

# YOGA (84)

## CLASS X

There will be **two** papers in the subject.

**Paper I** (Theory) will be of **two hours** duration carrying **100 marks**. The paper will be divided into **four** sections as follows:

Section I: 40 marks

Section II: 20 marks

Section III: 20 marks

Section IV: 20 marks

**Section I** will be **compulsory**. Candidates will be required to attempt **all** the questions from this section. There will be no choice of questions.

**Sections II, III and IV** will have a choice of questions. Candidates will be required to attempt **two** questions from each section.

The above sections will correspond to the sections given in the syllabus.

**Paper II** (Internal Assessment) will carry **100 marks**.

### PAPER I (THEORY)

#### SECTION I: HUMAN BIOLOGY

##### 1. The Nervous System

The neuron, central nervous system and peripheral nervous system, the sense organs. Role of Yoga in maintaining the health of the nervous system.

**The neuron:** Structure (cyton, axon, terminal branches, synapse, myelin sheath) and function (carry messages in the nervous system in the form of electrical impulses); Kinds of neurons: Sensory, Motor, Association. Nerves and ganglia: definition only.

**The Central Nervous System:** The Brain: Meninges, Forebrain: Cerebrum (Temporal, Parietal, Occipital, Frontal) and Diencephalon; Midbrain; Hindbrain (Cerebellum, Pons, Medulla oblongata). Location and basic function of each of the above parts.

The Spinal Cord: Structure and function; Reflex action: Simple reflex, Conditioned reflex;

**The Peripheral Nervous System:** Somatic nervous system: Cranial nerves and spinal nerves (the

number of cranial and spinal nerves present in the body); the Autonomic nervous system: Sympathetic nervous system and Parasympathetic nervous system (location and function).

##### 2. The Endocrine System

A study of the Pituitary gland, the Thyroid, the Adrenal glands and the Pancreas; role of Yoga in maintaining the health of the endocrine glands.

The above must be studied with respect to the following: location, hormones secreted, effects of over-secretion and under secretion of hormones.

How yoga helps to regulate the functioning of the endocrine glands and helps in achieving hormonal balance.

##### 3. The Circulatory System

Structure and functioning of the heart; disorders of the circulatory system; the lymphatic system; composition of blood; role of yoga in improving blood circulation.

**Heart:** Location, covering (pericardium), chambers of the heart, blood vessels entering and leaving the heart: Vena Cava, aorta, pulmonary artery, the pulmonary vein; blood supply to the heart: coronary arteries; Valves: Bicuspid, Tricuspid, Semilunar Valves; Circulation of blood in the heart: systole and diastole; blood vessel types: arteries, capillaries, veins, structure and function; some of the other main blood vessels: Hepatic portal vein, Hepatic artery and vein, Renal artery and vein;

Some disorders of the circulatory system: atherosclerosis, arteriosclerosis, myocardial infarction, angina: definition of each disorder; Composition of blood: plasma, the liquid component of blood; a brief description of the structure and functions of RBC, WBC and platelets disorders of the blood: Haemophilia, anaemia. (The types of WBCs and the blood groups need not be studied);

How yoga helps to improve blood circulation and hence enhances the body's immunity.

#### 4. The Excretory System

Organs of excretion; Parts of the excretory system; urine formation, disorders of the excretory system; Role of Yoga.

*Lungs, skin and kidneys are the three organs of excretion; parts of the excretory system: the Kidney, Cortex and Medulla; Ureters; Bladder; Urethra.*

*Disorders of the excretory system: Kidney failure, Gout, Kidney stones; the Dialysis machine: meaning of each.*

*How the practice of yoga helps in maintaining the health of the excretory system and hence the elimination of waste from the body.*

#### SECTION II: SAGES OF INDIA

Candidates are to write notes on the lives and teachings of the following sages: Vyasa, Yagnavalkya; Narsi Mehta, Ramana Maharishi.

