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UNIT 5 Yoga

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Welcome to the world of Yoga for holistic health and well-being. In this unit, let us explore the ancient art and science of Yoga – a practice that originated in India and endured for thousands of years. Passed down through generations in India, it is now enjoyed by people all around the world.

Yoga is a journey of self-discovery to keep our body strong and mind calm. We will delve into the rich practices of Yoga, exploring its history, philosophy and practical applications. From the fundamental principles of healthy living to the intricacies of different *yogic* practices, each section offers valuable insights and practical activities or steps to enhance your understanding and practice of Yoga.

It is a common misconception that Yoga is simply a form of physical exercise involving complex breathing techniques, twists, turns and stretches. In its true sense, Yoga is a profound science that can unfold the infinite potentials of the human mind and soul.

Whether you are a beginner seeking to embark on your Yogic journey or a practitioner looking to deepen your knowledge, this unit serves as a comprehensive resource to support your exploration and growth in the realm of Yoga. Let us embark on this transformative journey, unlocking the secrets of Yoga and discovering the boundless capabilities that lie within each of us.

This unit begins with an introduction to Yoga before delving into a deeper understanding of *Yama* (social discipline) and *Niyama* (personal discipline) and their applications in daily life, *Sūkshṣma Vyāyāma* (joint movements), *Śithalīkaraṇa vyāyāma* (loosening exercises), *Prānāyāma* (breathing practices), *Āsanas* (postures), *Pratyāhāra* (mastery over senses), relaxation, *Dhārana* (concentration), *Dhyāna* (meditation) and *Krīḍā* Yoga (Yoga games).

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Yoga Session Structure

Start each Yoga session with a prayer given below. It is about the sacred bond between a student and the teacher. Both pray together to illuminate their paths with divine protection and nourishment with wisdom. They wish for peace everywhere and for everyone.

Opening Prayer	
ॐ सह नाववतु। सह नौ भुनक्तु। सह वीर्यं करवाव है। तेजस्वि नावधीतमस्तु मा विद्विषाव है। ॐ शान्तिः शान्तिः शान्तिः ॥	Om Saha Nāvavatu | Saha Nau Bhunaktu | Saha Viryam Karavāva hai | Tejasvi- Nāvadhitamastu Mā Vidvisāva hai | Om Śāntih Śāntih Śāntih ||

Meaning of the Prayer

May we both (*Guru* and *Śiśya*) be protected. May we both be nourished. May we practise with great vigour and energy. Let our studies be fruitful and enlightening. May we not hate each other.

After opening prayer, conduct the activities as per the session plan. It includes *yogic* practices like *Yama* and *Niyama*, *Sūkshṣma Vyāyāma*, *Śithalīkarana Vyāyāma*, *Āsanas* (Postures), *Prānāyāma*, *Pratyāhāra*, Relaxation, *Dhārana*, *Dhyāna* and *Krīḍā* Yoga.

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End each Yoga session with a prayer given below. Closing prayer helps the students to assimilate the knowledge and reinforce the day with positively and happiness.

Closing Prayer	
ॐ सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु । मा कश्चित् दुःख भाग्भवेत् ॥ ॐ शान्तिः शान्तिः शान्तिः॥	Om Sarve Bhavantu Sukhinah Sarve Santu Nirāmayāh | Sarve Bhadrāni Paśyantu Mā Kaśhcidduhkhabhagbhāvet | Om Śāntih Śāntih Śāntih ||

Meaning of the Prayer

May all be happy. May all be free from illness. May all see what is auspicious. May no one suffer. Let there be peace everywhere.

General instruction to begin and end a Yoga session:

- Sit in a comfortable *Sukhāsana* posture.
- Keep the back straight, eyes closed and face relaxed.
- Place your hands in *Cin Mudra* and become aware of your breath.
- Observe your breathing for a few seconds and then take a deep breath. As you exhale, chant, "*Om*".
- Gently place your hands in *Namaskāra Mudra* and chant the prayer.
- Observe how you feel after the chanting.
- Gently rub the palms of your hands, cup them and place them on your eyes.

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Chapter 1

Yoga for Daily Life

As students, you have busy schedules filled with classes, activities, projects and homework. Yoga can help you manage these activities by keeping your mind clear and focused. It can also improve physical health, making it easier to participate in sports and other activities. By incorporating Yoga into your daily routine, you will find it easier to stay calm and energised throughout the day.

Yoga helps you to focus and be more aware of your thoughts and feelings. It helps you get stronger and more flexible. It can improve your concentration, so you might find it easier to pay attention in class or while doing homework. Yoga can help you relax by helping you let go of your worries, especially if you are feeling stressed about school or other things. Overall, doing Yoga can make you feel happier and more at ease. Even a few minutes of Yoga each day can make a big difference. It's a great way to take care of your body and mind.

History of Yoga

Yoga's roots can be traced back to the *Vedās*, the oldest sacred texts of India. During this time, people practised Yoga to connect with nature and the divine. Each chapter of the *Bhagavad Gīta*, part of the epic *Mahabharata*, is named after different types of Yoga, including *Karma* Yoga (Yoga of action), *Bhakti* Yoga (Yoga of devotion), *Jnana* Yoga (Yoga of wisdom) and *Raja* Yoga (Yoga of willpower).

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More than 2,000 years ago, *Mahārṣi Patanjali* compiled the practices of Yoga in 196 Yoga *Sutras*. These *sutras* describe a step-by-step path to achieve the highest state of bliss (*Samādhi*) through systematic practices defined as the eight limbs or aspects, called *Ashtāṅga* Yoga. We will learn more about *Ashtāṅga* Yoga later in this chapter.

Yoga continued to evolve with new practices and ideas. *Hatha* Yoga, which deals with the practical aspects of Yoga, was developed around 1,500 years ago.

In the 19th and 20th centuries, Yoga masters like Swami Vivekananda, Paramahamsa Yogananda, Sage Aurobindo and B.K.S. Iyengar brought Yoga to the rest of the world. Today, Yoga is practised globally; the International Day of Yoga is celebrated on 21st June in more than 190 countries.

What is Yoga?

Ancient Indians had discovered that practising Yoga, can lead one to good health and well-being. Yoga can be defined as the science of healthy and happy living. It helps us to be peaceful and efficient in our work, study and other activities and move towards the full realisation of our potential.

The term Yoga is derived from the Sanskrit word "*yuj*" which means "to unite or integrate". It signifies the union of the body, mind and inner self. Yoga is about bringing different parts of yourself to create balance, harmony and a sense of oneness – both within and with the world around you. It also helps make the mind still, quiet and free from all distractions.

Yoga involves systematic efforts, not haphazard actions. Efforts become fruitful only through disciplined actions.

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Let's explore the eight aspects of *Ashtāṅga* Yoga, which consists of the systematic processes formulated by Mahārṣi Patanjali.

These eight aspects are explained below:

1. Yama
(Social Discipline)

2. *Niyama*
(Personal Discipline)

3. *Āsana*
(Posture)

4. *Prānāyāma*
(Mastery over Breath)

5. *Pratyāhāra*
(Mastery over Senses)

6. *Dhārana*
(Concentration)

7. *Dhyāna*
(Contemplation)

8. *Samādhi*
(Blissful Experience)

1. *Yama* (Social Discipline and Ethics): These are guidelines about how to behave towards others, such as being kind and honest.
2. *Niyama* (Personal Discipline): These are guidelines about how to take care of yourself, like keeping clean and being content.
3. *Āsana* (Posture): Performing Yoga postures daily to make our body strong and flexible.
4. *Prānāyāma* (Mastery over Breath or Breath control): This is about controlling the breath. You learn to take deep, calm breaths to ease the body and mind.

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5. *Pratyāhāra* (Mastery over the Senses – taste, touch, smell, sight and hearing): This aspect involves turning your attention inward, focusing on yourself and not getting distracted by external elements.
6. *Dhārana* (Concentration): It means keeping the mind steady and practising single-pointed awareness.
7. *Dhyāna* (Meditation): *Dhyāna* means deep contemplation or meditation.
8. *Samādhi* (State of Bliss): This is a state of profound peace and happiness that comes from practising all the other steps. This is the ultimate goal of Yoga, where you feel completely happy and at peace.

Yoga is a lifelong journey. We have to practice it every day.

Let us start our journey with the first two steps – *Yama* and *Niyama*.

Yama

There are five important guidelines for living happily with others according to *Ashtāṅga* Yoga; these social disciplines are called *Yama*. *Yama* forms the first limb of *Ashtāṅga* Yoga. Let's find out more about these five *Yamas*.

1. *Ahimsa* means being kind and not hurting any living being, including plants and animals.
2. *Satya* refers to always telling the truth and being honest.
3. *Asteya* teaches you to not take things that do not belong to you.
4. *Brahmacharya* is about using your energy wisely and having self-control.

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5. *Aparigraha* means not being greedy and being happy with what you have. (We will explore *Aparigraha* in detail later in this chapter).

Activity

Identify the most appropriate *Yama* for the examples given below:

1. Treat your pet dog gently, play with him and never hit or scare him. .....
2. If you break something at home and your mother enquires about it, you tell the truth and not hide it. .....
3. You feel a strong urge to play video games, but you also know that you have to finish your science project. You control the urge to play a video game and complete the project. .....
4. During a group discussion in the class, you are tempted to share an idea of your friend as your idea, but then you decide not to steal it. .....
5. You like a dress at a shop and the elders with you ask if you want to buy it. Thinking of all the clothes you have at home, you decide not to get one more dress because you do not need it now. .....

Aparigraha

Aparigraha is about letting go of wanting more and more and being grateful for what you already have. It helps you to live a simple life and to be generous with others.

Let us learn about *Aparigraha* through an inspiring story of Lal Bahadur Shastri, who served as the second prime minister of India.

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Simple living and great thinking

Once when Lal Bahadur Shastri was the Prime Minister of India, he went to a fabric shop to buy a saree for his wife. The shop's owner showed him some lovely sarees, but when Shastri asked for the price, he found them to be too expensive. He asked the shop to see less expensive sarees but still found them too costly.

The shop owner was very surprised. He said, "Shastri ji, you don't need to worry about the price. You are the Prime Minister of India! It would be my honour to give you these sarees as a gift."

Shastri smiled and said, "I appreciate your kindness, but I cannot accept gifts just because I am the prime minister. I will only buy a saree that fits my budget." Shastri was content with

Note for the Teacher

- Help students in identifying role models from their locality and help them create questionnaires for the interview.
- Discuss with the students their needs and wants and how to avoid greed to remain peaceful and happy.

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whatever he could afford and not think of possessing beyond the need.

Aparigraha is to be humble and to be content with what we have. Let us become like Lal Bahadur Shastri by not being greedy and possess things beyond our needs.

Activity

- Identify a person in your family or neighborhood who is leading a simple life.
- Ask them why they chose to live a simple lifestyle and what experiences they have had as a result of their decision.
- Tell your class about your discussion with the person and listen to their experiences as well.

Activity

- Ask students to bring a fairly new small item, which they like but don't use often (a book, a toy, etc).
- Sit in a circle and let each student talk about the item they have brought.
- Encourage them to give away the item to one of their friends or to the needy.
- Children will experience the joy of giving and practice of letting go of possessions.

