

# HIMALAYA



## yoga olympiad - 2025

**State Level:** Oct 2025

**Nationals:** 12<sup>th</sup> to 14<sup>th</sup> December

**Internationals:** 15<sup>th</sup> to 17<sup>th</sup> December

Prashanti Kuteeram, Jigani, Bengaluru



### Age Groups for Participants

18 to 21 | 22 to 24 | 25 to 35 | 36 to 45 | 45+



**S-VYASA Deemed to be University**

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# STRUCTURE OF HIMALAYA

## WHAT IS HIMALAYA YOGA OLYMPIAD?

It is not the usual yoga competition run throughout the country attracting thousands of youths. Swami Vivekananda said “Yoga should not be a competition but should be based on cooperation” With this in mind HIMALAYA has been conceptualized & concretized as a team assessment program. Each team consisting of yoga practitioners is formed. They will be assessed first at the Taluk level. The winners will go for district-level HIMALAYA and so on till they reach International HIMALAYA. Participants from abroad can apply. After selection by the selection committee, they will be allowed to participate in the National and International HIMALAYA.

## TEAMS

- a) Minimum 3 Participants and Maximum of 4 Participants of same age group and same gender from same District, State, and National will have 1 team.
- b) 1 Contingent Can have a minimum of 3 members and a maximum of 25 members of same Gender.
- c) Assessment will not be based on individuals. but it will be based on Team performance. Boys and girls will be assessed separately.
- d) Local languages or English is the medium of instruction or expression.

## VENUES

Wherever VYASA Affiliate centers are available, the HIMALAYA will be conducted in these centers, local yoga institutes will be utilized for this purpose where centers are not there, and other associated Yoga centers and the facilities provided by VYASA well-wishers will be utilized for this purpose. The National and International Himalaya will be in Prashanti Kutiram, Jigani, Bengaluru.

## RULES AND REGULATIONS OF HIMALAYA

- i. The HIMALAYA will be conducted in the following stages:
  - a) Taluk level
  - b) District level
  - c) State level
  - d) National
  - e) International



- Age Groups: The HIMALAYA will be conducted across all mentioned levels, divided into the following age groups for both men and women separately:
  - a) 18 to 21 years (Male & Female)
  - b) 22 to 24 years (Male & Female)
  - c) 25 to 35 years (Male & Female)
  - d) 36 to 45 Years (Male & Female)
  - e) 45+ Years and above (Male & Female)
- Age Eligibility: Participants below the age of 18 years as of July 1, 2025, are not eligible to participate in the HIMALAYA. All participants must provide proper age proof, preferably an official certificate of date of birth from a competent authority and University Identity card (Photocopies will not be accepted).
- Team Composition: Yoga institutions are invited to send teams to participate in the HIMALAYA.
- Each institution can send Minimum 3 Participants and Maximum of 4 Participants of same age group and same gender from same District, State, National and International as 1 team.
- Each team may nominate one standby participant.
- Therefore, Maximum up to 50 participants of Both Boys and Girls can represent one Contingent from same District, State, National and International as 1 team
- Progression to Next Levels: Only the top team from each level will qualify to participate in the next stage of the HIMALAYA.

For example, the top teams in the district level will progress to the State level; similarly, the top teams in the State level will qualify for National and International levels

- Team Consistency: Teams advancing to higher levels must field the same participants as originally selected. No substitutions will be allowed.
- Standby participants, if listed at the time of entry submission, may be included.
- Entry fees for standby participants must be paid along with the team's entry fee.
- Entry Fee: A non-refundable entry fee per participant must be submitted along with the entry form. Separate entry fees must be paid for each level of the HIMALAYA.
- Final Authority: The decision of the technical committee shall be final and binding in all matters of dispute during the HIMALAYA.
- Dress Code for Participants: Participants must adhere to the following dress code while performing Asanas, Pranayama, Mudras, Bandhas, Dhyana, and Kriyas:
  - a) Boys/Men: White shorts
  - b) Girls/Women: Salwar Kurta tailored to suit, a single-piece swimsuit, a gymnastics suit, or attire commonly worn for national competitions.
- All The participants should bring their own Kriya Material.