***For each of the above sages, the candidates need to know briefly, two important aspects of their works.***

##### 1. Vyasa

*Birth and early life; his birthday is celebrated as Guru Purnima; training under his father Rishi Parasara, his role as the grandfather of Pandavas and Kauravas, his son Shuka.*

*Works: The Bhramasutras, The Mahabharata, Srimad Bhagvatam, The Puranas, Vyasa Bhashya.*

##### 2. Yagnavalkya

*Birth and education, dynamics of his relationship with his guru Vaisampayana (growing disagreement between the two at the ashram, Meet at Mount Meru, King Supriya and the formation of the Krishna Yajurveda); relationship with Surya Bhagvan, King Janaka, Gargi and Maitreyi*

*Works: The Yajurvedas, The Brihadaryanka and Bhramanas, Yoga Yagnavalkya Samhita.*

##### 3. Narsi Mehta

*Birth and early life, three miraculous events in his life. His teaching and contributions- composition 'Vaishnava Jan To....'*

##### 4. Sri Ramana Maharishi

*Birth and early life; His death experience which led to the all-consuming question for him, "Who*

*am I"? His travel to Thiruvannamalai; His Enlightenment; Setting up of the Ramana Ashram; granting his mother moksha at the time of her moving on.*

*Teachings: Self enquiry: Who am I? and his method of self-enquiry.*

*Works: Who Am I, 5 Hymns to Arunachala, 40 verses on Reality.*

#### SECTION III: THE YOGA SUTRAS OF PATANJALI

##### (i) Samadhi Pada

*Chitta Vrittis: definition of Yoga. The different types of Chitta Vrittis: Klishta and Aklishta; Pramana Viparyaya Vikalpa, Nidra, Smriti;*

*Ways to still the Chitta Vrittis: Abhyasa and Vairagya, Ishwar Pranidhana, the Pranava Mantra, the four virtues, Pranayama (elongating the bahya kumbhak), heightened awareness of the senses, concentrating on a light beyond all sorrow, contemplating and recollecting the experiences of dreams-filled or dreamless sleep during the waking state.*

*Obstacles: Vyadhi, Styana, Samshaya, Pramada, Alasya, Avirati, Bhrantidarshana, Alabdahumikatva, Anavasthi-tattva. Accompaniments of the obstacles: Dukha, Daurmansya, Angamejayatva and Shvasa Prashvasa.*

*Samadhi - definition and types of Samadhis (Sabeej, Nirbeej, Savitarka, Nirvitarka, Savichara, Nirvichara).*

##### (ii) Sadhana Pada

*Kriya yoga, Kleshas, cause of pain: identification of the seer (drashtu) with the seen; Kaivalya: destruction of ignorance through right knowledge breaks the link between the seer and the seen and leads to liberation or kaivalya (refer to Sutra 2.25, the students need not learn the Sutra); Ashtang yoga; Pratipaksha Bhavanam (refer to Sutra 2.33, the students need not learn the Sutra)*

##### (iii) Vibhuti Pada

*Concept and definition of Samyama, study of the following objects of samyama and the powers attained: distinguishing marks on another man's body, qualities of friendliness and compassion, strength such as that of an elephant, the sun, the moon, the pole star, the naval, the pit of the throat, the head, the heart; These Vibhutis (attainments) are hindrances to achieve the spiritual goal.*

## SECTION IV: SOME IMPORTANT SCHOOLS OF PHILOSOPHY AND SOME SUTRAS

### 1. Some of the Orthodox Philosophies

**Sankhya, Yoga, Vedanta, Purva Mimansa** with respect to each philosophy - Meaning of the name, founder, dates, important texts, tenets, salvation, concept of God.

#### **Tenets of Sankhya**

*Purusha and Prakriti (dualistic system) (the student needs to know just a basic understanding of these terms); Gunas, 23 evolutes of Prakriti.*

#### **Tenets of Yoga**

*Yoga also called Sa Ishvara Sankhya; 5 vrittis and 5 Chitta Bhumis; 5 kleshas; 4 virtues; Ashtang yoga.*

#### **Tenets of Vedanta**

*Basic meaning of the following terms: Advaita, Brahman, Jagat, Mithya, Maya, Sookshma (subtle) and Sthool (gross) buddhi*

#### **Tenets of Purva Mimansa**

*Importance of rituals and Mantras, concept of many Gods and Goddesses, concept of divinity in non-living objects, Karma and dharma.*

### 2. Some of the Heterodox Philosophies

**Buddhism and Jainism** with respect to each philosophy - meaning of the name, founder, dates, important texts, tenets, salvation, concept of God.