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Niyama

The second aspect of *Ashṭāṅga* Yoga is *Niyama*, which consists of five important guidelines or habits for personal discipline.

Let us find out more about these five *Niyamas*.

1. *Śauca* means keeping our body, mind and surroundings clean. It is about hygiene and purity of mind and body.

2. *Santosha* deals with being happy and content with what we have and not being greedy.
3. *Tapas* means having self-discipline and determination to achieve our goals, even if they are difficult.
4. *Svādhyāya* refers to self-study and improving our knowledge.
5. *Īśvara Pranidhāna* talks about trusting in something bigger than yourself.

Activity

Identify the most appropriate *Niyama* from the examples given below:

1. Set a personal goal for a week, such as completing a project, exercising every day, or helping at home. Track your progress with each goal. .....
2. Read good books every day or writing a reflective diary. .....
3. Clean up and decorate the classroom. .....
4. Show gratitude. .....
5. Do your best and trust that things will work out as they should. .....

Let us explore *Tapas* through an inspiring story.

Tapas

Tapas, one of the five *Niyamas*, means self-discipline, determination and perseverance.

Imagine you have a big test coming up and instead of waiting until the last minute, you decide to study a little bit each day. This steady and consistent effort is called *Tapas*.

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It's like training for a sports event, practising an instrument, or helping with chores at home — doing things regularly, even when you don't feel like it. *Tapas* teaches that hard work and dedication can help us to achieve our goals and improve ourselves. By practising *Tapas*, we learn the importance of commitment and how small consistent actions can lead to big results.

Tapas in our life:

Dedication towards studies, self-discipline, regular exercise for good health, always eating nutritious food, keeping things clean, always speaking the truth, daily practice of Yoga, etc.

We see many great people around us, their success is inspiring us to set high goals in our lives. Have you heard about the *Tapas* of these great people? Let us read the inspiring story of Malli Mastan Babu-India's mountain man to understand the power of *Tapas*.

Malli Mastan Babu's Determination

Malli Mastan Babu was born in a small village in Andhra Pradesh and his father was a farmer. A bright student and eager to learn about new things, Babu studied very hard and went to some of the best schools in India. He got degrees in engineering and management.

During the course of his studies, Babu developed a keen interest in mountaineering. Inspired by the challenge and beauty of the mountains, he decided to pursue this passion alongside his professional career. He trained hard, learning everything about climbing. He practiced yoga to build physical strength, flexibility and stay mentally focused, all of which helped in his challenging climbs. His dedication to physical fitness, including yoga, was a significant part of his success in achieving numerous expeditions.

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His approach to mountaineering was driven by an unwavering passion and dedication. He believed in pushing his limits and embraced the challenges that came with high-altitude climbing. Through his climbs, he aimed to inspire others to follow their dreams and overcome obstacles, no matter how difficult they might seem.

Babu, whenever on expedition, would plan every last detail. He would start early in the day, carry his own load and walk at a steady clip throughout the day. During his expedition he used to pitch his own tent, cook his own food and fine-tune the next day's plan with his guide.

Babu's record-breaking achievement was that he completed climbing seven highest peaks in seven continents in 172 days. With this, Babu set a new benchmark of physical and mental endurance and excellence. He became the first Indian and South Asian to achieve this record, earning him international recognition and admiration.

Even though he is no longer with us, his story is one of extraordinary courage, determination and passion. His life reminds us to dream big, work hard and always do our best. He remains an enduring inspiration to those who dare to push their boundaries and reach for the skies.

Activity

- Narrate a story of your role model in the class.
- Discuss the common themes in all the stories told.
- Think and discuss why it is important to have goal in life.
- Write about a time when they worked hard to achieve something. What did they learn from the experience and how did they feel after achieving the goal?

Note for the Teacher

- Discuss with the students how great achievers like scientists, administrators, national awardees, athletes, etc., could reach their goals with determination and consistent effort.

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Activity

1. Setting Goals: Each student writes down one goal they want to achieve, such as reading for 20 minutes every day, practising a sport, or helping with chores.
2. Plan: Write down the steps to achieve this goal.
3. Tracking Progress: Make a simple chart to track daily progress.
4. Reflection: At the end of the week, discuss what you have learned about self-discipline and how it felt to work towards achieving the goal.

Pratyāhāra

Pratyāhāra, the fifth aspect of *Ashtāṅga* Yoga, is all about learning to control your senses and focus your mind.

Imagine you are in a noisy room, but you need to concentrate on your homework. *Pratyāhāra* means to restrain or to withdraw, not to get disturbed by things that one sees, hears, smells, tastes or feels.

Pratyāhāra helps you ignore the noise and focus on what you're doing by tuning out distractions.

By practising this you learn to turn your attention inward, away from the things around you and become more aware of your thoughts and feelings.

We sense the world around us through five senses; to focus on the desired activity and avoid distractions, we need to master these senses by practices.

Let's look at some activities which will help us in turning senses inwards.

1. Quiet time: Find a comfortable place to sit quietly without any distractions (no TV, mobile phone, or loud noises). Close your eyes and focus on your breathing.

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2. Mindful eating: Turn off the TV and put away gadgets during meals. Focus on the taste, texture and smell of the food. Chew slowly and enjoy each bite.
3. Tune with nature: Go for a walk in a park or garden. Observe the sights, sounds and smells around you without getting lost in thoughts or using electronic devices.
4. Listening to music: Choose some soothing music, sit quietly and listen to the sounds without doing anything else.
5. Before going to bed: Spend a few minutes sitting quietly. Close your eyes gently and focus on your breath. Avoid using electronic devices at least 30 minutes before bedtime, instead try to read a book.

   These activities will help you to enhance your ability to focus, reduce stress and connect more deeply with yourselves and your surroundings.

Food plays a very important role in the development of our personality. Further, we should consume healthy food according to the season and in moderate quantity. So, it is necessary to develop healthy food habits as per *Ayurveda* (ancient Indian medical science).

Did You Know?

Healthy food habits as per *Ayurveda*.

Hitabhuk — Consume healthy and nourishing food.	*Mitabhuk* — Eat in moderate quantity.	*Ritabhuk* — Consume food according to the season.

ACTIVITY

1. Eat at least one homemade meal a day with your family.
2. While eating, ensure that you taste every little bite and every morsel.
3. Do not use electronic gadgets like your mobile phone and TV while eating.
4. Volunteer to serve food and water to your family members.

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Chapter 2

Preparing for Yogic Practices

Namaste Young *Yogis*!

Are you ready to embark on a journey with the *Yogic* practices?

In the previous chapter, you learnt about *Yama* and *Niyama*. Here let us explore *Āsanas*, *Prānāyāma*, *Pratyāhāra*. *Dhārana* and *Dhyāna*. We will also learn about some other aspects of Yoga, like *Krīḍā* Yoga in the following chapters, starting with preparatory practices.

Learn these practices under the guidance of your teacher in the school and master them by performing daily at home. Regular practice (*sadhana*) makes us strong, flexible and calm. It helps us feel peaceful and concentrate better on our homework, during play and in everything we do.

So, let's roll out our Yoga mats, take a deep breath and start this amazing adventure together!

Remember, Yoga is about feeling good; it is important to pay attention to how your body feels during the practice. Never push yourself into a pose that causes pain or discomfort.

Before we start *Āsanas* and *Prānāyāma,* it is important to prepare ourselves by doing breathing practices, loosening the joints (*Sūkshma Vyāyāma*) and flexing the spine (*Śithalīkarana Vyāyāma*).

General guidelines to be followed before practising all *yogic* practices.

1. Do not force yourself to breathe deeply or to hold your breath while doing the *Āsanas*. Breathe normally while doing the *Āsanas*. Always breathe through the nose.

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2. Always be alert, attentive and watchful when you practice. Concentrate on your pose. Watch your teachers carefully and pay attention to their instructions.
3. Do not wear shoes or socks while doing the *Āsanas*.
4. Whenever you are feeling ill or sick, you must rest. If you have a cold, cough, headache, stomach ache, sprained ankle etc., consult your teacher and seek their guidance.
5. Especially for girls, when you have your menstrual period, inform or consult your teacher before the practice.

Breathing Practices

Before learning *Prānāyāma*, it is necessary to improve the function of the lungs. For healthy lungs, it is necessary to practice proper breathing.

Let us learn about Rabbit and Dog breathing. Rabbit breathing focuses on deep, rhythmic breaths that mimic the breathing pattern of a rabbit. Dog breathing involves mimicking the rapid, shallow breathing of a dog, which can help to release heat from the body and improve breath control.

Benefits

Breathing practices enhance lung capacity, improve respiratory efficiency, promote relaxation and reduce stress.

Limitations: people suffering from epilepsy should avoid this practice.

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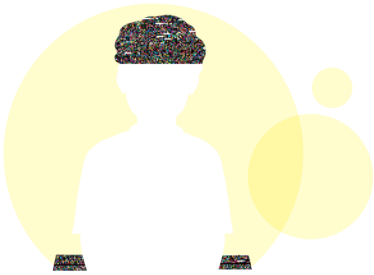


Rabbit Breathing

Sthiti Daṇḍāsana

Step 1: Come to *Vajrāsana* by folding the right leg and the left leg.

Step 2: Bend down and keep the hands in front of the knees such that the elbows touch the knees. Keep the hands parallel to each other, palms facing down. Abdomen gently resting on the thighs, pull out the tongue halfway and breathe in and out as fast as possible (10 to 30 rounds).

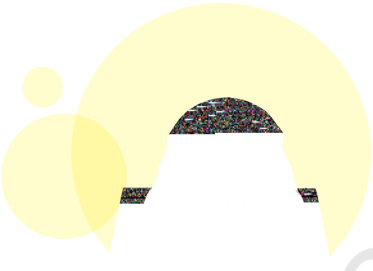
Step 3: After the practice, slowly return to *Vajrāsana*.

Step 4: Release the right leg and the left leg and come to *Daṇḍāsana*.

Relax in *Śithila Daṇḍāsana*.

Sthiti: Daṇḍāsana

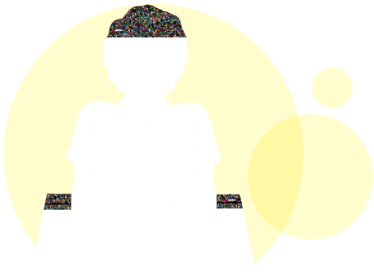
Step - 1



Step - 2

Step - 3

Step - 4



Viśrānti: Śithila Daṇḍāsana

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Dog Breathing

Sthiti: Daṇḍāsana

Step - 1

Step - 2

Sthiti: *Daṇḍāsana*

Step 1: Come to *Vajrāsana* by folding the right leg and the left leg.

Step 2: Place the palms by the side of the knee with fingers pointed backward and stretch out the tongue completely. Let the inhalation and exhalation be fast and vigorous so that the abdomen bulges and contracts. Beginners can practice 10 to 20 rounds initially and gradually increase it to 50 rounds.

