

## YOGA CLASS X

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

**Paper I** (Theory) will be of **2 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

##### 1. The Nervous System

- (i) The brain, the voluntary and involuntary nerves.
- (ii) The five Jnana Indriyas - eyes, ears, nose, tongue and the skin.
  - their role in sensory perception
- (iii) The five karma Indriyas - arms, legs, tongue and larynx, organs of excretion and organs of reproduction.
  - their role in performing actions
- (iv) Yoga and the health of the nervous system.

##### 2. The Excretory System

- (i) The organs of excretion.
- (ii) The importance of the proper elimination of body wastes for maintaining health.

##### 3. The Circulatory System

- (i) The heart and blood vessels, blood and its composition.

(ii) The lymphatic system.

(iii) How Yoga improves circulation.

##### 4. The Important Endocrine Glands

- (i) The thyroid, pituitary, adrenal, pancreas and testes.
- (ii) Their importance in growth and human health.
- (iii) How Yoga helps to regulate functioning of endocrinal glands.

**Section II:** Candidates are to write notes on the lives and teachings of the following: Vyasa, Yagnavalkya, Chaitanya, Narsi Mehta, Jnaneshwar and Purandardas.

**Section III:** The Yoga Sutras of Patanjali.

##### 1. The Four Padas

Samdhi pada, Sadhana pada, Vibhuti pada and Kaivalya pada.

##### 2. The Five Vrittis

Pramana, Viparyaya, Vikalpa, Smriti and Nidra

##### 3. The Five Kleshas

Avidya, Asmita, Raga, Dvesha and Abhinivesh.

##### 4. The Obstacles

- (i) Vyadhi, Styana, Samshana, Pramada, Alasya, Avirati, Bhranti, Darshana, Alabdhamikatva Anavasthi-tattva.
- (ii) Dukha, Daurmansya, Angamejayatva and Shvasa Prashvasa.

##### 5. The Virtues

Maitri, Karuna, Mudita and Upeksha

##### 6. The Shudripus

Kama, Krodha, Lobha, Moha, Mada and Matsarya.

##### 7. Abyasa and Vairagya

**Section IV:** Important Schools of Indian Philosophy and some Slokas.

### 1. Orthodox Philosophies

*Nyaya, Vaisheshika, Samkhya, Yoga, Mimamsa and Vedanta.*

### 2. Hetrodox Philosophies

*Charvaka, Buddhism and Jainism.*

### 3. Five Important Slokas

*Patanjali Yoga Sutra 1.2 1.33 1.14 2.28 2.3*

#### 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 practise (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 Chandra asana, Parivritta Trikona asana, Chaturanga Danda asana, Shirsha asana, Sarvanga asana, Paschimottanasana, Urdhva Dhanur asana, Ardha Matsyendra asana.

#### 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.

Refer to **Light on Yoga** by B. K. S. Iyengar for precise description of asanas:

- Ardha Chandra asana
- Parivritta Trikona asana
- Pashva Uttana asana
- Uttana asana
- Chaturanga Danda asana
- Urdhva Mukha Shvan asana
- Matsya asana
- Janu Shirsha asana
- Upavista Kona asana (holding big toes, head up)
- Ardha Nav asana
- Paripoorna Nav asana
- Paschimottana asana
- Mrichi asana III
- Ardha Matsyendra asana I
- Salambha Shirsha asana (3 minutes)
- Urdhva Dhanur asana
- Salambha Sarvanga asana I
- Hala asana
- Setu Bandha Sarvanga asana

#### Reference Books:

- Yoga for Children: by Rajiv & Swati Chanchani - U.B.S.P.D.
- Light on Yoga: Yogacharya B.K.S. Iyengar - Harper Collins, India
- For Yoga and Health use the Class IX and X Biology Book
- Sages of India
- Yoga Workbooks

### 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)	<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.