CBSE/DIR(ACAD)/2020 **June 16, 2020**

Circular No. Acad-41/2020

All the heads of Schools affiliated to CBSE

Subject: Observing International Day of Yoga (IDY) on 21.06.2020 – reg.

As you are aware, the International Day of Yoga (IDY) is scheduled on 21st June 2020. In the wake of COVID-19 pandemic, this year it will be observed virtually. Following online events are being organized to celebrate the IDY 2020:

I. ONLINE QUIZ COMPETITION ON YOGA

1. NCERT is organizing an **Online National Quiz Competition on Yoga** on the theme **'Yoga for Health and Harmony'**.
2. The Quiz will be open for one month, starting from **21st June 2020 and will close on 20th July midnight, 2020**. This online quiz competition will provide flexibility to students to respond at their own convenience however within a given period of time.
3. Students of classes VI to XII are eligible to participate in this online quiz competition.
4. The Quiz will be based on the syllabus of NCERT developed for yoga for upper primary and secondary stages.

The complete guidelines about the Quiz are enclosed for ready reference.

II. 'MY LIFE MY YOGA' VIDEO BLOGGING COMPETITION

1. An online competition for posting 3 minutes videos on yoga poses is being organized on My Gov. platform by Ministry of AYUSH. The last date for submission of entries is 11.50 PM IST on June 21,2020.

The complete guidelines for this competition are also enclosed.

Schools are requested to encourage students to participate in the above mentioned online competitions and post videos/photos of online Yoga classes of children doing Yoga (if organized by school) on social media and also on the ***ASAR App (Affiliated Schools Activity Report)*** available on Playstore for Andriod Phones.

(Dr. Joseph Emmanuel)
Director (Academics)

Encl.: As stated above

"शिक्षा सदन", 17, राऊज़ एवेन्यू, नई दिल्ली – 110 002
"Shiksha Sadan", 17, Rouse Avenue, New Delhi – 110 002
वेबसाइट/Website : www.cbseacademic.in

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309
3. The Secretary School Education, Special Project Director-SSA /Directorate of Education/Director (SCERT) – Govt. of NCT of Delhi.
4. The Secretary School Education, Special Project Director-SSA /Directorate of Education /Director SCERT – UT Chandigarh.
5. The Secretary School Education, Special Project Director-SSA / Director of Education/Director (SCERT), Govt. of Sikkim, Gangtok.
6. The Secretary School Education, Special Project Director-SSA / Director of Education/Director (SCERT), Govt. of Arunachal Pradesh, Itanagar.
7. The Secretary School Education, Special Project Director-SSA / Director of Education/Director (SCERT), Govt. of A&N Islands, Port Blair.
8. Director Schools, IAF Educational Cultural Society Air Headquarters (RKP) West Block-VI, R. K. Puram New Delhi – 110066
9. The Principal Director, Director of Naval Education (Navy Education Society) H.Q. MOD (NAVY) West Block-V, II Floor, R.K. Puram New Delhi – 110066
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Heads/ In-Charges, COEs of the Board with request to disseminate the information
15. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. The Head Public Relations Unit, CBSE
18. EO to Chairman, CBSE
19. SPS to Secretary, Director (IT), Director (Academics), Controller of Examinations, Director (SE&T) and Director (PE), CBSE

Director (Academics)

"शिक्षा सदन", 17, राऊज़ एवेन्यू, नई दिल्ली – 110 002
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वेबसाइट/Website : www.cbseacademic.in

Government of India
Ministry of AYUSH

"My Life My Yoga" Video Blogging Competition

Rules and Guidelines for Contestants

1. Entry Guidelines:

1.1 All entries must be in digital video.
1.2 Each entry must focus on the theme "My Life My Yoga" or "Jeevan Yoga"
1.3 Participant videos must be entered using any one of the ways explained in 1.4 to 1.8 in order to be eligible for prizes and rewards.

