



KOTHARI INTERNATIONAL SCHOOL

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Dear Parent,

We are pleased to announce that NCERT is organising an Online Quiz Competition on Yoga based on syllabus developed by it. Children from Grade 06 to 12 and Teachers would be able to participate in it. The proposed quiz will be organised on My Gov (<https://mygov.in/>); (<https://quiz.mygov.in/quiz/yoga-for-life-quiz/>) and on DIKSHA (<https://diksha.gov.in/>) platforms.

The Quiz will be open for one month starting on June 21 and will close on July 20 midnight 2021. The guideline in regard to proposed quiz is mentioned below.

All the parents are requested to encourage participation of your ward in the online quiz competition.

Warm Regards

Dr Sangeeta Arora

(Principal)

Registration:

Interested candidates can register via <https://quiz.mygov.in/quiz/yoga-for-life-quiz/>

Syllabus: <https://ncert.nic.in/dess/pdf/tiyhwls1.pdf>

Instruction: Each question in the quiz will be in the multiple-choice format with only one correct answer.

- Students are required to attempt 20 questions in 10 minutes.
 - The quiz questions are prepared in both Hindi and English.
 - You are allowed to attempt the quiz only once and only one option will be accepted for a question.
 - After responding to a question, click on the “Next Question”, button to go to the next question No negative mark is there. After attempting questions, final submission should be clicked.
 - No change can be made after final submission. Participants have to register on MyGov portal to take part in the quiz.
 - Please provide your details with information like your full name, email id, mobile number, date of birth and gender.
 - The decision of NCERT will be final in all matters related to this Quiz.

Awards

The top 100 children from classes VI-VIII and 100 children from classes IX-XII will get merit certificate.