

# Category of Activity : Yoga

## Name of Activity: Yoga

The word Yoga comes from Sanskrit word 'Yuj' that means bonding of connection, join or unite. This implies joining or integrating all aspects of the individual - Body, Mind & Spirit, to achieve a happy balanced & useful life, and spiritually uniting the individual with the 'Supreme'. Yoga is considered as one of the six branches of classical philosophy and is referred to throughout the 'Vedas'. Ancient Indian scriptures, the oldest texts in existence. Yoga is a spiritual quest. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. While practicing Yoga we can extend our healthy productive years far beyond the expected norms and at the same time, improve the quality of life.

Yoga is truly a science of human personality. It has a very efficient system of postural and breathing exercise, which promotes the complete health including physical, physiological, emotional, behavioural, environmental and social aspects. Yoga is very helpful for school going students because now a days school children are suffering from physical, mental and emotional problems. Yoga helps school children to overcome stress, strain, anxiety, tension and provides relaxation. Yoga is not a single exercise, it has many aspects like Suryanamaskar, Yogasana, Pranayama and Meditation. These exercises are very effective for maintaining physical purity by reducing obesity and mental tension. It also contributes in developing moral and ethical values to lead a happy and contented life.

## Rules of Yoga

- ◆ Yoga should be practiced empty stomach
- ◆ Wear loose and comfortable clothes for practicing yoga
- ◆ Use thin yoga mat or thick bed sheet for yoga
- ◆ Food should be taken after ½ hour of practicing yoga
- ◆ Girls should not practice yogasana during menstruation
- ◆ Like any other workout you must begin with easy poses
- ◆ Relax for 10 second atleast after yoga exercise
- ◆ Duration of each posture should be increased gradually
- ◆ Practice yoga preferably close to nature

## History of Yoga

The history of yoga is indeed very old. Nothing can be said firmly, about the origin of yoga. Only it can be alluded that yoga originated in India. The available evidences show that history of yoga is related to the Indus valley civilisation.

Yoga is also mentioned in Mahabharata, Ramayana and Upanishads. Sage Patanjali also wrote about yoga in 147 BC. During this period, yoga had been developed enough. Even Kabir, Tulsidas and Surdas mentioned about yoga in their writings.

## Facts about Yoga

- **Yoga has Eight steps:**
- ◆ Yama (Social discipline) - refraining from violence, telling lies, casual sex and stealing.
- ◆ Niyama 'Observance' - purity, contentment and tolerance.
- ◆ Asanas - Physical Exercise (Postures).
- ◆ Pranayama - Breathing techniques.
- ◆ Pratyahara - Control over senses.
- ◆ Dharna 'Concentration' - able to hold mind on an object.
- ◆ Dhyana 'Meditation' - ability to focus on one thing or nothing without divergence.
- ◆ Samadhi 'Absorption' - realisation of essential nature of self and the divine pleasure.

## Basic Requirements/ Equipment

- Any suitable well ventilated indoor or outdoor accommodation for yoga
- Soft mat and comfortable dress.

Use STEP to modify Yoga activities so that all students are included. Try these modifications or devise your own.

## Space

- Perform the various asanas / activities in a confined space, almost staying on the same spot.
- Ensure there is sufficient turning and stopping space for students who have mobility impairments.
- Make sure the area is free of obstructions for students who have visual, mobility or coordination difficulties.

## Task

- Increase the difficulty of the pose by increasing the holding time for any pose.
- Simplify the movements or increase the intensity by adding or modifying other body movements.
- Difficult skills may be performed more effectively with support from such things as a chair, wall, the floor or a partner.
- Provide frequent rest periods, or the opportunity to be seated / shavasana for relaxation.

## Equipment

- Provide students with Floor / yoga mats so that there are less chances of injury.
- Use of soft music at the time of meditation.

## People

- Let students create their own poses.
- Work in pairs to create new poses by imitating basic animals poses, shapes or anything from the environment.
- Lead others through poses that students have created themselves.
- Work with a partner who is able to offer support to another student.