1.4 **MyLifeMyYoga2020 contest page entry guidelines *(NEW)***

i. Visit the dedicated contest page at: https://www.mylifemyyoga2020.com/home
ii. Fill in your details as per the form provided
iii. Upload video directly or provide link to your video uploaded on Facebook or YouTube. Please ensure the video is public and downloadable.
iv. Accept the terms and conditions and click submit.
v. Note down the participant code that will be displayed on successful submission.

1.5 **MyGov contest page entry guidelines *(NEW)***

i. Visit the dedicated contest page at: https://innovate.mygov.in/my-life-my-yoga/
ii. Fill in your details as per the form provided
iii. Provide link to your video uploaded on YouTube OR Facebook OR Instagram OR Twitter. Please ensure the video is public and downloadable.
iv. Go through the terms and conditions and click submit.

1.6 Facebook entry guidelines

i. Like and follow Ministry of AYUSH page (https://www.facebook.com/moayush/) on Facebook
ii. The contestant may opt for either of the following two:

a) Upload the video on his/her Facebook page and tag Ministry of AYUSH (@ministryofayush) in the description, and also use the hashtag #MyLifeMyYoga<COUNTRY> and category hashtag as per table below Eg. #MyLifeMyYogaINDIA #FemaleAdult

Note: the post should be made public in order to participate in the contest;

OR

b) The contestant can post the video on Facebook page of Ministry of AYUSH (https://www.facebook.com/moayush/) with the hashtag #MyLifeMyYoga<COUNTRY> and category hashtag as per table below Eg. #MyLifeMyYogaINDIA #FemaleAdult

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iii. *Recommended:* Share the post with maximum number of people and get maximum number of likes on the video.

1.7 Instagram entry guidelines

i. Follow Ministry of AYUSH page on Instagram (https://www.instagram.com/ministryofayush/)
ii. Upload the video as an IGTV video page and make your Instagram profile public. Note: The Instagram profile should be public in order to participate in the contest
iii. Tag Ministry of AYUSH (@ministryofayush) in the description and use the hashtag #MyLifeMyYoga<COUNTRY> and category hashtag as per table below Eg. #MyLifeMyYogaINDIA #FemaleAdult
iv. *Recommended:* Share the post with maximum number of people and get maximum number of likes on the video.

1.8 Twitter entry guidelines

i. Follow Ministry of AYUSH page on Twitter (https://twitter.com/moayush)
ii. The participant will upload the video on his/her Twitter account.
Note: As per Twitter video guidelines, the video can't exceed 2:20 minutes. Therefor the contestant would need to ensure that both the yogic practice and the message of the video (as explained subsequently in this document) is properly captured in that duration.
iii. Tag Ministry of AYUSH (@moayush) in the description and use the hashtag hashtag #MyLifeMyYoga<COUNTRY> and category hashtag as per table below Eg. #MyLifeMyYogaINDIA #FemaleAdult
iv. *Recommended:* Share the post with maximum number of people

1.9 Category Hashtags

Female categories	**Category Hashtag**
Youth (below 18 years)	#FemaleYouth
Adult (18 years and above)	#FemaleAdult
Yoga professionals	#FemaleYogaProfessional
Male categories	**Category Hashtag**
Youth (below 18 years)	#MaleYouth
Adult (18 years and above)	#MaleAdult
Yoga professionals	#MaleYogaProfessional

1.10 Shortlisted candidates

i. Ministry may reach out to shortlisted candidates asking to provide clarifications related to award categories and demographic details, in case felt necessary. Do note ministry will not ask for any confidential information.
ii. Contestants are requested to monitor their respective social media profile for further instructions post entry till announcement of winners.

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2. Eligibility criteria:

All are welcome to participate in this contest. Use appropriate hashtags as per your country.

