Harmony'.
2. The Quiz will be open for one month, starting from 21st June 2020 and will close on 20th July midnight, 2020. This online quiz competition will provide flexibility to students to respond at their own convenience however within a given period of time.
3. Students of classes VI to X are eligible to participate in this online quiz competition.
4. The Quiz will be based on the syllabus of NCERT developed for yoga for upper primary and secondary stages. The complete guidelines about the Quiz are enclosed for ready reference.

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.

Yogic Practices to be covered in Online Yoga Quiz Competition

The Following dimensions of Yoga are embedded into Yoga Quiz • Yama and Niyama • Shatkarma/Kriya (Cleansing Process) • Asanas • Pranayama • Meditation • Bandha and Mudra.

Students and learners can also click on the link given below to get more information about the quiz and register for the competition directly.

The Quiz will be based on the syllabus of NCERT developed for yoga. Please use this link for the syllabus.

(available on <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf> and <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf>)

G Arundathi

Secretary - Correspondent