Step 3: After the practice, slowly return to *Vajrāsana.*

Step 4: Release the right leg and the left leg and come to *Daṇḍāsana.*

Relax in *Śithila Daṇḍāsana.*

Step - 3

Step - 4

Viśrānti: Śithila Daṇḍāsana

Note for the Teacher

- Discuss with the students, how they felt after the practice.
- Ask them whether they can concentrate on breath while practising.

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Sūkshma Vyāyāma

Sūkshma Vyāyāma is a series of subtle exercises designed to loosen (release tension) the joints and improve flexibility. The term "*Sūkshma Vyāyāma*" comes from Sanskrit, where "*Sūkshma*" means "subtle" or "micro" and "*Vyāyāma*" means "exercise" or "movement". These exercises are gentle, easy to perform and can be practised by people of all ages and fitness levels.

The exercises involve small, subtle movements that focus on different parts of the body. These movements help to increase circulation, improve joint mobility and release muscular tension. The subtle movements enhance blood flow to various parts of the body, promoting better circulation and oxygenation of tissues.

Each movement is synchronised with the breath, enhancing the flow of *Prānā* (vital energy) throughout the body.

The simplicity of *Sūkshma Vyāyāma* makes it accessible to everyone, including the elderly, those with limited mobility or beginners new to Yoga. These exercises can be performed while sitting or standing.

Sūkshma Vyāyāma includes neck exercises, shoulder rotations, finger and wrist movements knee movements, ankle and foot exercises, etc.

Let's practice *Sūkshma Vyāyāma* for the neck.

Neck Movements (*Greevasanchālana*)

This set of neck exercises increases the strength and flexibility of neck joints and muscles.

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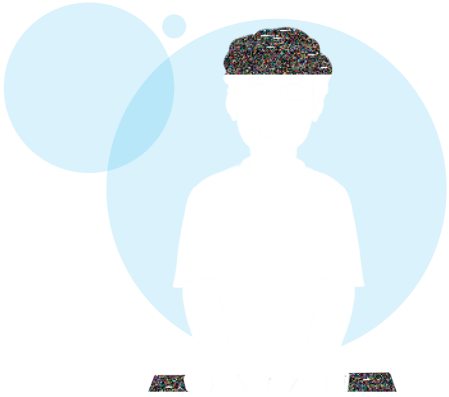
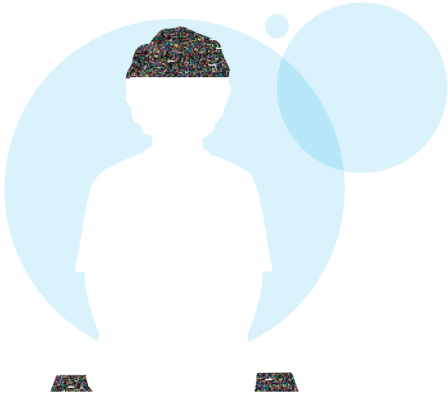
1. Up and down movement



Sit in *Vajrāsana*, adopt chin mudra and place hands on the thighs.

Sthithi

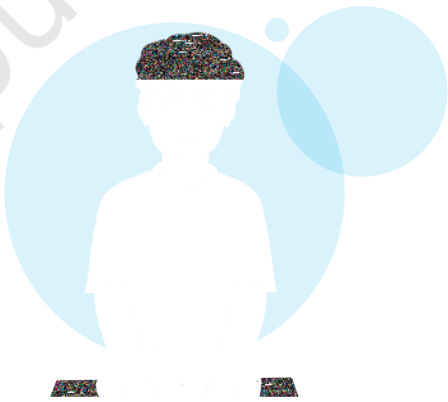


While inhaling, bend the neck backward.

Step - 1

While exhaling, bend the neck downward, such that chin touches the chest.

Step - 2



Come back to Sthithi after the practice

Sthithi

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2. Left and right movement

While exhaling, turn the head to the right and inhale come to the centre.

Step - 3

While exhaling, turn the head to the left and inhale come to the centre.

Step - 4

3. Side bending of the neck

While exhaling, turn the head to the right and inhale come to the centre.

Step - 5

While exhaling, turn the head to the left and inhale come to the centre.

Step - 6

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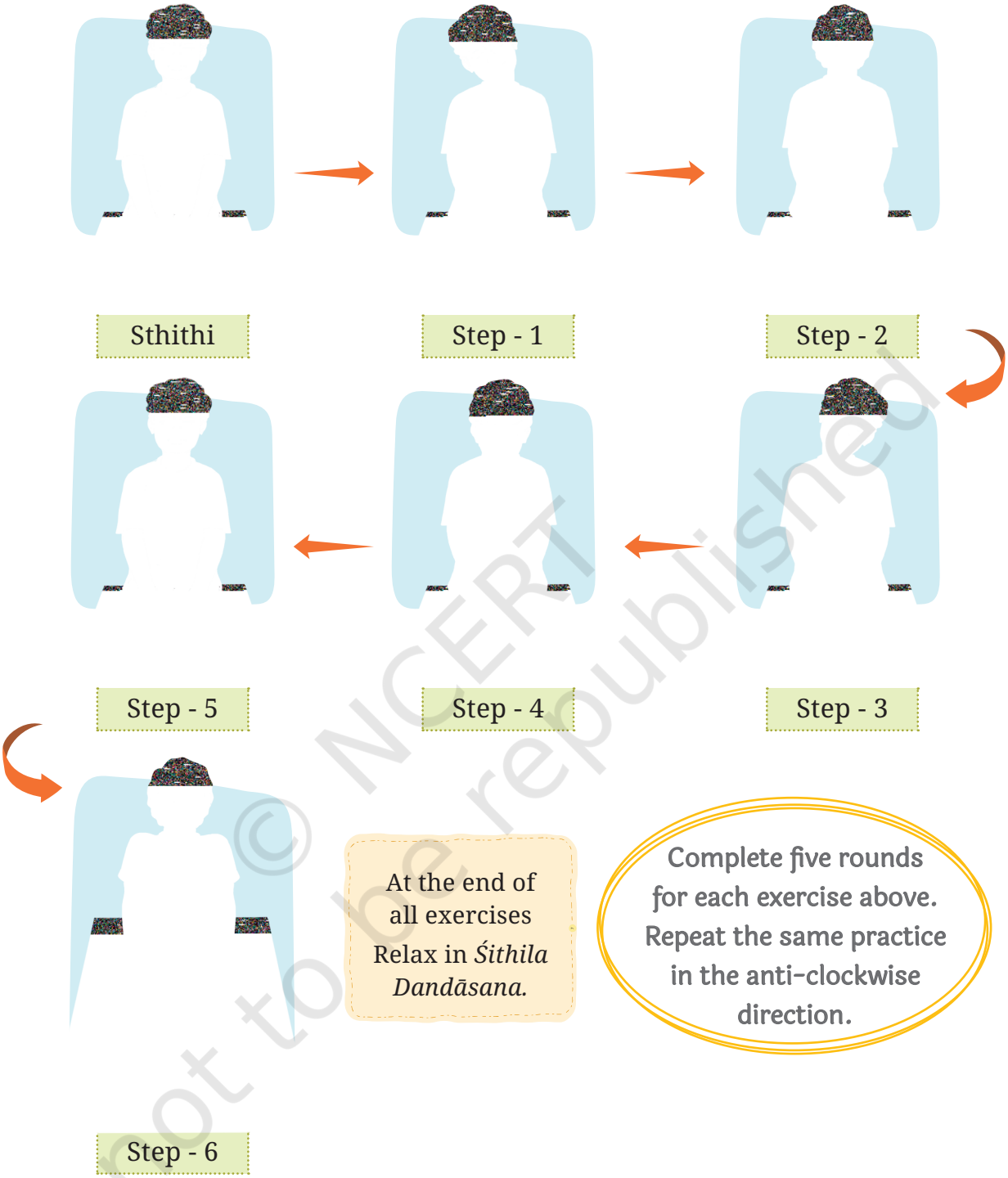
4. Rotate the neck clockwise and anti-clockwise



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Note for the Teacher

- Ensure that students keep their spine erect during the practice.
- Check in to see if they were comfortable doing the practice.
- This practice is to be avoided in case of any neck injury.

Śithalīkarana Vyāyāma (Dynamic Practices)

Śithalīkarana Vyāyāma refers to a set of loosening exercises that prepare the body for more intense Yoga practices.

Śithalīkarana Vyāyāma is designed to warm up the body, flex the spine by repeatedly stretching and relaxing different muscles. It also improves joint mobility and enhance circulation. These are often used at the beginning of a Yoga session to ensure that the spine and large muscles are adequately prepared for the *Āsanas*.

Śithalīkarana Vyāyāma or dynamic practices*:*

1. Jogging in Place: Various forms of jogging (slow, backward, forward and side) to elevates heart rate and warm up the body.
2. Bending forward, backward and sideways: Improves mobility and flexibility of the waist region.
3. Leg swings and rotations: Movements to enhance mobility in the lower body.
4. Spinal twists: Gentle twists to stretch and relax the spine.

In this grade let's practice *Pavanamuktāsana Kriya* to keep our spine healthy. It is practiced with one leg and both leg movements.

1. *Ekapāda Pavanamuktāsana Kriya* (single leg)
2. *Dvi Pāda Pavana Muktāsana Kriya* (both legs)

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Ekapāda Pavanamuktāsana Kriya (single leg)

Sthiti:
Supine posture

Step - 1

Step - 2

Step - 3

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Step - 4

Step - 5

Viśrānti:
Śavāsana

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Come to *Sthiti*: Supine posture

Step 1: While inhaling, raise the right leg at a 45° angle.

Step 2: Further, inhale and raise the right leg at a 90° angle.

Step 3: While exhaling, bend the right leg at the knee, inhaling interlock both the hands around the right knee and pull it back.

Step 4: While exhaling, raise the head and touch the chin or head to the knee and simultaneously rise the left leg.

Step 5: Rotate the right leg clockwise and anti-clockwise for five rounds each.

Release the legs and relax in *Śavāsana*.

Repeat the practice with the left leg.

Dvi Pāda Pavana Muktāsana Kriya

This *kriya* includes following actions:

Preparation steps for *kriya*

1. *Kriya* Practice:
   a. Rock and Roll
   b. Left and Right movement
   c. Rotation
2. Steps to release the legs after practice

Sthiti:
Supine posture

Step - 1

Step - 2

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Step - 3

Step - 4

Come to *Sthiti*: Supine posture

Step 1: While inhaling, raise both the legs at a 45° angle.

Step 2: Further, inhale and raise both the legs at a 90° angle.

Step 3: While exhaling, bend both the legs at the knee and while inhaling interlock both the hands around the knees and pull them back.

Step 4: While exhaling, raise the head and touch the chin or head to the knee.

1. Let us perform the *Kriya* practice

   a. Rock and Roll

   Roll forward and backward for five rounds.

Note

While rolling back, inhale and while rolling forward, exhale. If possible, try to get up on your feet when rolling forward.

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b. Left and right

While exhaling, slowly move the body to the left side.

While inhaling, come to the centre.

While exhaling, slowly move the body to the Right side.

c. Rotation

Start rotating the body clockwise and anti-clockwise direction for five rounds and come to the centre.