3. Competition timelines:

i. Video can be uploaded starting 31st May, 2020 2:00 PM IST onwards. Deadline for entries is 11:50 PM IST on June 21, 2020. In order to participate in this competition, all video submission as per the above-mentioned guidelines must be received by this deadline. Winners will be contacted by June 21st, 2020. Stay tuned on Yoga portal (https://yoga.ayush.gov.in/yoga/) for further details related to communication and receiving of awards.

ii. The Ministry of AYUSH / Indian Missions in different countries will reach out to the shortlisted contestants during the period up to June 20, 2020 for verification of any information, if required. The shortlisted entries will be announced and tagged on the respective social media platform where the video was uploaded.

4. Guidelines on video content:

i. Participants shall not disclose their personal identity within the video created (name, caste, country etc.).

ii. It is recommended that video should be made in landscape orientation.

iii. Participants are required to make a video on Yogic practices of duration not more than 3 minutes.

iv. The participant may judiciously include within this 3 minutes duration the video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra) and a short video message/ description on how the said Yogic practices influenced his/ her life.

5. Award Categories and Prizes:

i. The competition is proposed to be organized in six categories as below:

No.	male categories	No.	ale categories
1.	Youth (below 18 years)	4.	Youth (below 18 years)
2.	Adult (18 years and above)	5.	Adult (18 years and above)
3.	Yoga Professionals	6.	Yoga Professionals

ii. The winners will be announced within the aforementioned six categories. For the competition, Yoga Professional is defined as follows "A Yoga trainer/instructor certified by reputed yoga institutions in their country or certification agencies, or one who engages in teaching/ training/ instruction of Yoga as a profession or for a living. An individual with an undergraduate or postgraduate degree in yoga and or naturopathy from recognised universities or universities affiliated institutions will also be called a Yoga Professional for the purposes of this competition. The age group for Yoga Professional is 18 years or above of age at the time of submission of their entries".

iii. Any contestant who submits an entry in a category other than a "Yoga Professionals" category will be deemed to be giving an undertaking that he/ she is not a Yoga Professional.

Prizes will be announced in each of the aforementioned six categories:

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A. Country specific prizes

India

a) First Prize – Rs. 1,00,000
b) Second Prize – Rs. 50,000
c) Third Prize – Rs. 25,000

Other countries

To be determined and communicated by Indian Missions in respective countries..

B. Global Prize

a. First Prize – $2500
b. Second Prize – $1500
c. Third Prize – $1000

iv. Stay tuned on Yoga portal (https://yoga.ayush.gov.in/yoga/) and the social media pages of the Ministry of AYUSH for further details related to communication and receiving of awards.

6. Judging process:

Judging will be carried out in two stages viz. shortlisting processes and final evaluation. Entries will be shortlisted based on the video guidelines by Screening Committee and winners will be selected from the short list by a Jury consisting of prominent Yoga experts.

7. Confidentiality:

Your personal information will be kept confidential. The announcements will reveal only the identities of the winners of the competition, with information such as name, age gender, category of award and city. Consent of participants for use of their videos by the Ministry of AYUSH for any promotional activities in future, is inherent and included in their act of submission of their entries in this competition.

8. Other terms and conditions:

i. The videos uploaded should strictly conform to these guidelines.
ii. Visuals/ words which are erroneous and misleading, and which may provoke communal, obscurantist, anti-scientific and anti-national attitudes will make the entry liable to be disqualified.
iii. The person/ persons in the video should be adequately clothed.
iv. The display of obscene acts and exposures that deem to be indecent will be disqualified
v. An Applicant will be disqualified from the competition if it is found that he/ she is trying to influence any member of the jury by way of writing letters, sending emails, making telephone calls, approaching in person or any other similar activity in this regard.
vi. Any applicant found to give a false declaration of age is bound to be disqualified.
vii. The decisions of the Screening Committee and the Jury shall be final and binding on all participants. The Jury may seek clarifications on any aspect (including age) of an entry from the participant, and if the same is not furnished within the given time, the entry could be disqualified.
viii. Relatives of employees working in ministry of AYUSH and its Autonomous Bodies will not be considered for the prize.