## Physical & Health Education /Games

### Links to continuous and comprehensive assessment frame work for classes IX and X

- |                                                                                  |                                                                           |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| • An appreciation and understanding of the physical fitness requirements of yoga | • Motivation and commitment to take part in yoga                          |
| • An involvement in sports/physical education programmes                         | • Ability to lead others as a leader, coach or judge                      |
| • Team work (where applicable)                                                   | • An awareness of rules of safety of self, the equipment and working area |
| • A knowledge of different sports, particularly those relating to yoga           | • An evidence of being self disciplined                                   |
| • Skills of agility, balance and coordination                                    |                                                                           |

## Life Skills

- |                                                                     |                                                 |
|---------------------------------------------------------------------|-------------------------------------------------|
| • Listen actively                                                   | • Takes criticism positively                    |
| • Communicate using appropriate words, intonation and body language | • Identifies one's own strengths and weaknesses |
| • Gets along with others.                                           |                                                 |





### Purpose of the activity

To exercise regularly and safely for personal well-being and to enhance physical flexibility, mental balance increased attention span.

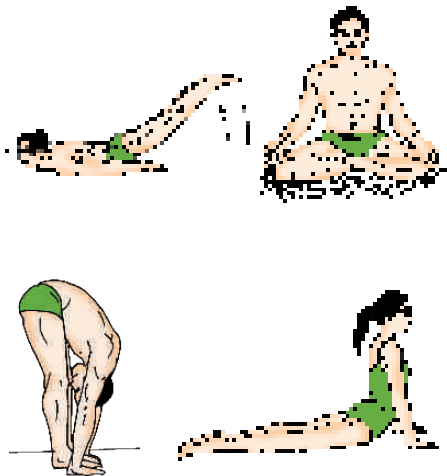
### Outcome of the activities

Understanding the place of regular activity as part of an overall healthy lifestyle, greater physical and mental coordination, harmony with nature leading to inner transformation of consciousness.

### Skills

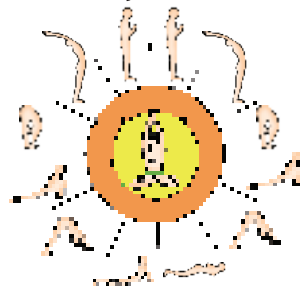
#### Asanas

- Yogasans are special postures of the body that stabilize the mind through static stretching.
- This could be achieved through sitting, standing, supine and prone positions.



#### Sun Salutation (surya namaskar)

Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility. Different styles of yoga perform the Sun Salutation with their own variations. However, the flow presented below covers core steps used in most styles.



#### Pranayama

Pranayama is a Science, which helps to control vital energies through the control of breathing. This comprises of mainly

- Ujjayi • Agnisara • Bhramari
- Bhastrika • Dirgha • Moorchha
- Anulom Viloma • Kapalbhathi

**Bhramari Breathing :** A Humming sound is produced while breathing close ears with thumbs place index fingers just above the eyebrows at the sinuses and remaining three fingers tips slightly pressing the ridge of the nose on each side. Inhale deeply and while exhaling make a humming sound like a 'Black Bee'.



#### Meditation

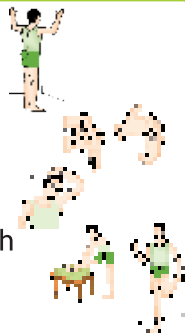
Meditation is the continuous and effortless flow of attentive awareness towards the object of concentration.

Meditation is a route to find out true self. We can say that it is a state of consciousness in which mind is free of its habitual thoughts patterns and emotions.

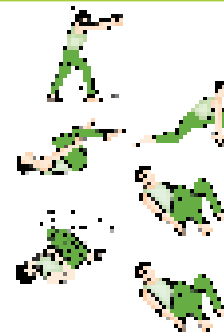


### Here are some practices basic stretches.

- Pectoralis Stretch
- Wrist Stretch
- Upper Trapezus Stretch
- Standing Hamstring Stretch
- Quadriceps Stretch

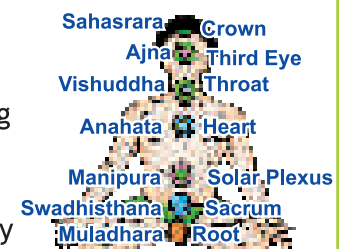


- Standing Calf Stretch
- Hip Flexor Stretch
- Piriformis Stretch
- Hip Addictor Stretch
- Trunk Rotation
- Double Knee to Chest



#### MEDITATION

- Stable position
- Rhythmic chanting
- Single point focus
- Transcending body and mind





### Try some of these yogic asanas

### Surya namaskar from simple to dynamic

Now design your own postures based on observation of nature and have fun.

- How you will choose your object.
- How will you create that shape using your body.
- Find out the focus area.