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2. Follow the below steps to release the legs after the practice and come back to *Śavāsana*

Step - 5

Step - 6

Step - 7

Step - 8

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Viśrānti:
Śavāsana

Come to *Sthiti*: Supine posture

Step 5: While inhaling, release the hands.

Step 6: Inhaling further, stretch the legs at a 90° angle.

Step 7: While exhaling, bring the leg at a 45° angle.

Step 8: Exhaling some more, place your legs back on the mat.

Relax in *Śavāsana*.

Benefits

1. Regular practice of *Pavanamuktāsana* can reduce abdominal fat.
2. It releases gas accumulated in the digestive tract and improves digestion.
3. It increases appetite and assimilation of food.
4. It prevents constipation.

Limitations: This practice is to be avoided by students, who have undergone recent abdominal surgery and those with severe health problems.

Note for the Teacher

- Ensure that students perform practice with ease and take time to relax the body after the practice.
- Ask the students to observe the changes in their breathing after the practice.

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Sūrya Namaskāra

Sūrya Namaskāra is a series of 12 powerful Yoga poses performed in a sequence. This practice is traditionally done in the morning to greet the sun and energise the body for the day ahead. *Sūrya Namaskāra* combines *Āsana* (postures), *Prānāyāma* (breath awareness) and chanting of *mantrās*, making it a comprehensive workout for the body and mind. It serves as an excellent warm-up for more advanced Yoga practices or as a standalone routine for maintaining overall health and well-being.

Now let us learn the various preparatory techniques of *Sūrya Namaskāra* practice.

1. *Ardhacakrāsana* to *Pādahastāsana*

While inhaling come to *Ardhacakrāsana*

While exhaling come to *Pādahastāsana*

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2. *Pādahastāsana* to *Aśvasañcalanāsana* (Alternate the practice with right and left leg)

While inhaling, come to *Pādahastāsana*

While exhaling, come to *Aśvasañcalanāsana*

3. *Daṇḍāsana* to *Śaśāṅkāsana*

While inhaling, come to *Daṇḍāsana*

While exhaling, come to *Śaśāṅkāsana*

4. *Daṇḍāsana* to *Sāṣṭāṅga Namaskāra*

While inhaling come to *Daṇḍāsana*

While exhaling come to *Sāshtāṅga*

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5. *Ūrdhvamukha Śvānāsana* to *Adhomukha Śvānāsana*

While inhaling, come to *Ūrdhvamukha Śvānāsana*

While exhaling, come to *Adhomukha Śvānāsana*

Do each practice for five rounds.

Benefits

1. *Sūrya Namaskāra* strengthens the muscles, improves flexibility and enhances cardiovascular health.
2. It stimulates the digestive system, improving digestion and metabolism.
3. *Sūrya Namaskāra*, along with mindful breathing, helps reduce stress and anxiety, promoting mental clarity and focus.

Limitations: The preparatory practice is to be avoided by students who have undergone recent abdominal surgery and have serious health concerns.

Note for the Teacher

- While students practice the techniques, ensure that they avoid jerky movements.
- Breathing should be steady and rhythmic.

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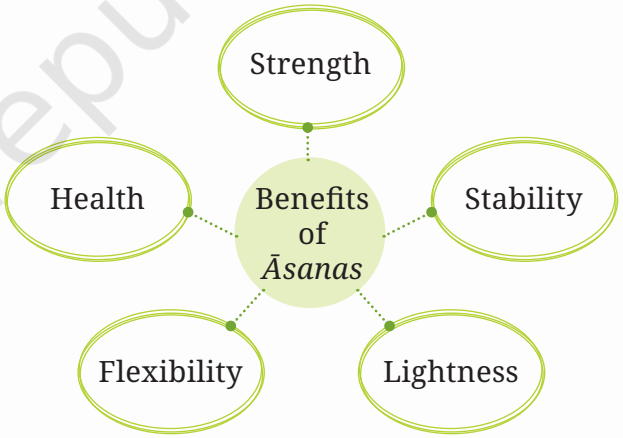
Chapter 3

Āsanas

Āsana, the third limb of *Ashtāṅga* Yoga, are specialised postures of the body, which help our body to be flexible, strong, balanced and disease-free. *Mahārṣi* Patanjali defines *Āsana* as "*Sthirm Sukham Āsanam*" which, meaning to be "able to be in a comfortable position for extended periods." When *Āsanas* are combined with breath awareness, they cultivate a deeper connection between the body and mind. They also remove physical discomfort and prepare individuals for meditation.

There are several benefits of practising *Āsanas* every day, some of which are listed below:



1. Strength and flexibility: Regular practice of *Āsanas* increases muscle strength, flexibility and balance. Different poses target various muscle groups, enhancing overall physical fitness.
2. Improved functioning of internal systems: *Āsanas* improve blood flow and oxygen delivery to all parts of the body. Many poses stimulate internal organs and glands, thus improving digestion and metabolic functions.
3. Concentration and relaxation: Practising *Āsanas* helps to calm the mind and reduce stress by focusing on the breath and the body.

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4. Mind-body connection: *Āsanas* create a harmonious connection between the body and mind, which is essential for spiritual growth and self-awareness.

Are you ready to continue your *Yogic* journey? Loosen the joints, flex the spine and prepare the mind to perform standing, sitting, prone and supine *Āsanas*.

Guidelines for the Practice of *Āsanas*

1. Yoga practice should be done in clean and well-ventilated place.
2. Always use a mat for practice.
3. *Āsanas* should always be performed empty stomach. Avoid the practice of *Āsanas* for at least four hours after having food. Best is in the morning before going to school.
4. Spectacles, wrist watches and jewellery should be removed before doing the practice.
5. Wear loose and comfortable clothes.
6. Follow the steps given for each *Āsanas* and maintain each posture with closed eyes if possible.
7. Keep the body relaxed and be aware of your breathing while practising.
8. If you have any health problems, inform your teacher before starting Yogic practices.
9. Relax after performing the *Āsanas*.
10. Perform all *Āsanas* under the guidance of a teacher.

In this grade we shall learn following *Āsanas*:

- Standing – *Ardhakaṭicakrāsana*
- Sitting – *Padmāsana*
- Prone – *Bhujaṅgāsana* and *Shalabhāsana*
- Supine – *Uttanapadāsana*

Perform each *Āsana* under the guidance of the teacher and according to the steps provided.

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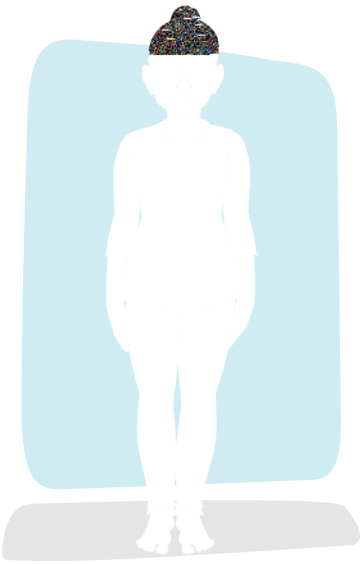
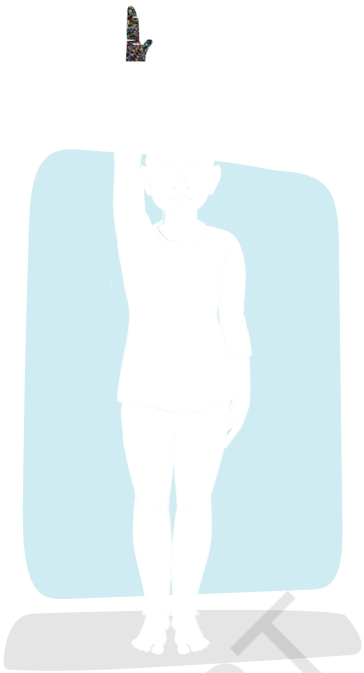
Ardhakaṭicakrāsana: Lateral arc posture (lateral bending)



Sthiti: Tādāsana



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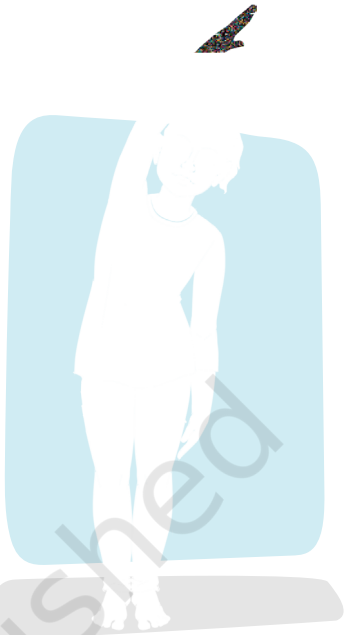

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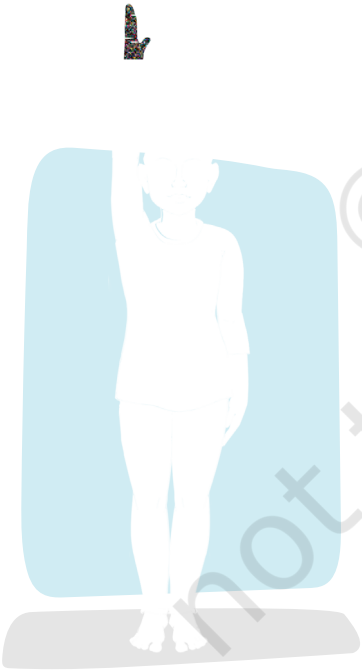

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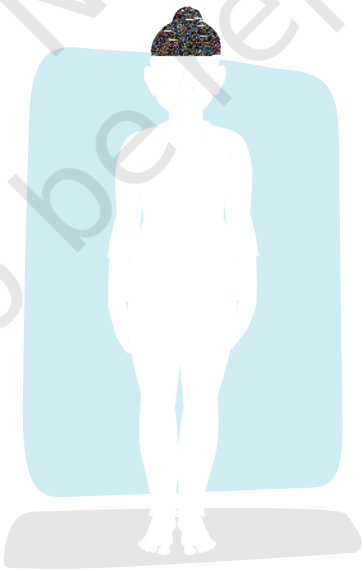

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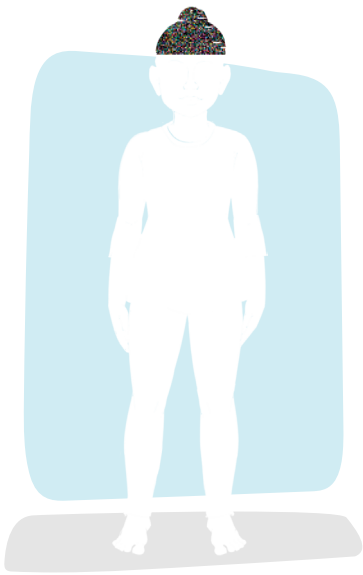

Viśrānti: Śithila Tādāsana

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Come to *Sthiti Tādāsana.*

Step 1: While inhaling, raise the right hand up at a 180° angle. Let the right bicep touch the right ear, with the palm facing the left side. Inhale and stretch up further. Feel the stretch from the toes to the fingers.