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ix. Videos provided by the Applicant will be deemed confidential and only used for competition or any other promotional purposes by Ministry of AYUSH. **Applicants may understand that their consent for use of their videos by the Ministry of AYUSH for any promotional activities in future, is inherent and included in their act of submission of their entries to this competition.**

x. Participants below 18 years of age may get the login ID created by the parents and also obtain the consent of their parents to participate in this category.

xi. Any legal disputes arising out of the competition will be settled in courts of Delhi.

xii. **Applicants who are shortlisted would be required to furnish additional information without which they may not be considered for next round of evaluation.**

xiii. While furnishing information related to shortlisted entries as sought for by the Ministry of AYUSH/ concerned Indian Missions in other countries, the applicant should ensure that complete postal address, e-mail address, telephone number, mobile phone number and fax number (if any) are duly provided.

xiv. The cost of making the video is to be borne by the applicant and NO reimbursement for the same will be given by the Ministry of AYUSH

xv. Participants submitting the videos for the competition are solely responsible for copyright regulations, if any. **Their undertaking that the videos don't infringe on any copyrights or intellectual property rights is inherent and included in their act of submission of their entries to this competition.**

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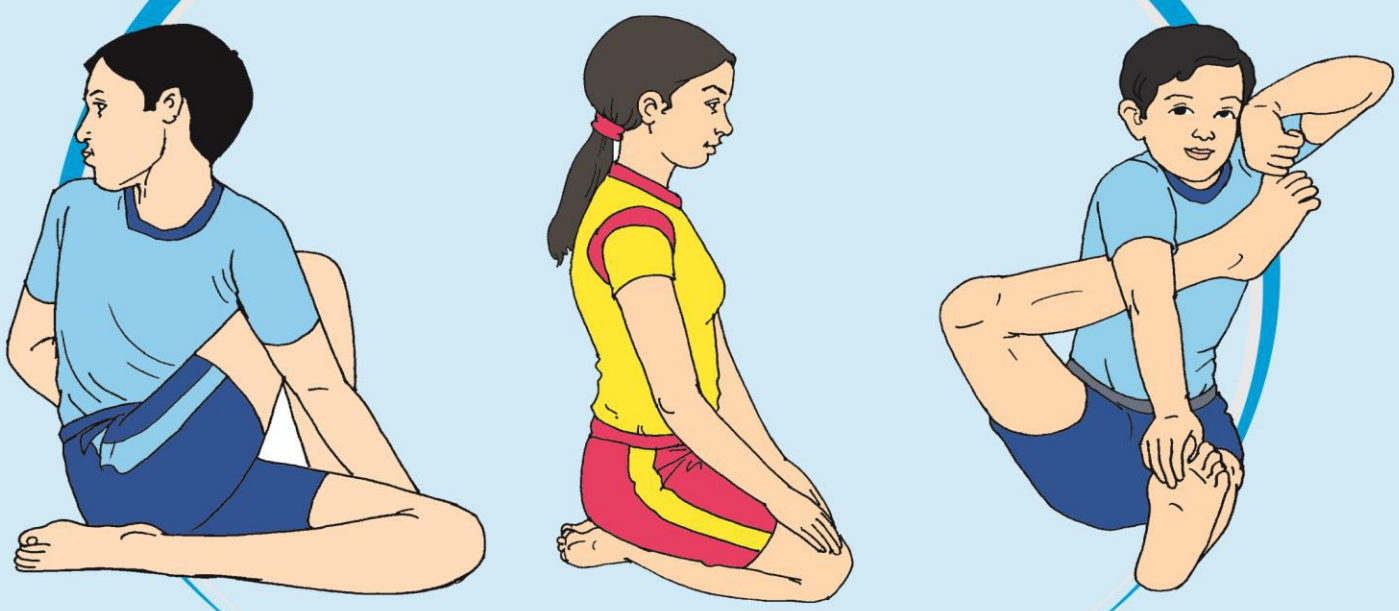
National Online Yoga Quiz Competition