### Assessment

<b>Knowledge (4)</b>	<ul style="list-style-type: none"> <li>• History of the yoga</li> <li>• Facts</li> <li>• Rules</li> </ul>
<b>Skills (6)</b>	<ul style="list-style-type: none"> <li>• Yogic asanas</li> <li>• Suryanamaskar</li> <li>• Meditation</li> <li>• Pranayama</li> </ul>
<b>Application of skills (10)</b>	<ul style="list-style-type: none"> <li>• Beginning of each pose</li> <li>• Breath control</li> <li>• Ability to concentrate</li> <li>• Finishing</li> </ul>

### Links to NCERT syllabus

**Theme:** Health and physical fitness and orientation to sports skills

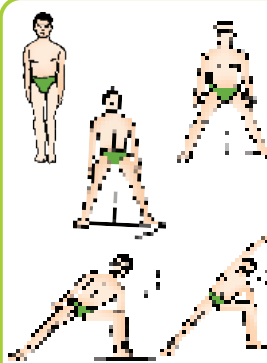
### Links to other subjects

**Maths:**

**English:**

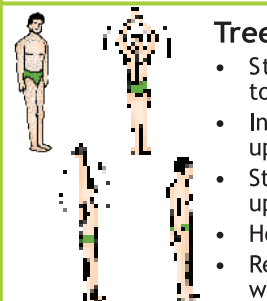
**Links to be given by Mr. Pandey**

**Triangle Pose (Trikonasana)**



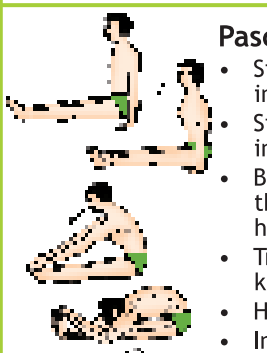
- Stand straight with feet together
- Bend the left knee and raise your right arm.
- Bend sideways and try to touch the ankle with left hand.
- Return, relax and repeat the same on the opposite side.

**Tree Pose (Vrksasana)**



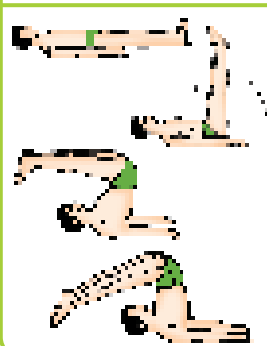
- Stand straight with feet together
- Inhale slowly and stretch arms upwards
- Stretch yourself completely upwards and come on your toes
- Hold 20 to 30 seconds
- Return to original position while exhaling and relax

**Paschimotan asana**



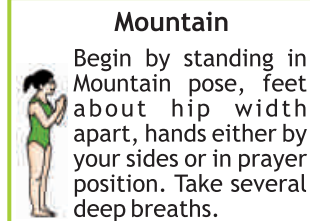
- Sit straight with legs stretched in front
- Stretch arms upwards while inhaling
- Bend trunk forward and hold the thumbs of both feet with hands while exhaling
- Try to touch forehead with knees.
- Hold for 20-30 seconds
- Inhaling return and relax.

**Halasana**



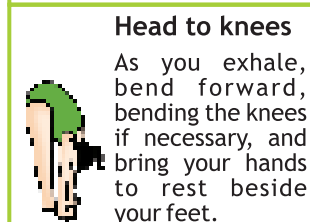
- Lie in supine position
- Lift both legs simultaneously at 90° carry them passing over the head
- Place toes facing head inversely
- Stretch arms with palm touching the ground
- Hold 20 to 30 seconds
- Return back slowly

**Mountain**



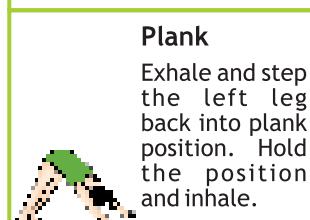
Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.

**Head to knees**



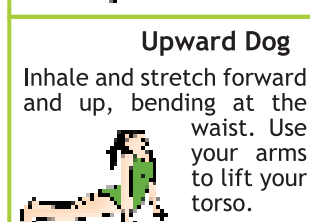
As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.

**Plank**



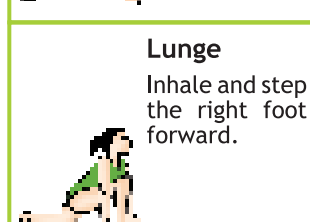
Exhale and step the left leg back into plank position. Hold the position and inhale.