## DETAILS REGARDING ENTRY FEE ARE GIVEN IN TABLE BELOW

ENTRY LEVEL	ENTRY FEE IN INR
Taluk & Ward / 1st Level	100
District / 2nd Level	250
State / 3rd Level	500
National & International / 4th Level	1000

# SYLLABUS FOR HIMALAYA

<b>ASSESSMENT</b>	<b>AGE</b> 18-21 / 22-24 25-35 / 36-45 / 45+ YEARS
<b>Compulsory</b>	<b>Suryanamaskara</b>
<b>Compulsory Asana</b>	<b>Garudasana</b>
	<b>Parivrtta Trikonasana</b>
	<b>Pada Hastasana</b>
	<b>Salabhasana</b>
	<b>Cakrasana</b>
<b>Group A Asana</b>	<b>Matsyendrasana</b>
	<b>Dhanurasana</b>
	<b>Hanumanasana</b>
	<b>Mayurasana (M)</b>
	<b>Bakasana (F)</b>

**Group B Asana****Vakrasana****Kukutasana****Pascimottanasana****Pranayama****Bhramari****Sitali****Kriya****Seetkarma  
Kapalabhati****Danda Dhouti****Mudra****Shambhavi Mudra****Bandha****Maha Bandha****Dhyana****Padmasana**



## ASSESSMENT CRITERIA

- Suryanamaskara (Sun Salutations): Evaluated on grace, natural smile, flexibility, and smooth continuity of movements.
- Asanas: Judged based on grace, relaxation, natural smile, flexibility, and the ability to maintain postures comfortably.
- Pranayama: Assessed for slowness, relaxation, grace, duration of kevala kumbhaka, quality of sounds in Ujjayi and Bhramari, and balance between both nostrils.
- Bandhas: Evaluated on correctness, relaxation, effortlessness, and the expression of special bhavas (spiritual emotions).
- Mudras: Judged on the demonstration of special bhavas and maintaining a natural smile.
- Kriyas: Assessed based on ease of performance and the level of mastery demonstrated.
- Dhyana (Meditation): Evaluated on minimal eyeball and body movement, grace, and maintaining a natural smile.
- Theory Assessment: Participants will be tested on their basic knowledge of yoga principles and practices.



## TIMINGS TO HOLD COMPULSORY ASANAS

ENTRY LEVEL	18 TO 24	25 TO 35	36 TO 45 45+ & Above
Taluk & Ward	30	25	20
District	40	30	20
State	50	40	30
National	60	50	40
International	60	50	40

## TIMINGS TO HOLD OPTIONAL ASANAS

ENTRY LEVEL	18 TO 24	25 TO 35	36 TO 45 45+ & Above
Taluk & Ward	10	10	10
District	10	10	10
State	15	15	15
National	20	20	15
International	30	25	20



## SCORING

The marking scheme will evaluate the performance, holding, and duration of an asana. Any signs of tension or trembling will also be noted. The final pose must be completed with a smiling face and a pleasant expression.

- i. **Suryanamaskara (Sun Salutations):** Suryanamaskara is mandatory but will not carry any marks.
- ii. **Compulsory Asanas:** The first five asanas are compulsory and will be assessed with a maximum score of 20 marks.
- iii. **Optional Asanas:** Participants must perform three optional asanas, chosen from either Category A or Category B:
  - Asanas from Category A will be scored out of 20 marks.
  - Asanas from Category B will be scored out of 15 marks.
- iv. **Judging Panel:** The judging panel will consist of:
  - Three referees
  - One scorer
  - One timekeeper
  - One announcer

A chief referee will oversee the judgment process and has the authority to amend the decisions of one or more referees to ensure fairness and justice.
- v. **Role of Referees:** Referees may observe participants directly on the carpet and, if necessary, request the competitor to repeat the asana. Referees are permitted to stand in front of participants during balancing asanas for better evaluation.
- vi. **Dress Code for Participants:** Participants must adhere to the dress code while performing asanas:
  - Tracksuits are not permitted.
  - Slacks, shorts, or swimming costumes are compulsory.
  - Participants are required to wear tight underwear with elastic for secure support.



vii. Marking System for Ties: In the event of a tie:

- The performer's total score from all judges will determine the winner.
- If the tie persists, the participant with higher marks in optional asanas will be declared the winner.
- If the tie remains unresolved among multiple competitors, they will be declared joint winners.

For ties in first place, the winner will be decided by a coin toss.