Scheme and General Guidelines



विद्यया ऽमृतमश्नुते

एन सी ई आर टी
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

Ministry of Health & Family Welfare
Government of India

Help us to help you

NOVEL CORONAVIRUS (COVID-19)

Protective measures against Coronavirus

A distance of at least 1 meter is necessary to ensure safety for all

- Wash your hands with soap and water regularly
- If soap and water is not available, use hand sanitizer with at least 60% alcohol
- Wash hands before touching eyes, nose and mouth
- Throw used tissues into closed bins immediately after use
- Cover your nose and mouth with handkerchief/tissue while sneezing and coughing
- Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number or 24x7 helpline numbers of Ministry of Health and Family Welfare, Government of India and follow the instructions.

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1075 (Toll Free) | 011-23978046

Email to: ncov2019@gov.in , ncov2019@gmail.com

mohfw.gov.in | @MoHFWIndia | @MoHFW_INDIA | mohfwindia

Online Yoga Quiz Competition: Guidelines

1. Introduction

The aim of yoga is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. It helps in the development of strength, stamina, endurance and high energy at physical and mental levels. Yoga has been integrated as an essential component of Health and Physical Education. NCERT has already developed textual material on Yoga for Upper Primary and Secondary stage titled "Yoga-A Healthy Way of Living" for Upper Primary and "Yoga-A Healthy Way of Living" for Secondary stage. Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) is taking multi-dimensional initiative to promote Yoga in curriculum and transaction in schools. Ministry of Human Resource Development through NCERT took an initiative to by conceptualizing 'Yoga Olympiad as a venture with the objective to promote the awareness of yoga and to build up a network of yoga students, teachers and Yoga practitioners from schools to the national level and to spread the message of yoga as a science for holistic living. With this idea, this new initiative named as "**Yoga Olympiad**" was organized from 2016 onward as a prelude to the *International Yoga Day* which is on 21 June. A detailed scheme was developed and has already been circulated to all the states/UTs and other National agencies.

But due to corona virus (COVID 19), all schools are closed since March 2020, though the children are being guided by their teachers at home not only for subject specific online learning but also on yoga along with physical exercises based on the alternative calendars developed by NCERT which is being implemented at State/UT level. These days, as there is much focus on health and well-being of children, it is expected that they are not only getting awareness but also doing yogic practices at their homes. Therefore, in view of this, it is proposed to organize online National Quiz Competition on Yoga. Quiz Competition has been a very popular activity both within and outside educational institutions. It enables students and other participants to gather varied information on the selected theme or topic and understand the implications of different aspects of the concerned areas. It provides opportunities to get exposed to various dimensions of that area and encourage them to acquire authentic knowledge about it. This online quiz competition will also provide flexibility to students to respond at their own convenience however within a given period of time. This will also create a motivated environment for students, in which learning takes place in a very involved manner.

2. Theme of Online Yoga Quiz Competition

It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony, therefore **Online Quiz on** Yoga has been planned. The theme for the Quiz will be **Yoga for Health and Harmony.**

3. Objectives of Online Quiz Competition On Yoga

- To create awareness regarding yogic practices among students and to motivate them to collect comprehensive information from authentic sources on related issues**.**
- To develop understanding of yogic practices and motivate them to apply this understanding accordingly in one's life and living.
- To motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in children through yogic practices.
- To develop humane values in children.

