



# المدرسة الهندية - مسقط INDIAN SCHOOL MUSCAT

(Affiliated to the Central Board of Secondary Education, New Delhi. Affiliation No. 6130001)

ص.ب : ٢٤٧٠ ، روي، الرمز البريدي : ١١٢ ، سلطنة عمان، هاتف : ٢٤٧٠٢٥٦٧ ، ٢٤٧٨٤٠٥٥ ، ٢٤٧٨٤٠٦٩ ، ٢٤٧٨٤٠٩٧ - فاكس : ٢٤٧٩٤٩١٩  
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ISM/PRN/056/2026-27

June 08, 2026

## CIRCULAR TO PARENTS OF THE SCHOOL (KG to STD XII) (NATIONAL YOGA OLYMPIAD 2026)

Dear Parents,

Greetings from Indian School Muscat!

As part of the International Day of Yoga On 21<sup>st</sup> June 2026, the **National Yoga Olympiad 2026** will be organised online by **NCERT on behalf of the Ministry of Education, Government of India**, from **15th to 18th June 2026**.

The Olympiad will assess yogic practices such as **asanas, pranayama, kriya, dhyana and bandha** at the appropriate levels. We encourage all to make the best use of this opportunity.

The registration for students is open till **10th June 2026** at the following link:

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

The guidelines of National Yoga Olympiad 2026 are available at:

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

and

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

The details of the Olympiad is attached herewith for your kind reference.

Kind regards,



Rakesh Joshi  
Principal



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

## CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/AD(MS)/2026

Date: 05.06.2026

Circular No: Acad-37/2026

All the Heads of Schools affiliated to CBSE

Subject: National Yoga Olympiad 2026 – reg.

Dear Principal

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

The National Education Policy 2020 envisions installing among learners a deep-rooted pride in being Indian, not only in thought, but also in spirit and intellect. It is important that the younger generation is guided towards harmony, peace and love through yoga. 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 **15<sup>th</sup> to 18<sup>th</sup> June 2026**. The student registration is open till **10<sup>th</sup> 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>

In view of above, you are requested to disseminate the above information among the students of your schools and encourage them to participate in National Yoga Olympiad 2026.

With best wishes!

Dr. Praggya M Singh  
Professor and Director (Academics)

**Copy to the respective Heads of Directorates, Organizations and Institutions with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.



सी.बी.एस.ई. एकीकृत कार्यालय परिसर, सेक्टर-23, फेज 1, द्वारका, नई दिल्ली -110077  
CBSE Integrated Office Complex, Sector-23, Phase 1, Dwarka, New Delhi -110077





# केन्द्रीय माध्यमिक शिक्षा बोर्ड

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4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3<sup>rd</sup> Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Ranchi, Jharkhand
14. The Director, Sambhota Tibetan Schools Society (STSS), Central Tibetan Administration (CTA), Dharamshala, HP
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. The Director, Navy Education Society, Directorate of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, Delhi – 110066
18. JS to Chairperson, CBSE
19. Secretary/ Controller of Examinations/ All Directors, CBSE
20. All Professor & Directors, CBSE
21. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
22. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
23. All Associate Professor & Additional Directors, Assistant Professor & Joint Directors, Assistant Professor & Deputy Directors, Assistant Professor & Assistant Directors, CBSE
24. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
25. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
26. In-Charge, Library
27. Record File

**Sd/-**  
**Professor and Director (Academics)**



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