

Subject : Yoga and Physical Education (E)

Subject Code : 62

Objective of the Subject

The Yoga is Vedic tradition first found in *Rig Veda*. The great sage *Maharishi Patanjali* developed yoga as a system of purifying mind body spirit Through his great work *Patanjali Yoga Darsana*. In fact yoga is a scientific life style to manage total health. The objective of yoga at Class X 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 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 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 X

S/N	Chapter	Content for 1st Six Months (Semester)	Marks
		THEORY	50
1	Introduction to Yoga	: Relieving measure of Chitta Vritti : Astanga Yoga : Tama, Niyama, Asana, Pranayana, Pratyahara, Dharana, Dhyana and Samadhi. : Yama: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha. : Niyama : Shauca, Santosha, Tapah, Swadhyaya, Ishwarapranidhara	
2	Yoga Science	: Difference between Yoga Modelities and Exercises, : Dhyana: Sthuladhyana, Jyotirdhyana, Nadanusandhana : Satkarma and their classifications.	
3	Food and Human Body	: Ayurveda; Saptadhatu : Exclaratory System : Sweda, Mala, Mutra and their deseases : Muscular system; Bones, Joints and Their functions : Digestive System : Liver, Gall bladder, penceas and their deseases.	

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

Syllabus for Class X

S/N	Chapter	Content for 1st Six Months (Semester)	Marks
		PRACTICAL	50
1	Surya Namaskar	: Surya Namaskar - 12 times	
2	Asana	: Paribritta Trikonasana, Sankatasana, Utthita Padmasana Ankarnadhanurasana-1, Pachimuttanasana, Bhadrasana, Naukasana, Dhanurasana, Hansasana, Setubandhasana	
3	Pranayama	: Nadishuddhi, Vedic Pranayama	
4	Mudra and Bandha	: Mahabandha Mudra, Mahabedha Mudra, Uddiyanbandha Mudra	
5	Trataka	: Nasikagra Trataka, Angustha Trataka, Dakshinayatra Trataka, Bamayatra Trataka.	
6	Dhyana	: Jyotidhyana, Sakshibhavadhyana	

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Syllabus for Class X

S/N	Chapter	Content for 2nd Six Months (Semester)	Marks
		THEORY	50
1	Introduction to Yoga	: Gheranda Samhita : Ghata, Saptasadhana : Sudhana, Drirhata, Sthairya, Dhairya, Laghava, Pratyaksha and Nirlipta. : Hathayaga Pradipika : Place of Practices, Obtacles of Yoga, Assistance of Yoga, Criteria and Symptoms of Hathayoga Siddhi. : Nadi Chakra : Ida, Pingala and Sushumna Nadi, Muldhara, Swadhisthana, Manipura, Anarata Vishuddha, Ajna, Sahasrara	
2	Yoga Science	: Dhyana : 1. Prekshadhyana 2. Sakshibhavadhyana : Activities of every division of satkarma and their benefits. : Jalneti, Bamanadhouti, Sahaj Bastikriya.	
3	Food and Human Body	: Respiratory system : Lungs : Blood circulatory system : Heart : Endrocrine Gland : Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Adrinal. : Naturopathy	

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

Syllabus for Class X

S/N	Chapter	Content for 2nd Six Months (Semester)	Marks
		PRACTICAL	50
1	Surya Namaskar	: Surya Namaskar - 12 times with Mantra	
2	Asana	: Parshakonasana, Birabhadrasana, Garudasana, Aakarnadhanurasana-2, Matsyasana, Ardha-Matsyendrasana, Ardha-Chakrasana, Hastanabhasana, Mayurasana, Sarvangasana	
3	Pranayama	: Suryaveda Pranayama, Shitali Pranayama, Sitkari Pranayama.	
4	Mudra and Bandha	: MahaMudra	
5	Dhyana	: Shabda Dhyana, Nadanusandhana	
6	Satkarma	: Jalneti	

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