

OFFICIAL REPORT

DISTRICT LEVEL YOGA OLYMPIAD 2026

Organised at DIET, Karbi Anglong, Diphu
11th & 12th May 2026

1. Introduction

The District Level Yoga Olympiad 2026 for the districts of Karbi Anglong and West Karbi Anglong was successfully organised on 11th and 12th May 2026 at DIET, Karbi Anglong, Diphu. The programme was conducted under the supervision of the Programme Coordinator with the active participation of students, yoga instructors, teachers, and officials from various educational blocks. A total of 11 blocks participated in the event. The Olympiad aimed to promote yoga awareness, discipline, physical fitness, and holistic development among school students.

2. Participation Details

The event witnessed enthusiastic participation from students belonging to both the Middle Stage and Secondary Stage categories. In the Middle Stage category, a total of 24 participants took part in the competition, while the Secondary Stage category had 11 participants.

3. Activities Conducted on 11th May 2026

The first day of the Yoga Olympiad began with the registration and orientation of participants. During the morning session, the competition for the Middle Stage participants was conducted. Each participant was required to perform various asanas, pranayamas, and kriyas as prescribed in the National Yoga Olympiad Guidelines. The performances were evaluated based on posture, flexibility, accuracy, balance, breathing techniques, confidence, and overall presentation.

After the lunch break, the competition for the Secondary Stage participants was organised. Similar to the Middle Stage, the students demonstrated different asanas, pranayamas, and kriyas according to the national mandate. The performances were carefully assessed by the judges and yoga experts.

At the end of the first day, the names of eight shortlisted participants from each category (Middle Stage and Secondary Stage) were announced for the next phase of training. These selected participants were prepared for the forthcoming State Level Yoga Olympiad scheduled to be held on 19th and 20th May 2026.

4. Training Sessions Conducted on 12th May 2026

On 12th May 2026, two intensive training sessions were conducted for the shortlisted participants from both the Middle and Secondary stages. The training sessions focused on improving the technical aspects of yoga performance, including posture correction, synchronization, breathing techniques, presentation skills, and stage confidence.

Following the training sessions, the final participants for the State Level Yoga Olympiad were selected based on their performance during both the competition and the training programme. The selection process was carried out by a specialised yoga instructor who also served as the judge and resource person for the event.

5. Conclusion

The District Level Yoga Olympiad 2026 concluded successfully with active participation and cooperation from all stakeholders. Certificates were distributed to all participants in recognition of their efforts and participation. In addition, the Best Yogis of the event were also identified and honoured based on their exceptional performances throughout the programme.

The event not only encouraged students to adopt a healthy lifestyle through yoga but also provided a platform for talented young yogis to prepare for higher-level competitions. The organisers express their sincere gratitude to all participating schools, officials, judges, resource persons, and volunteers for making the programme a grand success.

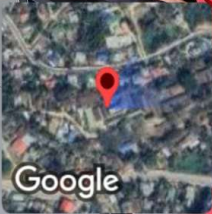








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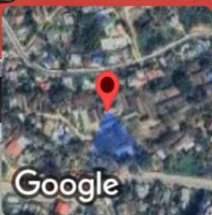
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