

Date: 10/06/2026

UEA/AY/26-27/03C

For Grades 10 to 12

Dear Parents,

Kindly note,

National Yoga Olympiad was started in 2016 as a follow up to the International Day of Yoga Observed on June 21st. The National Yoga Olympiad is organized by NCERT, on behalf of Ministry of Education, Govt. of India to promote yoga in schools.

This Olympiad helps to develop an understanding of yogic practices, its application in life which in turn facilitates physical, emotional and mental development of children. It will also help in the development of healthy habits and human values in children. During the Yoga Olympiad, yogic practices like asanas, pranayama, kriya (cleansing process), dhyana (meditation) and bandha (only for secondary stage) are assessed.

This year the National Yoga Olympiad will be organized online from **15th to 18th June 2026**. The student registration is open till **10th June 2026** at the following link:

<https://www.nyoncert.in/registration2026/register.php>

The guidelines of National Yoga Olympiad 2026 are available at:

<https://www.nyoncert.in/assets/images/files/NYO%202026%20Guidelines%20Final.pdf>

and

<https://www.nyoncert.in/index.html>

Regards,

Principal,
Unnati English Academy.