Step 2: While exhaling, laterally bend towards the left side at the trunk region. Feel the stretch from the toes to the fingers. Feel the compression on the left side and the extension on the right. Stay in this posture for a few minutes with ease and pleasure.

Step 3: While inhaling, bring the right hand back at a 180° angle. Inhale and stretch up further.

Step 4: While exhaling, release the hand down.

Relax in *Śithila Tādāsana.*

Repeat the *Āsana* on the left side.

Benefits

1. *Ardhakaṭicakrāsana* helps to reduces the fat around waist region, provides lateral bending to the spine and improves the liver function.
2. The practice helps keeping the spine flexible and healthy. It also strengthens the legs, knees, thighs and calf muscles.

Limitations: This *Āsana* has no limitations.

Note for the Teacher

Ensure students do not bend forward or backward, but bend laterally.

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Padmāsana – Lotus Posture

Sthiti: Daṇḍāsana

Step - 1

Step - 2

Step - 3

Step - 4

Viśrānti: Śithila Daṇḍāsana

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Come to *Stithi Daṇḍāsana*

Step 1: While inhaling, fold the right leg and keep it on the root of the left thigh.

Step 2: While exhaling, fold the left leg and keep it on the root of the right thigh. Adopt *Cin Mudra* in both the hands and place it on the thighs. Keep the back erect, neck free and face smiling. Close the eyes and stay in this posture for a few minutes with ease and pleasure.

Step 3: While inhaling unfold the left leg.

Step 4: While exhaling, unfold the right leg and come to *Daṇḍāsana*.

Relax in *Śithila Daṇḍāsana.*

Repeat the *Āsana* with the left leg.

Benefits

1. *Padmāsana* is called 'the destroyer of disease' and good meditative posture.
2. It stimulates the nerves in the lower back and increases the flow of blood to them.

Limitations: Students with knee and ankle joint pain should avoid this practice.

Note for the Teacher

- Ensure students sit with the spine erect.

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Bhujaṅgāsana – Serpent Posture

Sthiti:
Prome posture

Step - 1

Step - 2

Step - 3

Step - 4

Viśrānti:
Makarāsana

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Come to *Stithi* Prone posture

Step 1: Keep the hands by the side of the chest, with the palms facing down and chin on the ground.

Step 2: While inhaling, raise the body till the hands are straight. Keep your eyes closed. Stay in this posture for a few minutes.

Step 3: While exhaling, slowly come down and place the forehead on the ground.

Step 4: Move both hands above the head, with palms facing down. Rest your forehead on the ground and keep your eyes gently closed.

Relax in *Makarāsana.*

Benefits

1. *Bhujaṅgāsana* brings flexibility to the spine and strengthens the spinal muscles.
2. It reduces the abdominal fat.
3. It is useful for respiratory disorders.

Limitations: Students who have undergone recent abdominal surgery may avoid this practice.

Note for the Teacher

- Ensure the students keep the palms by the sides of the chest and don't spread the elbows.
- Body below the navel to be in touch with the ground.

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Shalabhāsana – Locust Posture

Sthiti:
Prone posture

Step - 1

Step - 2

Step - 3

Step - 4

Viśrānti:
Makarāsana

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Come to *Stithi* Prone posture

Step 1: Make a fists with both hands and place them below the thighs. Then place your chin on the ground.

Step 2: While inhaling, raise both legs without bending the knees. Stay in this posture with your eyes closed for a few minutes.

Step 3: While exhaling, slowly place the legs on the ground.

Step 4: Raise both the hands above the head. Palms facing down. Forehead on the ground. Eyes gently closed.

Relax in *Makarāsana.*

Benefits

1. *Shalabhāsana* helps in keeping the spine healthy and flexible.
2. It strengthens the hips, thighs, knees and calf muscles.
3. It enhances the functioning of the kidney.

Limitations: Students with heart conditions and diabetes can avoid this practice.

Note for the Teacher

- Ensure students are careful while performing this in case of lower back pain.
- Ask whether the students are able to maintain the final posture without any discomfort.
- Ask them to observe their breathing during the practice.

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Uttanapadāsana – Raised Leg Posture

Sthiti:
Supine posture

Step - 1

Step - 2

Step - 3

Step - 4

Viśrānti:
Śavāsana

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Come to *Stithi* Supine posture

Step 1: While inhaling, raise both the legs at a 45° angle.

Step 2: Inhaling further, raise both the legs to at a 90° angle. Maintain the posture for as long as you can, breathe normally.

Step 3: While exhaling, slowly bring both legs at a 45° angle.

Step 4: Exhaling further, place both the legs on to the mat.

Relax in *Śavāsana.*

Benefits

1. *Uttanapadāsana* brings flexibility to the spine and strengthens the spinal muscles.
2. It reduces the abdominal fat.

Limitations: Students with lower back pain should avoid this practice.

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Note for the Teacher

- Ensure the students keep the legs straight, without bending the knees.

Relaxation – Quick Technique

After performing *Āsana*, it is advisable to perform relaxation. This helps in releasing any tension in the body and calms down the mind.

Lie on your back with legs apart, hands apart and palms facing the roof. Release the whole body and relax.

Observation of abdominal movements

Observe the rise and fall of the abdomen as you breathe. Observe for five rounds.

Synchronise breathing with abdominal movements

Slow down the breathing and synchronise it with abdominal movements.

While inhaling, the abdomen rises up and while exhaling, take over sinks.

Each inhalation and exhalation together form one round. Observe for five rounds.

Observation of feelings

While inhaling, feel the body becoming light and energetic.

While exhaling, feel the body collapsed and relaxed. Observe for five rounds.

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Chapter 4

Prānāyāma

One of the most essential signs of life is breath. It has to function continuously for us to be alive. The quality of breath has a profound impact on the quality of our lives. In Yoga, breath is called manifestation of '*Prāna*' (life force) and '*Ayāma*' is control and expansion of this life force – breath. There are three important practices in *Prānāyāma*.

1. Inhalation of breath (Puraka)
2. Exhalation of breath (Rechaka)
3. Retention of breath (Kumbhaka)

There are several *Prānāyāma* techniques (breathing practices) to strengthen the life force. It impacts the smooth functioning of major systems of our body (digestive, circulatory, respiratory, excretory and nervous systems), calm down the mind, improve concentration and helps in achieving overall harmony and well-being.

Prānāyāma starts with breathing practices to develop healthy habits of deep and rhythmic breathing and being aware of the breath. *Prānāyāma* stimulates, calms down and balances the energy channels promoting calmness and clarity.

Techniques like *Bhrāmarī* soothe the nervous system and reduce anxiety. There are several other techniques to increase the oxygen supply, energise the body and exercise the lungs.

Now, we will learn about:

1. Sectional Breathing
2. *Nādīśuddhi Prānāyāma*
3. *Bhrāmarī Prānāyāma*

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Perform these techniques under the guidance of the teacher and follow the instructions given below.

Guidelines for the practice of *Prānāyāma*:

1. Breathing in *Prānāyāma* should be done through the nose only.
2. The face, shoulder and other parts of the body should be relaxed while practising Prānāyāma.
3. Keep the eyes closed, neck and head straight and spine erect.
4. Observe the abdominal movement during the Prānāyāma practice.
5. Repeat each practice five times to understand it fully and then practice it daily to slowly gain mastery.

Sectional Breathing

Sectional breathing is a *Prānāyāma* technique— that involves consciously directing the breath to specific sections of the lungs to enhance respiratory capacity and awareness. This technique helps practitioners become more aware of their breathing, which improves lung efficiency by fully utilising different parts of the lungs. It also ensures better oxygenation of blood and reduces anxiety through deep mindful breathing.

Let us learn sectional breathing in the following three sections:

- Abdominal or diaphragmatic breathing
- Thoracic (chest) or intercostal breathing
- Clavicular (upper chest) or upper lobar breathing

Sit in *Vajrāsana*, *Vīrāsana*, *Padmāsana*, or *Sukhāsana* with spine erect, face relaxed and eyes gently closed.

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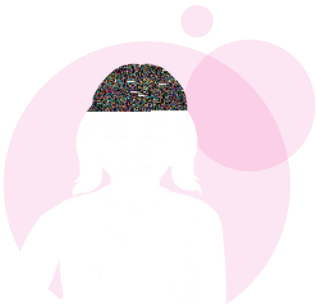
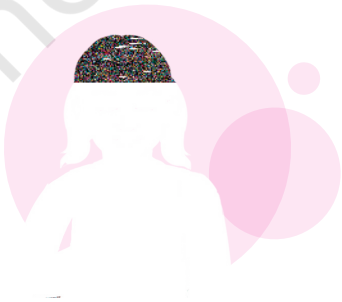
Abdominal or Diaphragmatic Breathing – *Adhama Śvāsa*



1. Adopt *Cin Mudra* and keep your hands on your thighs.
2. Inhale completely so that the abdomen bulges out and the diaphragm is pushed down.
3. Exhale slowly and completely so that the abdomen is drawn inwards and the diaphragm returns to its normal state.
4. The inhalation and exhalation should be slow, deep, smooth, relaxed and rhythmic.
5. There should be no jerks in the whole process.
6. Repeat the practice for five rounds.

Thoracic or (Chest) Intercostal Breathing – *Madhyama Śvāsa*



1. Adopt *Cinmaya Mudra* and keep your hands on your thighs.
2. Inhale deeply while expanding the chest.
3. Exhale completely while contracting the chest.
4. During thoracic breathing, air flows through both the nostrils slowly and continuously and the middle lobes of the lungs open up.
5. Repeat the practice for five rounds.

Clavicular (Upper Chest) or Upper Lobar Breathing – *Ādhya Śvāsa*

1. Adopt *Ādi Mudra* and keep your hands on your thighs.
2. Inhale deeply while raising the collar bones.
3. Exhale slowly while bringing back the collar bones to normal position.
4. Repeat the practice for five rounds.

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Full Yogic Breathing – *Pūrna Śvāsa*

1. Adopt *Brahma Mudra* as shown in the picture and place it below the navel region
2. Inhale deeply while bulging the abdomen, expanding the chest and raising the collar bones.
3. Exhale slowly while sinking the abdomen, contracting the chest and bringing back the collar bones.

Alternate Nostril Breathing – *Nādīśuddhi Prānāyāma* or *Prānāyāma*

Nādīśuddhi Prānāyāma is a simple and powerful technique that balances the flow of *Prānā* (life force) and cleans the subtle energy channels. *Nādī* means energy channels and *śuddhi* means cleaning. The balanced and rhythmic breathing patterns calm down the mind, reduce anxiety and promote emotional stability.

A few points are important for the practice of *Nādīśuddhi Prānāyāma*:

1. Practice this *Prānāyāma* daily for long-term benefits.
2. Be aware of the breath while practising.
3. Let the breath flow naturally.
4. Avoid jerks or strain during the practice.

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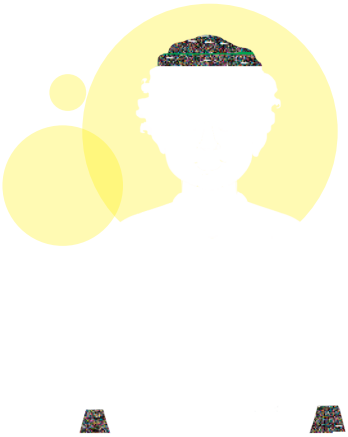
Note for the Teacher

- Encourage the students to co-ordinate the movement with the breathing.
- Ensure students perform sectional breathing smoothly.