4. Yogic Practices to be covered in Online Yoga Quiz Competition

The Following dimensions of Yoga are embedded into 'Yoga Quiz

- Yama and Niymaa
- Shatkarma/Kriya (Cleansing Process)
- Asanas
- Pranayama
- Meditation
- Bandha and Mudra

4.1. Yama and Niymaa

Yama (Restraint) and Niyama (Observance) Yama and Niyama are principles which need to be adopted always in our day-to-day life regardless of time and place. These can be considered as the universal code of conduct that help in following high standards in personal and social life. Principles of yama are concerned with one's social life; while the principles of niyama are concerned with one's personal life. Yama and niyama are part of Ashtanga yoga.

The five principles of yama are: Ahimsa (non-violence), Satya (truthfulness); Asteya (non-stealing); Brahmcharya (abstinence) and Aparigraha (non-collectiveness).

The five principles of niyama are: Shaucha (purity/cleanliness); Santosha (satisfaction); Tapas (austerity); Swadhyaya (study of good literature and knowing about the 'self')

4.2 Shatkarma/Kriya (Cleansing Process)

Shatkarma means six *karmas* or *kriyas*. The *karma*/*kriya* means 'action'. *Shatkarma* consists purificatory processes which cleanse the specific organs of the body by detoxifying them. The purification helps to keep the body and mind healthy.

There are six cleansing processes described in hatha yogic texts. These are *Neti*, *Dhauti*, *Basti*, *Trataka*, *Nauli*and *Kapalabhati*. These are used to clean the internal organs or systems by using water, air or manipulation of certain organs of the body. In this Online Quiz, *Trataka*, kapalabhati & Agnisara will be included.

4.3 Asanas

The term *asana* means sitting, standing and lying down in a particular posture, which is comfortable and which could be maintained steadily for long time. *Asana* gives stability and comfort, both at physical and mental levels.

4.4 Pranayama

Pranayama consists of the breathing techniques which are related to the control of breath or respiratory process. *Pranayama* popularly known as 'yogic breathing', involves a conscious manipulation of our breathing pattern.

The health of the respiratory system depends upon the quality as well as the quantity of air inhaled by the person. It also depend on the rhythm and completeness of the breathing. Through *pranayama*, a practitioner advantageously works with her/his respiratory, cardiovascular and the nervous system which bring about emotional stability and peace of mind.

4.5 Dhyana (Meditation) (Not for evaluation)

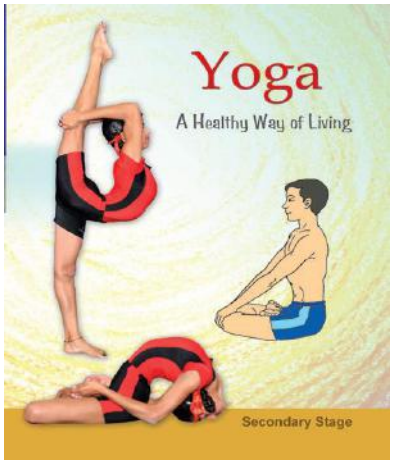
Meditation is a practice which helps in concentration of the body and mind. In meditation, concentration is focused for a long time on a single object like tip of the nose, space between eyebrows, etc. It develops a sense of well-being and improves memory and decision making power in the person.

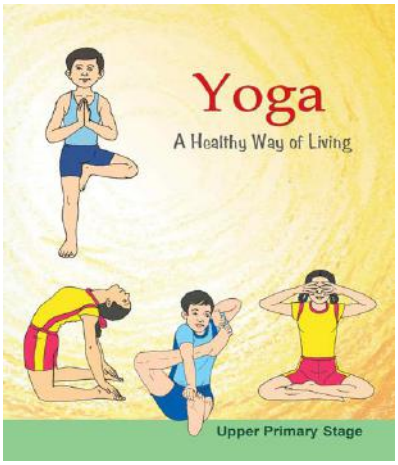
4.6 Bandha and Mudra (Only for Secondary level)

*Bandha*and *Mudra* are the practices involving manipulation of certain semi-voluntary and involuntary muscles in the body. These practices bring about voluntary control and tone up the internal organs.

