



DELHI INTERNATIONAL SCHOOL
CIRCULAR

The celebration for International Yoga Day 2020 continues in the form of following quiz competition, organised by NCERT.

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 XII 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.

5. **Syllabus**

Class VI: Yoga for Health

Class VII: Yoga for Physical Fitness

Class VIII: Yoga for Concentration

Class IX: Unit 1 Introduction, Unit 2 Personality Development through Yoga

Class X: Yoga for Stress Management

Class XI – XII: Revise the whole book.

6. In order to prepare the above topics, follow the below links of books.

Class VI-VIII - <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf>

Class IX-X – <https://epathshala.nic.in/process.php?id=students&type=eTextbooks&ln=en>

Class XI-XII – <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf>

<https://epathshala.nic.in/process.php?id=students&type=eTextbooks&ln=en>

7. Participants can click on the following link to participate in this Quiz competition.

https://diksha.gov.in/play/content/do_3130464791478026241695

NOTE: *The above link should not be opened through phone. Instead, desktop/laptop should be used to avoid the delay in opening page.*

Best of Luck!

Team DIS