Now, let us practice *Nādīśuddhi Prānāyāma.*



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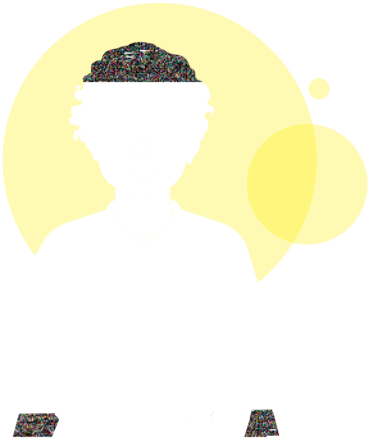

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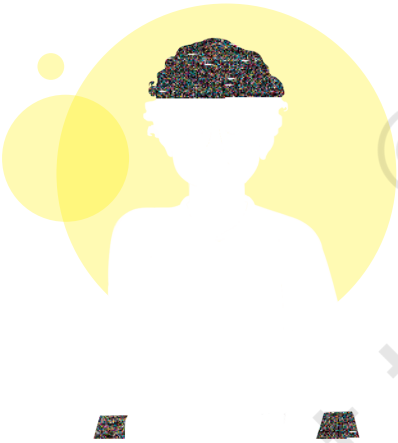

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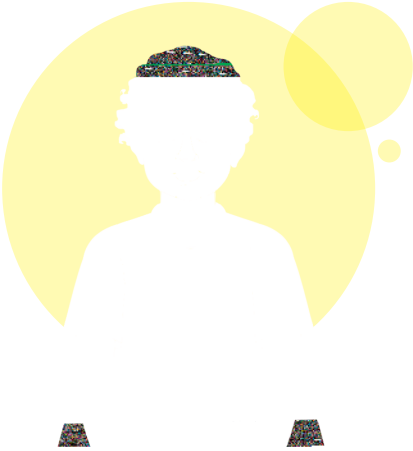

Step - 6

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Step 1: Sit in *Padmāsana, Vajrāsana,* or *Sukhāsana* with the spine erect, face relaxed and eyes gently closed.

Step 2: Adopt *Nāsika Mudra* in the right hand by folding the index and middle finger, placing it on the left thigh. Keep the thumb, the ring finger and the little finger open. Now adopt *Cin Mudra* in the left hand and place on the left thigh.

Step 3: Close the right nostril with the thumb, and exhale completely through the left nostril. Inhale deeply through the left nostril, hold the breath, lift the thumb from the right nostril and close the left nostril with the ring and the little finger.

Step 4: Exhale slowly through the right nostril. Inhale deeply through the right nostril, lift the ring and little finger from the left nostril and close the right nostril with the thumb.

Step 5: Exhale slowly through the left nostril. This counts as one round. Continue this practice for three to five rounds

Step 6: After the practice, drop the right hand, adopt *Cin Mudra* and observe the changes.

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Benefits of *Nādīśuddhi Prānāyāma*

1. *Nādīśuddhi Prānāyāma* promotes balance between both nostrils apart from cleansing the nasal tract.
2. It increases the appetite.
3. It helps in reducing stress hormones.

Note for the Teacher

- Demonstrate *Cin Mudra* and *Nāsika Mudra* to the students and ensure they do it properly.
- Demonstrate one full cycle of right and left nostril breathing with instructions.
- Observe the position of the thumb, ring finger and little finger during the practice to help them understand the technique and follow the steps properly.
- Ask them how they felt after the practice and if they were able to experience a calm state of mind.

Bhrāmarī Prānāyāma

The *Bhrāmarī Prānāyāma* technique mimics the humming sound of a female bee. The name "*Bhrāmarī*" comes from the Sanskrit word "*Bhrāmarī*," which means female bee. *Bhrāmarī Prānāyāma* is a calming technique, which has a soothing effect on the mind and nervous system. It involves inhaling deeply and producing a low humming sound during exhalation.

Bhrāmarī Prānāyāma has several benefits:

1. Reduces stress and anxiety.
2. Improves concentration and memory.
3. Improves sleep quality.
4. Induces a state of deep relaxation.
5. Balances blood pressure.

Let us learn how to perform *Bhrāmarī Prānāyāma*:

- Sit in *Sukhāsana* with the spine erect, face smiling and eyes gently closed.
- Inhale deeply with both nostrils filling both the lungs.
- As you exhale, make a steady, low-pitched humming sound like a bee. (*Makara* sound from *Omkāra* chanting)
- Feel the vibration of the sound resonate throughout your head and body.
- Repeat the practice five times.

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Note for the Teacher

- Ask the students whether they could feel the resonance during the practice. Ask about their state of mind after the practice.

Pratyāhāra

In today's fast-moving world, *Pratyāhāra* assumes a very important role. As all our sense organs are turned outward they respond to speed, it is necessary to learn the art of slowing down or different ways of sublimation or willful withdrawal of our senses.

The Yogic practice of *Pratyāhāra* helps to increase happiness by exercising moderation in food, entertainment, sleep and in all our activities. By practising *Pratyāhāra* one can avoid distraction caused by our senses. By doing this one can process the inward journey.

In the previous chapters, we have learnt various ways of managing the senses through *Pratyāhāra* activities.

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Chapter 5

Dhārana, Dhyāna, and Samādhi

In this chapter, let us first learn about how to focus before doing *Dhyāna*.

Have you ever sat down calmly with your eyes closed?

When our eyes are open, we see the world outside and when our eyes are closed, we can experience the world within us.

Dhārana, *Dhyāna* and *Samādhi* are three limbs of *Ashtāṅga* Yoga, which deal with focusing and calming the mind to experience peace and joy.

The first step towards experiencing the peace within is to focus our wandering mind on some object, it can be observing the breath or flame of the candle or the tip of the thumb from the stretched hand. This single-point concentration is called *Dhārana*. *Dhārana* involves keeping the mind steady and maintaining concentration.

Let us learn the art of focusing by practising *Jatru Trataka* using the shoulders and the thumbs.

Jatru Trataka

Jatru Trataka is a Yogic gazing that helps to bring one pointed concentration or focus. It is a practice where the gaze is fixed on an object or the target.

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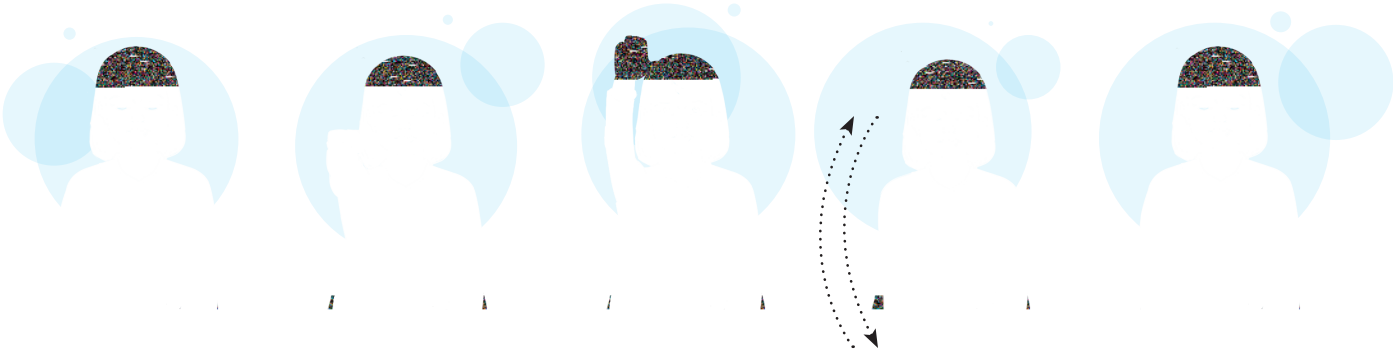
Up and Down Viewing



Step - 1 | Step - 2 | Step - 3 | Step - 4 | Step - 5

Step 1: Sit in *Vajrāsana* or *Sukhāsana* comfortably. Keep your eyes open and hands on the thigh.

Step 2: Lift the right hand to the shoulder level in front, and make a fist with the thumb turned sideward.

Step 3: Focus eyes on the tip of the thumb and slowly start moving the right hand up.

Step 4: Both the eyes must be constantly focused on the tip of the thumb while the hand keeps moving up and down. Do not move the head, but move only the eyeballs up and down. Repeat this practice for three to five rounds.

Step 5: After the practice do simple palming and relax in *Vajrāsana* or *Sukhāsana* .

Repeat the same practice on the left side.

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Right and Left Viewing

Step - 1 | Step - 2 | Step - 3 | Step - 4 | Step - 5

Step 1: Sit in *Vajrāsana* or *Sukhāsana* comfortably. Keep your eyes open and hands on the thighs.

Step 2: Stretch the right hand in front, and make a fist out of it with the thumb raised upwards.

Step 3: Move the right hand towards the right shoulder parallel to the ground and keep gazing at the tip of the thumb. Maintain this position for a while by holding the hand at the right end.

Step 4: Slowly move the right hand back to the original position while gazing at the tip of the thumb. Do not move the head but move only the eyeballs sideways.

Step 5: After the practice do simple palming and relax in *Vajrāsana* or *Sukhāsana*.

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Repeat the same practice on the left side

Simple palming procedure:

1. Rub both palms until they become warm.
2. Cup your palms and place them gently over the eyes (do not put pressure on the eyeballs).
3. Keep the eyes closed.

Keep your palms on your eyes for 10–15 seconds, then gently lift them.

Benefits

1. *Jatru Trataka* improves concentration, intelligence and memory.
2. It also improves eyesight and vision.
3. It enhances self-confidence, patience and willpower.

Limitations: Students with severe headache should avoid the practice.

Note for the Teacher

- Ensure that students remove their glasses and wrist watches.
- Encourage them to sit with the head, neck and spine erect during the practice. Always open the eyes with a few blinks.
- Ensure palming is done after each practice.

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Dhyāna

Dhyāna means meditation, contemplation or reflection of the higher self or God. When concentration becomes uninterrupted and flows continuously like a stream, it transforms into *Dhyāna*. In *Dhyāna*, there is a continuous flow of attention towards the chosen focus without distraction. Unlike *Dhārana* where effort is required to maintain concentration, *Dhyāna* is characterised by a state of effortless presence and immersion in the object of meditation.

Practising *Dhyāna* leads to a profound sense of inner stillness and tranquility. Regular practice of *Dhyāna* enhances mental clarity, sharpens focus, reduces anxiety and improves cognitive function.

Dhyāna can be practiced in many ways. In this grade, we will learn about *Nadānusandhāna* (meditating on sound).

Guidelines for the practice of *Dhyāna*

1. Find a calm and clean place. Sit in *Padmāsana* or *Sukhāsana* with the spine erect and the body relaxed.
2. Select the object of focus, such as a breath or a *mantrā* or some visual object and focus your attention on it. Keep your eyes closed during the practice.
3. Remain non-reactive to the thoughts or emotions that come up during the practice.
4. In the beginning it is generally difficult to observe the breath for a long time. If your mind wanders, slowly but firmly bring your attention back to your breath.
5. Consistency is important; practice *dhyāna* daily, starting with a few minutes and gradually increasing the duration.

