

Subject : Yoga and Physical Education (E)

Subject Code : 62

Objectives of the Subject

The Yoga is a Vedic tradition first found in *Rig Veda*. The great sage *Maharishi Patanjali* developed yoga as a system of purifying mind body and spirit through his great work *Patanjal Yoga Darsana*. In fact yoga is a scientific life style to manage total health. The objectives of yoga at Class IX are given below.

1. To enable the children to realize ancient Indian value system.
2. To make the children learn the truth that the human body is a part of the nature and the universe.
3. To make them aware that healthy mind rests in healthy body and health is the wealth.
4. To utilize Yoga as a therapy for mental stress, anxiety, depression and mental ailments.
5. To utilize yoga to develop memory, thinking and retaining power.
6. To develop confidence, perseverance, attention, interest, creativity and hard working power in children.
7. To make the children learn that the practice of yoga is a practice of mind to understand brotherhood, love, respect, unity and empathy.
8. Yoga is a science of physical and mental wellbeing and physical education. It is to be inculcated to build ourselves and a skilled healthy nation.

Syllabus for Class IX

S/N	Chapter	Content for 1st Six Months (Semester)	Marks
		THEORY	50
1	Introduction to Yoga	Indus Valley (<i>Sindhu</i>) Civilization, Veda-Upanisada, Mahabhararata, Background of Yoga-Maharishi Patanjali, usefulness of yoga	
2	Yoga Science	Asana : Definition, Classification, Mudra etc-rule of practice and benefits	
3	Food and Human Body	Food; its classification-balance diet, seasonal food, effects of food on body and mind, list of everyday foods and calorie values.	

Unit Test-1

Sl. No.	Chapter	Content for first Six Months (Semester)	Marks
		PRACTICAL	50
1	Joint (<i>Sandhi</i>) Exercise	Pasini, Janu, Uru, Kati, Skandha, Kilakuti, Moni, Anguli, Greeva, Meru sandhi	
2	Preparation for Asana	First to Eighth (Action 1 to 8) action	
3	Asana	Tarasana, Ardhakatichakrasana, Brikshasana, Sasakasana, Ustrasana, Janusirasana, Padmasana, Bhujangasana, Halasana	
4	Mudra and Bandha	Yoga and <i>Biparit karani mudra</i>	
5	Dhyana	Mouna dhyana, bhramari dhvani	
		Total	100

Sl. No.	Chapter	Content for 2nd Six Months (Semester)	Marks
		THEORY	50
1	Introduction to Yoga	Concept of yoga-Jnana yoga, Bhakti yoga Karma yoga, Introduction to Patanjali's Yogasutra etc.	
2	Yoga Science	Aerobics (Bayu), Pranayam and its benefits	
3	Food and Human body	Health and wellbeing, Body-mass index, blood pressure, body temperature, respiration etc.	
		PRACTICAL	
1	Yoga Exercise	Yoga exercises from Yogabyayam-1 to Yogabyayam-9	
2	Preparation for Pranayama	Agnisar, Udghat, Bhastrika, Batsar Kapalbhati, Udariya swasan, Bakshiya swasan, Greeva and Yougik swasan (respiration)	
3	Asana	Padahastasana, Trikonasana, Sasangasana, Supta brajasana, Simhasana, Ardhamatchyendrasana, Sirsasana, Pavanmuktasana, Uttan padasana, Salabhasana, Dhanurasana	

Unit Test-2

Sl. No.	Chapter	Content for first Six Months (Semester)	Marks
4	Mudra and Bandha	Maha, Aswini and Mahabandha mudra	
5	Dhyana	Sthula dhyana, Preksha dhyana	
		Total	100

* Questions from each Unit/Lesson will carry marks 2-10.