Each asana will carry a maximum of 20 marks. A detailed breakdown of the 40 marks will be provided by the referee.





*	Asana		Marks
1)	Time consumed and process followed to reach the final position and reach back to the normal position of Yogasana.		4
	Points for Marking		
	Sthiti (Starting to Final Posture)		1
	Process/ Flow (Not showing other Asanas in between)		1
	Stages followed		1
	Time taken to be in final posture within 5 seconds		1
2)	Perfection of Posture		5
	Stretch/ Bend/ Curve/ Twist		2
	Palms/ Toes/ Fingers perfection		1
	Alignment (including head direction)/		1
	Distance betweenhands/ legs		
	Balance/ Symmetry/ Tilt lessness		1
3)	Stress-lessness (Face)- During asana and/or the process of flow		5
	Smile		1
	Eye position		1
	Closed Mouth		1
	Calmness		1
	Breath		1
4)	Holding Time		6
	100% Time	6	
	75% to 99% + time	4	
	50% to 74% + time	2	
	25% to 49% + time	1	
	(for the second attempt 1 mark will be deducted)		
	Total (for 1 Asana)		20/4=5
	Total (for 8 Asana)		5*8=40
	Pranayama		
	Bhrāmarī		8
	Smile		2
	Duration (Seconds)		
	30 and above	8	
	25 – 29	7	



	20 – 24	6	
	15 – 19	5	
	10 – 14	4	
	Below 10	2	
	Posture Padmasana Śītalī / Sadantā (5 round) <b>Grace and Presentation</b>		2 8
	<b>Total</b>		<b>20</b>
	<b>Kriya</b>		
	Kapalabhati	10	
	Jalaneti	10	
	Ease of performance-mastery level.		
	<b>Total</b>		<b>20</b>
	Shambhavi Mudra	10	
	<b>Total</b>		<b>10</b>
	<b>Bandha</b>	10	<b>10</b>
	<b>Total</b>		
	<b>Dhyana (Posture Padmasana)</b> <b>Duration seconds</b>		
	30 Min. and above	30	
	25 – 29 Min.	25	
	20 – 24	20	
	15 – 19	15	
	10 – 14	10	
	Below 10	5	
	Eyes movement - for each movement 5 marks will be deducted Posture movement - for each movement 5 marks will be deducted Grace		
	<b>Total</b>		<b>30</b>
	<b>Jñāna</b> 20 objective type questions will be there from the YIC book		<b>20</b>
	<b>Grand Total</b>		<b>150</b>



## IMPORTANT INSTRUCTIONS

1. All the participants are required to reach in time for all the programs including food. So they should start for the venue concerned as soon as they hear the bell.
2. Assessment will not be based on individuals. but it will be based on Team performance. Boys and girls will be assessed separately.
3. The participants should wear the Prescribed costumes when they perform asanas, Pranayama, mudras, Bandhas and Kriyas
4. As Yoga brings harmony and order, let it manifest even in simple things. For example, sitting in order in the class, keeping the shoes in order etc.
5. Please maintain silence and harmony in the campus including the dining hall (except singing and chanting).
6. Please maintain cleanliness. Your room/toilets, etc. should be as clean when you leave as it was when you occupied it.
7. Switch off the lights and turn off the water taps when not needed, particularly, while leaving your room/toilets.
8. All the valuables should be deposited with the office. To play transistor etc in the room or in the campus is strictly prohibited.
9. All the lights in the rooms should be put off at 10.00 p.m.
10. Participants are not allowed out of the campus until the course is completed. All necessary articles for daily use are available at the counter and for those not available you can give the name of the article with money two days in advance.
11. Use of Alcohol, Tobacco in any form, drugs or betel leaves, etc is strictly prohibited.
12. Please maintain the decorum of Ashram and conduct yourself accordingly. Ladies and Gents are not to meet each other in their rooms or residence.
13. Only laundry area should be used to wash the clothes. Bath rooms should not be blocked for washing.
14. Please don't pluck flowers, or fruits. Enjoy them as and where they are.
15. Obtain valid money receipt for all the purchases, donations, payments, etc.
16. Please leave your suggestions in the box kept at the reception.
17. All The participants should bring their own **Kriya Material**.
18. All the staff members are ready to serve. Please help us to serve you better.