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Nādanusandhāna (Sound meditation)

The term "*Nāda*" means sound and "*Anusandhāna*" means investigation or exploration. Therefore, *Nādanusandhāna* involves the exploration and deep meditation on sound vibrations. Different sounds like A, U, M and AUM are chanted slowly so that they generate a fine resonance all over the body.

- Sit in *Vajrāsana* or *Sukhāsana* with the spine erect, face relaxed and eyes gently closed.
- Adopt *Cin Mudra* in both hands and place it on the thighs.
- Chant *Akāra* for three to five rounds and feel the resonance in the lower body (abdominal).
- Chant *Ukāra* for three to five rounds and feel the resonance in the middle (chest region) part of the body.
- Chant *Mkāra* for three to five rounds and feel the resonance in the upper (head region) part of the body.
- Chant *Omkāra* for three to five rounds and feel the resonance in the body.
- Repeat the *Nādanusandhāna* several times a day. It helps in the expansion of awareness.

Samādhi

Samādhi is the highest state of consciousness. This is possible to achieve during meditation. In *Samādhi*, the mind is focused perfectly on the higher self or God for a long time.

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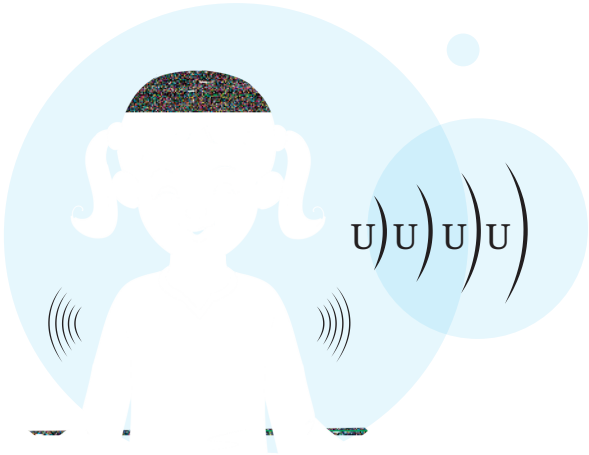

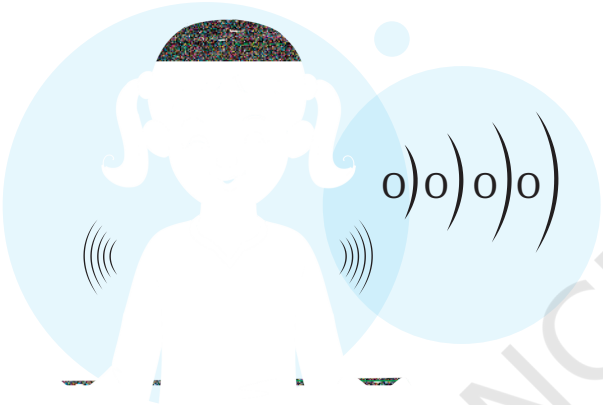

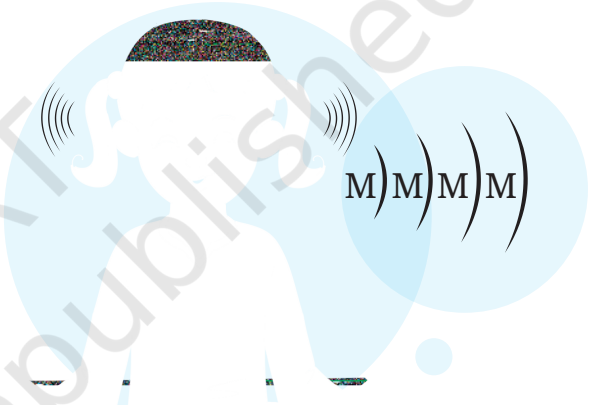

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Chapter 6

Krīḍā Yoga

Various games are designed to understand concepts of Yoga playfully. In Sanskrit, *Krīḍā* means 'play' or 'sports'; hence, *Krīḍā* Yoga means learning Yoga through play. *Krīḍā* Yoga helps in developing some of the principles of Yoga such as joy, being mindful, concentration, strengthening breathing, creativity and love. *Krīḍā* Yoga helps reduce stress and anxiety, promoting mental well-being and emotional balance.

By making Yoga enjoyable and interactive, *Krīḍā* Yoga helps foster a lifelong interest in the practice and supports holistic development.

A few games are given below, you may design new games based on various principles of Yoga and play with your friends in the class or with members of your family.

Padārtha Grāhi – Mindful Eating

Mindful eating is an indoor game, normally played in groups. This game can be used as an "icebreaker", a game played to reduce inhibitions and to bring out the best in the students. In this game, food is used as a theme to encourage students to develop healthy eating habits. This game brings out creativity, awareness and emotional culture.

How to play

1. Students are instructed to keep their left hand near their chest to resemble a plate.

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2. The teacher calls out names of different edibles and takes over edible things rapidly.

   For example, Names of vegetables: carrot, pumpkin, paper, beetroot, bat, cabbage, pencil, drumsticks, beans, radish, eraser, potato.

   Names of fruits: apples, mango, *chiku*, chair, grapes, orange, desk, banana, grapes, pineapple, duster, papaya, watermelon.
3. Whenever the teacher names a healthy food item, the students should mime eating from the plate with their right hands and say, "We eat".

   For example, if the teacher says "Carrot", the students should do the eating action and say, "We eat".
4. The teacher can mix different non-edible items like mud, stone, etc. or junk food in between. For non-edible and junk food items, the students should remain silent.
5. The students who do the action or say, "We eat", for non-edible or junk food items are considered out.
6. Those who remain till the end are declared winners.

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Note for the Teacher

- The teacher can take up the names of healthy food ("We eat") and junk food (silent).
- Food items like rice, *dosa*, *dal*, *chapati*, *idly*, *upma*, etc., can also be used.

Pañcabhūta

Pañcabhūta is a group game, through which children learn the names of five elements or *Pañcabhūtas* as shown in the below picture. This game focuses on awareness, attention, listening comprehension and coordination between the body and the mind. Initially, the teacher has to perform the actions along with the students to understand the instructions of the game.

Pañcabhūta				
Pṛithvi	*Āāp*	*Agni*	*Vāyu*	*Ākāśa*
Earth	Water	Fire	Wind	Sky

How to play

1. The students should stand in a circle with the teacher in the centre.
2. When the teacher names a *pañcabhūta* element students should act as that element as given in the following table.
3. The speed of these motions can be increased gradually and the order of the *Pañcabhūtās* can be mixed.
4. The students who do it wrong are out. The student who remains till the end wins the game.

Note for the Teacher

- Variations are encouraged to make the game interesting.
- Ensure all students participate in the game.

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Pṛithvi	The students should either squat, sit or crossed leg.	
Āāp	The students have to make the sound of water in the mouth (like Galagalagala.....)	
Agni	The students have to imitate the burning of the fire with their fingers by closing all the fingers and opening them.	
Vāyu	The students should raise both hands and rotate either clockwise or anti-clockwise.	
Ākāśa	The students should raise both hands with their palms facing the sky and look upwards.	

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Suggested Session Plans for Teachers

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Session plan for Yoga

Month 1				
	3rd period	*6th period*	*9th period*	*12th period*
Yoga for Daily Life	Yoga for Daily Life — Introduction (10 mins)	History of Yoga (10 mins)	What is Yoga? (10 mins)	Introduction to Yama (10 mins)
Yoga *Sādhana*	Neck Exercises (5 mins)	Neck Exercises (5 mins)	Dog Breathing (5) *Pavanamuktāsana* (Single leg) (10 mins)	Techniques of *Sūrya Namaskāra*
	Introduction to *Krīḍā* Yoga Mindful eating (15 mins)	Rabbit Breathing (5 mins)	Yoga *Sādhana*	*Ardhacakrāsana* to *Pādahastāsana*, *Aśvasañcalanāsana* interchanging of legs (10 mins)
	Yoga *Sādhana*	Mindful Eating (15 mins)	Techniques of *Sūrya Namaskāra* – *Ardhacakrāsana* to *Pādahastāsana* (5 mins)	Introduction to *Āsana*-*Ardhakaṭicakrāsana*

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Month 2				
	15th period	*18th Period*	*21st Period*	*24th Period*
Yoga for Daily Life	Story on *Aparigrahas* (10 mins)	Test 1 Assessment (10 mins)	Activity on *Aparigraha* (10 mins)	Introduction to *Niyama* (10 mins)
Yoga *Sādhana*	*Rabbit breathing* (5 mins)	*Dog Breathing* (5) *Pavanamuktāsana* (single and both legs) (5 mins)	*Ardhacakrāsana* and *Pādahastāsana*, *Daṇḍāsana* to *Śaśāṅkāsana* (5 mins)	*Dog* and *Rabbit breathing* (5 mins)
	Aśvasañcalanāsana – interchanging of legs (5 mins)	Yoga *Sādhana*	*Padmāsana* (10 mins)	*Dandāsana* to *Sāshtāṅga* Namaskāra, *Ūrdhvamukha Śvānāsana* to *Adhomukha Śvānāsana* (10 mins)
	Daṇḍāsana and *Śaśāṅkāsana* (5 mins)	Introduction to *Padmāsana* (10 mins)	Introduction to *Prānāyāma* Sectional breathing — abdominal breathing (5 mins)	Relaxation (5 mins)
	Revision of *Ardhakaṭicakrāsana* (10 mins)	Yoga *Sādhana*	Yoga *Sādhana*	Yoga *Sādhana*

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Month 3				
	27th period	*30th Period*	*33rd Period*	*36th Period*
Yoga for Daily Life	Activity on *Niyama* (10 mins)	*Story on Tapas* (10 mins)	*Activity on Tapas* (10 mins)	Yoga *Sādhana*
Yoga *Sādhana*	*Rabbit and Dog Breathing* (5 mins)	Neck movements (10 mins)	*Daṇḍāsana* to *Śaśāṅkāsana*, *Aśvasañcalanāsana* – interchanging of legs (5 mins)	Mid-Term Assessment
	Ardhacakrāsana to *Pādahastāsana* (5 mins)	*Pavanamuktāsana*- rocking & rolling (5 mins)	Yoga *Sādhana*	
	Pavanamuktāsana both legs	Sectional breathing (10 mins)	Relaxation (5 mins)	
	Relaxation (5 mins)	Yoga *Sādhana*	Introduction to *Nāḍīśuddhi* (10 mins)	