#### **Tenets of Buddhism**

*The 4 noble truths, the 8-fold path, two schools of Buddhism - Hinayana and Mahayana.*

#### **Tenets of Jainism**

*The 3 jewels, transmigration of the soul and moksha, everything has a jiva, no belief in Gods and Goddesses, 24 tirthankaras, Mahavira the 24th one.*

### 3. Five Important Sutras

*Patanjali Yoga Sutra 1.2, 1.14, 1.33, 2.3, 2.28*

## PAPER 2 (INTERNAL ASSESSMENT)

The practical work is to be divided into two sections as follows:

**Section A (40 Marks):** Course Work - the course work will be assessed by the teacher on the basis of

continuous assessment. The candidate will be assessed on the basis of his/her output in the following areas:

- Degree of effort and progress in his/her yoga practice (judged through periodical tests).
- Assisting the yoga therapy sessions.  
Improving his/her own health and well being through yoga therapy.
- Participation in programmes.

**Section B (60 Marks):** Practical Tests - There will be three tests in this section – to be assessed by an External Examiner.

#### **Test 1: Predetermined Asanas** (30 marks)

*The candidates must perform any six asanas from those given below:*

Ardha Chandrasana, Pashva Uttanasana, Shalabhasana, Sarvangasana, Paschimottanasana, Urdhva Dhanurasana, Uttanasana, Matsyasana

#### **Test 2: Directed asanas** (20 marks)

The candidate must perform 4 or 5 asanas of the External Examiner's choice. (The examiner will select asanas from the Class X syllabus only). The External Examiner may test the pupil's ability to adapt and modify asanas.

#### **Test 3: Pupil's preference of asanas** (10 marks)

The candidate will perform two asanas of his/her choice.

*Important Notes:*

- Candidate must choose an asana from the Class X syllabus only.
- Candidate must not select an asana that he/she has already demonstrated in Test 1 and Test 2.

**The practical work is to be covered under the following categories:**

#### **(A) Asanas**

- Ardha Chandrasana
- Pashva Uttanasana
- Uttanasana
- Urdhva Mukha Shvanasana
- Matsyasana

6. Janu Shirshasana
7. Upavista Konasana (holding big toes, head up)
8. Paschimottanaasana
9. Marichyasana III
10. Shalabhasana
11. Urdhva Dhanurasana
12. Salambha Sarvangasana I
13. Halaasana

**(B) Breathing pranayama**

1. Revision of the Full Yogic Breathing
2. Brahmari

**Reference Book:**

Light on Yoga: Yogacharya B.K.S. Iyengar - Harper Collins, India.

**INTERNAL ASSESSMENT IN YOGA - GUIDELINES FOR MARKING WITH GRADES**

<b>Criteria</b>	<b>Knowledge of Asanas</b>	<b>Precision</b>	<b>Achievements (Ability to perform the classical pose)</b>	<b>Application (Interactive)</b>	<b>Presentation</b>
Grade I (4 marks)	<ul style="list-style-type: none"> <li>• Immediately presents the required asana</li> <li>• Knows the meaning of the name of the asana</li> <li>• Knows to which general group the asana belongs</li> <li>• Knows the benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Firmness and alertness</li> <li>• Co-ordination</li> <li>• Attention to details</li> <li>• Moment-to-moment awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Strength</li> <li>• Flexibility</li> <li>• Endurance (can hold the pose)</li> <li>• Stability</li> </ul>	<ul style="list-style-type: none"> <li>• Can adapt and modify as required by examiner.</li> <li>• Can clearly explain the purpose.</li> </ul>	<ul style="list-style-type: none"> <li>• Confidence</li> <li>• Angle of presentation and stance between poses</li> <li>• Co-operation and keenness</li> <li>• Grace and poise</li> </ul>
Grade II (3 marks)	Fails to respond to any one of the above aspects.	Any one of the above aspects lacking.	Any one of the above aspects inadequate.	Very competent at one of the above but only partially manages the other.	Lack one of the above aspects.
Grade III (2 marks)	Fails to respond to two of the above requirements.	Any two aspects lacking.	Any two aspects inadequate.	Attempts both but is unclear	Lack two of the above aspects.
Grade IV (1 mark)	Fails to respond to three of the above requirements.	Any three aspects lacking.	Any three aspects inadequate.	Guesses both the application and purpose.	Lack three of the above aspects.
Grade V (0 marks)	Respond incorrectly to all four	Poor in all four aspects.	All four aspects inadequate.	Unable to apply or explain	All four aspects inadequate.