ICSE

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YOGA

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Council for the Indian School Certificate Examinations (CISCE)

MISSION STATEMENT

The Council for the Indian School Certificate Examinations is committed to serving the nation's children, through high quality educational endeavours, empowering them to contribute towards a humane, just and pluralistic society, promoting introspective living, by creating exciting learning opportunities, with a commitment to excellence.

ETHOS OF CISCE

- Trust and fair play.
- Minimum monitoring.
- Allowing schools to evolve their own niche.
- Catering to the needs of the children.
- Giving freedom to experiment with new ideas and practices.
- Diversity and plurality - the basic strength for evolution of ideas.
- Schools to motivate pupils towards the cultivation of:
  Excellence - The Indian and Global experience.
  Values - Spiritual and cultural - to be the bedrock of the educational experience.
- Schools to have an 'Indian Ethos', strong roots in the national psyche and be sensitive to national aspirations.

CLASS X

*There will be one written paper of **two hours** duration carrying 100 **marks** and Internal Assessment of **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).*

The Sense Organs

Eyes: Structure and function of different constituent parts; common eye defects: Myopia, Hyperopia, Cataract.

Ear: outer ear, middle ear, inner ear (structure and function of the constituent parts); the Eustachian Tube; role of the ear in maintaining balance.

The sense of smell: importance of the olfactory nerve; flavour: a combination of taste and smell;

The sense of taste: The 4 fundamental tastes: sweet, salty, bitter, sour;

The Sense of touch: Nerve endings in the skin related to pressure, pain, hot, cold;

How Yoga helps to maintain the health of the nervous system and sense organs.

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.

5. Personal hygiene through Yoga

Purpose of maintaining hygiene in Yoga; Yogic care and/or cleaning of sense organs.

Purpose of maintaining hygiene in yoga: removal of diseases, purification of the body, maintaining efficiency of the body, better immunity, long life, moral and spiritual elevation.

Yogic Care and/ or cleaning of the sense organs: Care of teeth, mouth, cleaning of the tongue (jivhamulashodhanam: benefits and procedure), cleaning of the ears (karnarandhradhouti procedure and its benefits); care of eyes: factors affecting the health of the eye, eye exercises-trataka (central fixation)-candle gazing.

SECTION II: SAGES OF INDIA

Candidates are to write notes on the lives and teachings of the following sages: Vyasa, Yagnavalkya, Narsi Mehta, Sri Aurobindo, Swami Vivekanand, 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 Aurobindo

His early life and education abroad; his mastery over several European and Indian languages; return to India; experience of the silent mind after guidance from Lele; Sri Aurobindo as one of the leaders of the freedom movement the newspaper - Vande Mataram; solitary confinement in Alipore Jail; acquittal and journey to Pondicherry; meeting with Mirra Alfassa who would in later years be called the Mother of the Sri Aurobindo Ashram; Auroville, Matri Mandir and the Sri Aurobindo Society.

Teachings of Sri Aurobindo: Yoga results in 'accelerated evolution'; Sri Aurobindo's Integral Yoga, guidelines on how man can consciously collaborate with the Divine in accelerating his evolution (An understanding of the human consciousness as having four beings simultaneously coexistent in it: (1) The Physical Being (2) The emotional being (3) the mental being (4) The spiritual being); the triple formula of Aspiration, Rejection and Surrender. His words: 'All life is Yoga' – bringing perfection, peace and harmony into all aspects of day-to-day life.

Works of Sri Aurobindo: Savitri, The Life Divine, Synthesis of Yoga (couple of sentences on the contents and/or purpose of the above books)

5. Swami Vivekananda

Vision of his Guru Ramakrishna: story of the seven sages and a little boy. Childhood stories of Narendra's courage and truthfulness. His first meeting with Sri Ramakrishna and his historical question: "Sir, have you seen God?" His father's demise and leaving the family in poverty; his first living experience with the Divine Mother in the Kali temple at Dakshineshwar. starting the Ramakrishna Mission order post Ramakrishna's demise. His travels in India right upto Kanyakumari where he was inspired to travel abroad; his speech at the Parliament of World Religions. Setting up centres of the Ramakrishna Mission in the West. Setting up the Belur Math. Inspiring speeches to Indian youth. Early death.

Literary Works by Swami Vivekananda: Raja Yoga, Karma Yoga, Jnana Yoga. Practical Vedanta, My India – the India Eternal, My Master.

Teachings: The soul of man is more powerful than anything else; service to man is service to God; His teaching of Vedanta, the world is one; civilization will be complete in the world when India gives to the world the marvels of its spirituality and in exchange, receives from the world the marvels of modern science; to preach unto mankind their divinity and how to make it manifest in every movement of life. There can be no salvation if one has faith in Gods outside but no faith in oneself. The real atheist is one who doesn't believe in himself.

6. 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

The Four Padas

(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, Alabdhahumikatva, 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.

(iv) Kaivalya Pada

5 ways of spiritual accomplishment; Karma: black, white or black and white; subject and object (relationship between the two in the light of Patanjali's yoga sutras); Chit and Chitta; dharma megha samadhi.

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. Contemporary Philosophies

Eckhart Tolle's Philosophy: Power of Now

Tenets: mind controlling the human being and his addiction to thinking; consciousness beyond the mind; presence or the awareness space in which thoughts arise; the Pain Body: The energy field of pain, accumulated from the past that occupies the mind and body periodically as an inexplicable dark emotional state; methods to enter the eternal Now as a means of breaking free from the addiction to thought:

- *Tuning into the awareness of the breath and body*
- *Dis-identification with the thinker, watching the thought*
- *Surrendering to what is, dropping the resistance to what arises in the moment*
- *Paying attention to environmental sounds and tuning into the silence between the sounds*

4. ***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:

(a) Degree of effort and progress in his/her yoga practice (judged through periodical tests).

(b) Assisting the yoga therapy sessions.

Improving his/her own health and well being through yoga therapy.

(c) 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, Parivritta Trikonasana, Chaturanga Dandasana, Salambha Shirshasana Sarvangasana, Paschimottanasana, Urdhva Dhanurasana, Ardha Matsyendrasana.

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:

(a) Candidate must choose an asana from the Class X syllabus only.

(b) 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

1. Ardha Chandrasana
2. Parivritta Trikonasana
3. Pashva Uttanasana
4. Uttanasana
5. Chaturanga Dandasana
6. Urdhva Mukha Shvanasana

7. Matsyasana
8. Janu Shirshasana
9. Upavista Konasana (holding big toes, head up)
10. Ardha Navasana
11. Paripoorna Navasana
12. Paschimottanaasana
13. Marichyasana III
14. Ardha Matsyendrasana I
15. Salambha Shirshasana
16. Urdhva Dhanurasana
17. Salambha Sarvangasana I
18. Halaasana
19. Setu Bandha Sarvangasana

(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

Criteria	Knowledge of Asanas	Precision	Achievements (Ability to perform the classical pose)	Application (Interactive)	Presentation
Grade I (4 marks)	• Immediately presents the required asana • Knows the meaning of the name of the asana • Knows to which general group the asana belongs • Knows the benefits	• Firmness and alertness • Co-ordination • Attention to details • Moment-to-moment awareness	• Strength • Flexibility • Endurance (can hold the pose) • Stability	• Can adapt and modify as required by examiner. • Can clearly explain the purpose.	• Confidence • Angle of presentation and stance between poses • Co-operation and keenness • Grace and poise
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.