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Month 4				
	39th Period	*42nd Period*	*45th Period*	*48th Period*
Yoga for Daily Life	Introduction on *Pratyāhāra*	Activity on *Pratyāhāra*	Yoga *Sādhana*	Yoga *Sādhana*
Yoga *Sādhana*	*Dog breathing* (5 mins)	*Dog breathing* (5 mins)	*Ardhacakrāsana* to *Pādahastāsana*, *Aśvasañcalanāsana* – interchanging of legs (5 mins)	*Daṇḍāsana* and *Sāṣṭāṅga Namaskāra*, *Ūrdhvamukha Śvānāsana* and *Adhomukha Śvānāsana* (5 mins)
	Ūrdhvamukha Śvānāsana to *Adhomukha Śvānāsana* (5 mins)	Neck movements (5 mins)	Yoga *Sādhana*	Yoga *Sādhana*
	Yoga *Sādhana*	*Pavanamuktāsana* - single leg, Rotation (10 mins)	Introduction to *Bhujaṅgāsana* and *Shalabhāsana* (10 mins)	Pavanamuktāsana both the legs, Rock and Rolling (5 mins)
	Padmāsana (10 mins)	Yoga *Sādhana*	Relaxtion (5 mins)	*Ardhakaṭicakrāsana* (10 mins)
	Introduction to *Bhrāmarī Prāṇāyāma* – (5 mins)	*Pañcabhūta* (10 mins)	Sectional breathing (10 mins)	*Pañcabhūta* (10 mins)

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Month 5				
	51st Period	*54th period*	*57th period*	*60th period*
Yoga for Daily Life	Yoga *Sādhana*	Test 2 Assessment	Yoga *Sādhana*	Yoga *Sādhana*
Yoga *Sādhana*	*Ardhacakrāsana* to *Pādahastāsana*, *Aśvasañcalanāsana* – interchanging of legs (5 mins)	Neck movements (10 Mins) *Ūrdhvamukha Śvānāsana* and *Adhomukha Śvānāsana* (5 mins)	*Daṇḍāsana* and *Sāṣṭāṅga Namaskāra*, *Ūrdhvamukha Śvānāsana* and *Adhomukha Śvānāsana* (10 mins)	*Ardhacakrāsana* to *Pādahastāsana*, *Daṇḍāsana* to *Śaśāṅkāsana* (5 mins)
	Yoga *Sādhana*	Relaxation (5 mins)	*Bhujaṅgāsana* and *Shalabhāsana* (10 mins)	*Uttanapadāsana* (10 mins)
	Introduction to *Uttanapadāsana* (10 mins) Relaxtion (5 mins)	Introduction to *Dhyāna* Practice of Nadānusandhāna (10 mins)	*Jatru Trataka* (10 mins)	Relaxation (5 mins)
	Introduction to *Dhārana* Practice of Jatru Trataka (10 mins)	Yoga *Sādhana*	Yoga *Sādhana*	Sectional breathing and *Nāḍīśuddhi Prāṇāyāma* (10 mins)

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Month 6				
	63rd Period	*66th period*	*69th periodq*	*72nd period*
Yoga for Daily Life	Yoga *Sādhana*	Yoga *Sādhana*	Revision of *Aṣṭāṅga* Yoga (10 mins)	Final Assessment
Yoga *Sādhana*	*Pavanamuktāsana* Both the legs - Rotation (10 mins)	*Daṇḍāsana* and *Śaśāṅkāsana, Aśvasañcalanāsana* (5 mins)	*Ardhacakrāsana* and *Pādahastāsana* (5 mins)	
	Jatru Trataka (10 mins)	Revision of *Āsana* (10 mins)	Revision of *Āsana* (10 mins)	
	Yoga *Sādhana*	Relaxation – (5 mins)	Relaxation– (5 mins)	
	Nāḍīśuddhi and *Bhrāmarī Prāṇāyāma* (10 mins)	*Bhrāmarī Prāṇāyāma* (5 mins)	Yoga *Sādhana*	
	Yoga *Sādhana*	*Nadānusandhāna* (5 mins)	Yoga *Sādhana*	

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Suggestive Annual Session Plan for All Units

Period	Unit No.	Session Type	Activity Name	Activity No.	C'lative
1	Unit 1	Type 2	Ice Water	PE-1	PE-1
2	Unit 1	Type 2	Seven Stones	PE-2	PE-2
3	Unit 5	Yoga	Yoga for Daily Life	YG-1	YG-1
4	Unit 1	Type 2	Aerobics Exercise	PE-3	PE-3
5	Unit 1	Type 2	Follow Me	PE-4	PE-4
6	Unit 5	Yoga	History of Yoga	YG-2	YG-2
7	Unit 1	Type 2	Number Game	PE-5	PE-5
8	Unit 1	Type 2	Hula Hoop Jump	PE-6	PE-6
9	Unit 5	Yoga	What is Yoga?	YG-3	YG-3
10	Unit 2	Type 1	Obstacle Race	PFC-1	PFC-1
11	Unit 2	Type 1	Balancing Act	PFC-2	PFC-2
12	Unit 5	Yoga	Introduction to *Yama*	YG-4	YG-4
13			Formative Assessment	FA-1	FA-1
14	Unit 2	Type 1	Shivam Says	PFC-3	PFC-3
15	Unit 2	Type 1	Collaborate and Conquer	PFC-4	PFC-4

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16	Unit 5	Yoga	Story of *Aparigrahas*	YG-5	YG-5
17 & 18	Unit 2	Type 1	Running Between the Cones	PFC-5	PFC-6
19	Unit 2	Type 1	Grab the Ball	PFC-6	PFC-7
20	Unit 5	Yoga	Test-1 Assessment	YG-6	YG-6
21 & 22	Unit 2	Type 1	Push-up Position and Pass the Ball	PFC-7	PFC-9
23 & 24	Unit 2	Type 1	Tic-Tac-Toe Dribble Relay	PFC-8	PFC-11
25			Formative Assessment	FA-2	FA-2
26	Unit 5	Yoga	Activity on *Aparigrahas*	YG-7	YG-7
27	Unit 2	Type 1	Crocodile Race	PFC-9	PFC-12
28	Unit 2	Type 3	Head, Shoulder, Knee and Ball	PFC-10	PFC-13
29	Unit 5	Yoga	Introduction to *Niyāma*	YG-8	YG-8
30	Unit 3	Type 3	Sitting	FS-A-1	FS-A-1
31	Unit 3	Type 3	Chasing	FS-A-2	FS-A-2
32	Unit 5	Yoga	Activity on *Niyāma*	YG-9	YG-9
33	Unit 3	Type 3	Sitting	FS-A-3	FS-A-3
34	Unit 3	Type 3	Chasing	FS-A-4	FS-A-4
35	Unit 5	Yoga	Story on *Tapas*	YG-10	YG-10
36	Unit 3	Type 3	Giving *Kho*	FS-A-5	FS-A-5

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37			Formative Assessment	FA-3	FA-3
38	Unit 3	Type 3	Running on a Straight Line	FS-A-6	FS-A-6
39	Unit 5	Yoga	Story on *Tapas*	YG-11	YG-11
40	Unit 3	Type 3	Giving *Kho*	FS-A-7	FS-A-7
41	Unit 3	Type 4	Running on a Straight Line	FS-A-8	FS-A-8
42	Unit 5	Yoga	Activity on *Tapas*	YG-12	YG-12
43	Unit 3	Type 3	Dodging	FS-A-9	FS-A-9
44	Unit 3	Type 4	Zig-Zag Running	FS-A-10	FS-A-10
45	Unit 5	Yoga	Yoga *Sādhana*	YG-13	YG-13
46	Unit 3	Type 3	Dodging	FS-A-11	FS-A-11
47	Unit 3	Type 4	Zig-Zag Running	FS-A-12	FS-A-12
48	Unit 5	Yoga	Introduction on *Pratyāhāra*	YG-14	YG-14
49			Formative Assessment	FA-4	FA-4
50 & 51	Unit 3	Type 3	Pole Turn	FS-A-13	FS-A-14
52	Unit 5	Yoga	Activity on *Pratyāhāra*	YG-15	YG-15
53 to 61			Summative Assessment 1	SA-1	SA-9
62 & 63	Unit 3	Type 4	Covering Chase	FS-A-14	FS-A-16
64	Unit 5	Yoga	Yoga *Sādhana*	YG-16	YG-16
65 & 66	Unit 3	Type 3	Chain	FS-A-15	FS-A-18
67 & 68	Unit 3	Type 4	Fake *Kho*	FS-A-16	FS-A-20

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69	Unit 3	Type 3	Pole Dive	FS-A-17	FS-A-21
70			Formative Assessment	FA-5	FA-5
71	Unit 3	Type 3	Pole Dive	FS-A-18	FS-A-22
72 & 73	Unit 3	Type 3	Toe Tapping	FS-A-19	FS-A-24
74	Unit 5	Yoga	Yoga *Sādhana*	YG-17	YG-17
75 & 76	Unit 3	Type 3	3-2-3 Chain	FS-A-19	FS-A-26
77	Unit 4	Type 3	Passing	FS-B-1	FS-B-1
78	Unit 4	Type 3	Catching	FS-B-2	FS-B-2
79	Unit 4	Type 3	Passing	FS-B-3	FS-B-3
80	Unit 4	Type 3	Catching	FS-B-4	FS-B-4
81	Unit 5	Yoga	Yoga *Sādhana*	YG-18	YG-18
82			Formative Assessment	FA-6	FA-6
83 & 84	Unit 4	Type 1	10-pass	FS-B-5	FS-B-6
85	Unit 5	Yoga	Test 2 Assessment	YG-19	YG-19
86 & 87	Unit 4	Type 3	Dribbling	FS-B-6	FS-B-8
88 & 89	Unit 4	Type 3	Obstacle Dribbling	FS-B-7	FS-B-10
90	Unit 4	Type 3	Shoot the Ball	FS-B-8	FS-B-11
91	Unit 5	Yoga	Yoga *Sādhana*	YG-20	YG-20
92	Unit 4	Type 3	Shoot the Ball	FS-B-9	FS-B-12
93 & 94	Unit 4	Type 1	Dodge Ball	FS-B-10	FS-B-14
95			Formative Assessment	FA-7	FA-7
96	Unit 5	Yoga	Yoga *Sādhana*	YG-21	YG-21

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97 & 98	Unit 4	Type 3	Dribble and Shoot	FS-B-11	FS-B-16
99 & 100	Unit 4	Type 4	Pass and Shoot	FS-B-12	FS-B-18
101	Unit 4	Type 3	Shootout Tournament	FS-B-13	FS-B-19
102	Unit 5	Yoga	Yoga *Sādhana*	YG-22	YG-22
103 & 104	Unit 4	Type 3	Shootout Tournament	FS-B-14	FS-B-21
105	Unit 4	Type 3	Goalkeeper's Defensive Skills	FS-B-15	FS-B-22
106	Unit 5	Yoga	Yoga *Sādhana*	YG-23	YG-23
107	Unit 4	Type 3	Goalkeeper's Defensive Skills	FS-B-16	FS-B-23
108	Unit 4	Type 3	Blocking	FS-B-17	FS-B-24
109	Unit 5	Yoga	Revision of *Aṣṭāṅga* Yoga	YG-24	YG-24
110			Formative Assessment	FA-8	FA-8
111	Unit 4	Type 3	Blocking	FS-B-18	FS-B-25
112 & 113	Unit 4	Type 4	Assimilation	FS-B-19	FS-B-27
114 to 122			Summative Assessment 2	SA-1	SA-9

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