

## YOGA (84)

### 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.

### 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, Alabdhahumikatva Anavasthi-tattva.

(ii) Dukha, Daurmansya, Angamejayatva and Shvasa Prashvasa.

**5. The Virtues**

Maitri, Karuna, Mudita and Upeksha

**6. The Shudripas**

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:

(a) Degree of effort and progress in his/her yoga practise (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 Chandra asana, Parivritta Trikona asana, Chaturanga Danda asana, Shirsha asana, Sarvanga asana, Paschimottanasana, Urdhva Dhanur asana, Ardha Matsyandra 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:*

(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.

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

1. Ardha Chandra asana
2. Parivritta Trikona asana
3. Pashva Uttana asana
4. Uttana asana
5. Chaturanga Danda asana
6. Urdhva Mukha Shvan asana
7. Matsya asana
8. Janu Shirsha asana
9. Upavista Kona asana (holding big toes, head up)
10. Ardha Nav asana
11. Paripoorna Nav asana
12. Paschimottana asana
13. Mrichi asana III

14. Ardha Matsyendra asana I
15. Salambha Shirsha asana (3 minutes)
16. Urdhva Dhanur asana
17. Salambha Sarvanga asana I
18. Hala asana
19. Setu Bandha Sarvanga asana

**Reference Books:**

1. Yoga for Children: by Rajiv & Swati Chanchani - U.B.S.P.D.
2. Light on Yoga: Yogacharya B.K.S. Iyengar - Harper Collins, India
3. For Yoga and Health use the Class IX and X Biology Book
4. Sages of India
5. 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.