5. Syllabus

NCERT has developed a syllabus for Upper Primary Stage and Secondary Stage. NCERT has also developed textbooks for Upper Primary and Secondary Stages titled "Yoga: A Healthy Way of Living". These books are available in Hindi, Urdu and English. These books are also available on e-pathshala and on NCERT website. The Quiz will be based on the syllabus of *NCERT* developed for yoga.





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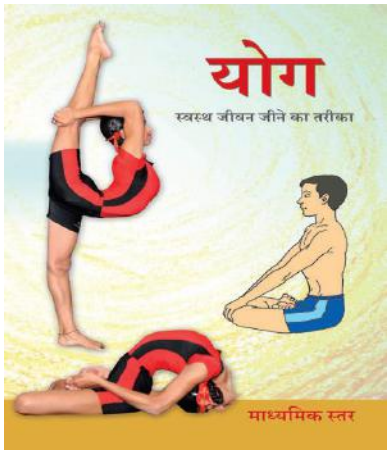

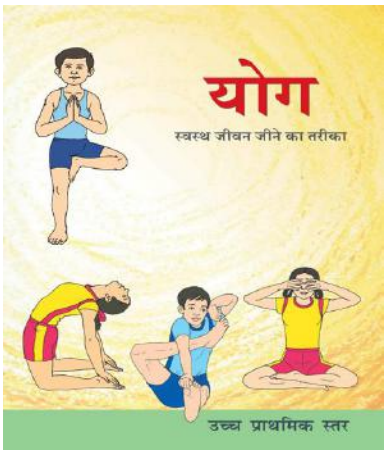

6. School Participating

Children from class VIth to XIIth of all management types of schools as given below are eligible to participate.

- Govt. School
- Govt. Aided School
- Central Board of Secondary Education
- KendriyaVidyalaya Sangathan
- NavodayaVidyalaya Samiti
- CBSE affiliated schools
- Council for the Indian School Certificate Examinations (CISCE)
- Private School affiliate to other boards
- Demonstration Multipurpose School at RIEs

Yoga Online Quiz promotes active participation of students with special needs. Parents, teachers and schools/authorities may also ensure that students with special needs have active participation in Yoga Online Quiz competition..

7. Language

Questions will be available in two languages -Hindi or English. Child can opt any of the language.

8. Awards for Yoga Online Quiz

The top 100 children from Class VI-VIII and 100 Children from Class IX-XII will get Merit certificates belonging to each system as given below:-

- Govt. School
- Govt. Aided School
- Central Board of Secondary Education
- Kendriya Vidyalaya Sangathan
- Navodaya Vidyalaya Samiti
- CBSE affiliated schools
- Council for the Indian School Certificate Examinations (CISCE)
- Private School affiliate to other boards
- Demonstration Multipurpose School at RIEs

9. Process of Online Quiz.

- Each question in the Quiz will be in the Multiple Choice Format and with only one correct answer.

- Each Question carries 1 mark. Students are required to attempt as many questions in 20 minutes.
- The Quiz questions are prepared in both Hindi and English. You may select one medium for answering.
- You are allowed to attempt the Quiz only once and only one option will be accepted for a question. However, you may revise your answer before final submission within 20 minutes duration.
- After responding to a question, click on the "Next Question" button to go to the next question.
- No negative marking will be done.
- After attempting questions, final submission should be clicked. No changes can be made after the final submission.
- For logging into quiz, the participants have to register on DIKSHA portal to take part in the quiz. In details, please provide information like your name, class, date of birth, gender, mobile number (yours parents/guardian) and school name.
- For learners with visual impairment there is a text to speech option in both the medium i.e English and Hindi
- Answer keys will be published after the closure of the Quiz

10. Time Schedule of Organization of Online Yoga Quiz

- The quiz will be open for one month, starting on 21st June 2020 and will close on 20 July midnight, 2020.