**Upward Dog**



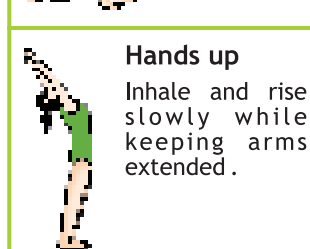
Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso.

**Lunge**



Inhale and step the right foot forward.

**Hands up**



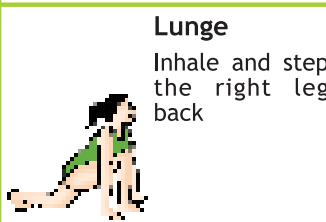
Inhale and rise slowly while keeping arms extended.

**Hands up**



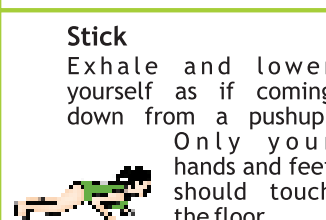
On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.

**Lunge**



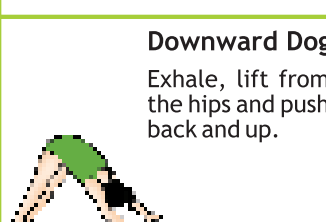
Inhale and step the right leg back

**Stick**



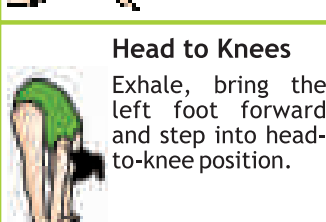
Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.

**Downward Dog**



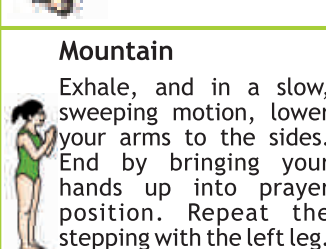
Exhale, lift from the hips and push back and up.

**Head to Knees**



Exhale, bring the left foot forward and step into head-to-knee position.

**Mountain**



Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the stepping with the left leg.





#### Purpose of the activity

To exercise regularly and safely for personal well-being and to enhance physical flexibility, mental balance increased attention span.

#### Outcome of the activities

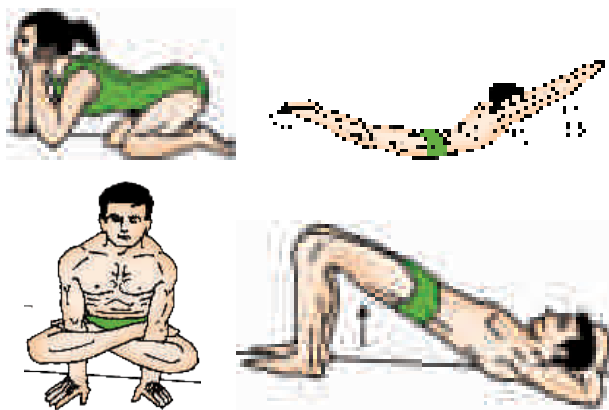
Understanding the place of regular activity as part of an overall healthy lifestyle, greater physical and mental coordination, harmony with nature leading to inner transformation of consciousness.

### Skills

#### Asanas

Open the energy channels, chakras and physick centers of the body. They not only purify and strengthen the body but also control and focus mind. They are one of the eight limbs of classical yogas.

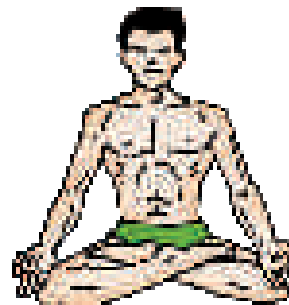
Asana should be steady and comfortable, firm yet relaxed. They promote muscle flexibility, bone strength, heart tissue strength, messages the internal organs and brings various internal and glandular functions into balance.



#### Pranayam

Is an aspect of yoga that deals with breathing. It is the control of the motion of inhalation, exhalation and retention of vital energy. Proper breathing brings more oxygen to the blood and to the brain, and controls the vital life energy.

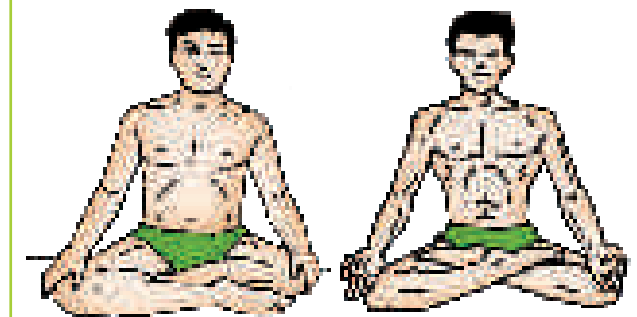
**Ujjayi :** In this breathing is done through your throat instead of nose. Sit erect in any comfortable posture, Spine erect. Inhale slowly drawing air by both nostrils in such a way that while inhaling the touch of air is experienced in the throat and some sound is produced. During inhalation do not bulge the abdomen, let chest expand. Exhale slowly and during this process chest should go inside, abdomen remain steady.



