

YOGA

Aims:

1. To enable young people to generate an understanding of the principles of yogic practices so as to improve quality of life.
2. To develop the ability to perform appropriate yogic asanas so as to improve physical and mental conditions and emotional equilibrium.
3. To help youngsters improve psychological functions, e.g. awareness, concentration, will power.
4. To foster co-operation amongst youth.
5. To develop appreciation for Indian cultural practices that support meaningful and relevant educational strategies.
6. To create opportunities to develop ideals, social skills and strengths.

CLASS IX

There will be **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: This section will deal with some of the important systems and aspects of the human body. Candidates should write brief notes, explain and illustrate their answers.

1. The Human Skeleton

- (i) The structure and function of the human skeleton, the tendons, ligaments and joints.
- (ii) The spine and spinal vertebrae.
- (iii) The importance of correct posture.

2. The Important Muscles

- (i) Identifying important muscles, muscle tissue.
- (ii) How muscles are attached, their role in movement.
- (iii) The role yoga plays in maintaining muscular health.

3. The Respiratory System

- (i) The structure and functions of the lungs and trachea.
- (ii) The role of the diaphragm, intercostal muscles, ribs and the sternum in breathing.
- (iii) How yoga cultures the breath and improves respiration.

4. The Digestive System

- (i) The structure and function of the digestive organs.
- (ii) The process whereby food is assimilated and transformed into energy and body tissue.
- (iii) An introduction to the concepts of **Sattva, Rajas and Tamas** as applied to food.

5. Yoga Therapy

A brief introduction to the benefits of yoga asana practice as a means of removing discomfort and pain and restoring human health.

Section II: In this section candidates are expected to know about the lives and teachings of the following:

1. **Valmiki**
2. **Vashishta**
3. **Vishvamitra**
4. **Kabir**
5. **Mirabai**
6. **Tukaram**

Section III: The Ashtanga Yoga of Patanjali - Candidates are to write notes with suitable examples on the following:

1. **Patanjali**
 - (i) His contributions to Yoga.
 - (ii) Ashtanga Yoga as defined in the Yoga Sutras.
2. **The Five Yamas**

Ahimsa, Satya, Asteya, Brahmcharya, Aparigraha.
3. **The Five Niyamas**

Saucha, Santosha, Tapas, Svadhyaya, Ishwar Pranidhana.
4. **Asanas**

Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Section IV: Basic concepts of Yoga and some important slokas - The definition of Yoga, Guru and Shishya, the four Purushartha's, the four Ashramas, the four Margs - Jnana, Karma, Bhakti, Yoga Sadhana - Bahiranga, Antaranga, Antaratma.

The following **three** slokas should be known with their meaning:

Patanjali Yoga Sutra II 29 II 30 II 32

PAPER II (Internal Assessment)

The practical work is 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.
- (c) Improving his/her own health and well being through yoga therapy.
- (d) Participation in programmes.

Section B (60 marks): This section will consist of three Practical Tests.

Test 1: Predetermined Asanas (30 marks)

The pupil must perform any six asanas from those given below:

Utthita Trikona asana, Utthita Parshvakona asana, Vibhadra asana I, Vibhadra asana II, Parasarita Pada Uttana asana I, Adho Mukha Shvana asana, Salambha Shirsha asana, Kana Pida asana.

Test 2: Directed asanas (20 marks)

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

Test 3: Preference of asanas (10 marks)

The pupil will perform 2 asanas of his/her own choice.

Important Notes:

- (a) The pupil must choose two asanas from the Class IX syllabus only.
- (b) The pupil must not choose any asanas 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 the asanas:

1. Vriksha asana
2. Garuda asana
3. Utthita Trikona asana
4. Utthita Parshva Kona asana
5. Virbhadra asana I
6. Virbhadra asana II
7. Prasarita Pada Uttana asana I
8. Pada Hasta asana
9. Adho Mukha Shvana asana
10. Parvata asana
11. Urdhva Prasarita Pada asana
12. Supta Vira asana

13. Ushtra asana
14. Dhanur asana
15. Marichi asana 1 (Twist only)
16. Bharadvaj asana I
17. Bharadvaj asana II
18. Mala asana (Squatting only)
19. Salambha Shirsha asana ($\frac{1}{2}$ minute)
20. Salambha Sarvanga asana I
21. Hala asana
22. Karna Pida asana
23. Supta Kona asana

Reference Books:

Please refer to the suggestions given at the end of the Class X syllabus.