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 Classes IX and 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 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

Sl. No.	Chapter	Content for first Six Months (Semester)	Marks
		THEORY	**50**
1	Introduction to Yoga	Indus Valley *(Sindhu)* Civilization, Veda-Upanisada, Mahabhararata, Background of Yoga-Maharishi Patanjali, usefulness of yoga	14
2	Yoga Science	Asana : Definition, Classification, Mudra etc-rule of practice and benefits	18
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.	18

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Sl. No.	Chapter	Content for first Six Months (Semester)	Marks
		PRACTICAL	**50**
1	Joint *(Sandhi)* Exercise	Pasini, Janu, Uru, Kati, Skandha, Kilakuti, Moni, Anguli, Greeva, Meru sandhi	10
2	Preparation for Asana	First to Eighth (Action 1 to 8) action	10
3	Asana	Tarasana, Ardhakatichakrasana, Brikshasana, Sasakasana, Ustrasana, Janusirasana, Padmasana, Bhujangasana, Halasana	18
4	Mudra and Bandha	Yoga and *Biparit karani mudra*	6
5	Dhyana	Mouna dhyana, bhramari dhvani	6
		Total	**100**

Sl. No.	Chapter	Content for first 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.	14
2	Yoga Science	Aerobics (Bayu), Pranayam and its benefits	18
3	Food and Human body	Health and wellbeing, Body-mass index, blood pressure, body temperature, respiration etc.	18
		PRACTICAL	**50**
1	Yoga Exercise	Yoga exercises from Yogabyayam-1 to Yogabyayam-9	10
2	Preparation for Pranayama	Agnisar, Udghat, Bhastrika, Batsar Kapalbhati, Udariya swasan, Bakshiya swasan, Greeva and Yougik swasan (respiration)	10
3	Asana	Padahastasana, Trikonasana, Sasangasana, Supta brajasana, Simhasana, Ardhamatchyendrasana, Sirsasana, Pavanmuktasana, Uttan padasana, Salabhasana, Dhanurasana	18

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Sl. No.	Chapter	Content for first Six Months (Semester)	Marks
4	Mudra and Bandha	Maha, Aswini and Mahabandha mudra	6
5	Dhyana	Sthula dhyana, Preksha dhyana	6
		Total	**100**

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