#### Meditation

is a form of stress management that allows our heart and mind to experience and oasis of peace and love within our heart and mind. It creates positive and peaceful thoughts to bring peace to our mind. It is one of the best method to bring about transformation and nurture the natural qualities within. While practice of meditation one has to be very patient and the mind does not want to focus.

One should increase duration of meditation and shift focus from gross body to subtle breathing.



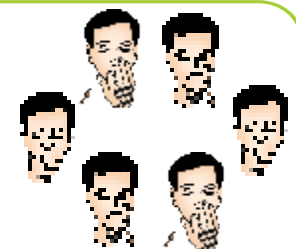
### Here are some practices of Pranayama

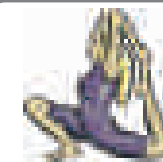
**Bhastrika : Bellow Breathing :** Bhastrika means Bellows in Sanskrit. Air is drawn in and out of the abdomen just as blacksmith uses his bellows. Sit in a comfortable position/ Asanas breath in through both notrils till the lungs are full and diaphragm is stretched. Breath out gently.



#### Anuloma-Viloma

- Lung expansion
- Rhythmic breathing
- Inner and outer retention
- Neuro muscular lockes
- Breathing ratio 1:2:4 (inhale:retention:exhale)



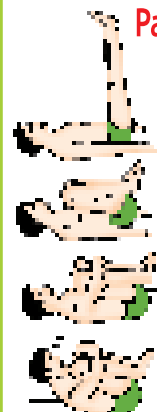


### Try some of these yogic asanas



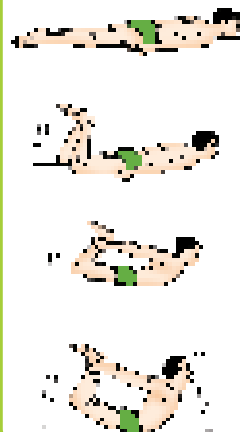
#### Sarvangasana (Shoulder Stand)

- Lie in Supine position
- Raise your feet upwards
- Take the support of hands on the back and let the elbows rest on the ground
- Keep whole body state upwards, body weight remains on shoulders and neck. Let chin touch the chest. Hold, return slowly and relax.



#### Pawanmuktasana (Gas release pose)

- Lie in supine position. Raise your legs upwards
- Slowly bring the knees closer to your chest
- Lock knees by bringing both arms together
- While exhaling raise head to the knees.
- Hold, return slowly and relax.



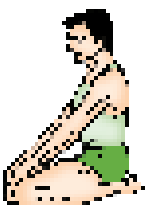
#### Dhanurasana (Bow Pose)

- Lie in prone position
- Fold your knees and bring them closer to your hips
- Hold ankles with both hands
- Lift body weight by pulling the legs and neck upwards and pose like a bow
- Hold 20-30 seconds with normal breathing return back slowly

**Kapalbhati (Blowing in Firm Pose) :** Kapal means skull, Bhati means shine. This pranayam cleanses the respiratory system, particularly the nasal passage in the skull. This is done in a sitting position. The muscle of the stomach should be moved freely in this process, thereby throwing large quantity of CO<sub>2</sub> outside resulting in more oxygen absorption in the body. This increases O<sub>2</sub> in blood, hence the need for O<sub>2</sub> is lessened and breathing centre is calmed down.



Kneel and sit on your heels pointing outward. Keep your back straight and rest your hands on your thighs. Relax the muscles in your face in stomach.



Slowly breathe in deeply through your nostrils until your abdominal muscles contract like your stomach is sucked in. Breathe without any additional effort until your lungs are full.



Then exhale forcefully through your nostrils as well. You can do ten repetitions of this breathing exercise and make sure to take a break between each round especially if you feel a bit lightheaded.

**Now design your own postures based on observation of nature and have fun.**

- How you will choose your object.
- How will you create that shape using your body.
- Find out the focus area.

### Assessment

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### Links to other subjects

**Maths :**

**English :**

**Links to be given by Mr. Pandey**