Note: *Decision of NCERT, New Delhi will be final in all Quiz related matters.*

Syllabus For Yoga

Upper Primary Stage

Class VI

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Health	How yoga is suitable for me and why should we do asanas and pranayamas	Benefits of yoga Practices	Textbook, other materials, diaries, charts, video clips, etc.	• Surya Namaskara **Asanas** • Tadasana • Vrikshasana • Utkatasana • Vajrasana • Swastikasana • Ardhapadmasana • Niralamba • Bhujangasana • Ardha-shalabhasana • Makarasana • Uttanapadasana • Pawanmuktasana • Shavasana **Breathing with Awareness** • Trataka **Meditation**

Class VII

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Physical Fitness	How flexibility and physical fitness can be achieved through yogic practices	What is flexibility? Various yogic practices to enhance flexibilty	Textbook, other materials, diaries, charts, video clips, etc.	**What is flexibility?** Yogic Practices to Enhance Flexibility • Surya Namaskara **Asanas** • Tadasana • Hastottanasana • Trikonasana • Katicnakrasana • Padmasana • Yogamudrasana

				• Paschimottanasana • Dhanurasana • Makarasana • Supta Vajrasana • Chakrasana • Ardhahalasana • Shavasana **Kriya** • kapalabhati **pranayamas** • Anuloma-viloma • Bhastriak **Meditation**

Class VIII

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Concentration	How yogic practices help in developing concentration and harmony	Benefits of yogic practices for developing concentration and harmony	Textbook, other materials, diaries, charts, video clips, etc.	Yogic practices for health and Harmony **Asanas** • Grudasana • Baddhapadmasana • Gomukhasana • Ardhamatsyendrasana • Bhujangasana • Shalabhasana • Makarasana • Matsyasana • Naukasana • Setubandhasana • Halasana • Shavasana **Kriya** • Agnisara **Pranayamas** • Anuloma-viloma • Seetkari • Bhramari **Meditation**

Upper Primary Stage

Class IX

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Unit 1 Introduction	Why Yoga is important	What is Yoga, importance of yoga and Guidelines for Yogic Practices	Charts, Posters, Various Visual Aids	Discussion
Unit 2 Personality Development through Yoga	1. Role of Yoga in all-round Development 2. How can we improve flexibility and Strength through Yogic Practices	Yoga and personality development Personality: • Physical • Mental • Intellectual • Emotional • social Yogic practices for personality development Meditation • Introspection • Meditation/ introspection Or self-observation Meditation Yognidra, etc.	Playground, Halls, Classrooms, Charts, Posters, Various Visual Aids, Discussion	**Surya Namaskar** **Asanas** • Tadasana • Katichakrasana • Simhasana • Mandukasana • Uttana mandukasana • Kukkutasana • Akarna Dhanurasana • Matsyasana • Bhujangasana • Shalabhasana • Dhanurasana • Sarvangasana • Halasana • Shavasana **Kriyas** • Kapalabhati • Agnisara **Pranayamas** • Anuloma-viloma • Bhastrika **Bandna** • Uddiyana **Meditation** • Bhastrika • Introspection

Class X

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Stress Management	Do we feel stressed?	Stress Factors inducing stress. Yogic Life Style Role of Yoga in Stress Management	Photographs, posters of yogic practices, Audio-Visual Aids	Demonstarion and performing of various Yogic Practices: **Yoga for stress Management** • Hastottanasana • Padhastasana • Trikonasana • Shashankasana • Ushtrasana • Ardhamatsyendrasana • Bhujangasana • Shalabhasana • Sharvangasana • Matsyasana • Makarasana • Shavasana • Kapalabhati • Anuloma-viloma **Pranayama** • Bhramari Pranayama • Bhastrika Pranayama • Meditation **Yoga for Healthy Living** • Shirshasana • Bakasana • Mayurasana (for boys) • Hamshasana (for girls) • Uttana kurmasana (for boys)