

A147

Level - A

Equivalent to Class 3

# OBE Programme

Bharatiya Jnana Parampara

# Yoga



National Institute of Open Schooling

# Open Basic Education Programme

Bharatiya Jnana Parampara

## Yoga (A147)

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Level A (Equivalent to Class 3)



**NATIONAL INSTITUTE OF OPEN SCHOOLING**

(An autonomous organisation under, Ministry of Education, Govt. of India)

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## *A Word With You*

*Dear Learners,*

*The National Institute of Open Schooling is providing education at your doorstep through Open Basic Education (OBE) Programme. The OBE programme was initiated in June 1994 with the aim of providing the primary and upper primary education through alternative means of open schooling. It provides three tier education i.e. Level 'A' (equivalent to class 3), Level 'B' (equivalent to class 5) and Level 'C' (equivalent to class 8). The Open Basic Education programme has been recognised by the Government of India as equivalent education to that of the formal school, for further education and employment.*

*The ancient education system of India was unique in nature and had peculiar characteristics and qualities which were not found in any civilisation of the world. The Indian traditional knowledge consists of Astronomy, Astrology, Acoustics, Architecture, Philosophy, Medicine, Life sciences, Law, Poetics, Aesthetics, Agriculture and many more. The gurukuls were the centre of knowledge where the pupils were living under the guidance of the Guru. This knowledge system had relevance in the ancient Indian as well as in present society and now needs to be made accessible for the present generation.*

*NIOS has launched the new stream-'Indian Knowledge Tradition' courses for reviving the Vedic Education, Sanskrit Language and literature, Yoga and many other areas of ancient Indian Knowledge. The aim of this stream is also to re-establish and to carry forward our ancient education system throughout the country to preserve our rich tradition for coming generations.*

*In this book (Level A), you will be introduced to yoga. This course will help you to study in greater depth about Breathing practices, Yogic sukshma vyayama, Sthula vyayama, Surya namaskar, Asanas, Basic kriyas and Pranayama. You will learn and master the practice of yogic practices for eye sight, voice culture, Yama and Niyama. The study of Patanjali yoga sutra and Hath yoga pradipika and Krida yoga will help you to get skills and appreciate the importance of yoga in your life.*

*This book has 12 lessons. In every lesson there are "Intext Questions" given to help you to assess your own progress as you go along. Every lesson, includes "Terminal Questions" and "What have you learnt" to help you revise the lesson easily and thoroughly.*

*I am confident that you will find this book useful and interesting. I am also thankful to the experts who have played an important role in making this material interesting and useful. I wish you a bright future.*

*I welcome the views of experts and readers for the improvement in the leaning material.*

*With best wishes.*

**Chairman**  
National Institute of Open Schooling

## How to use the Study Material

Congratulation! You have accepted the challenge to be a self-learner. NIOS is with you at every step and has developed the material in Yoga with the help of a team of experts, keeping you in mind. A format supporting independent learning has been followed. If you follow the instructions given, then you will be able to get the best out of this material. The relevant icons used in the material will guide you. These icons have been explained below for your convenience.

**Title:** will give a clear indication of the contents within. Do read it.

**Introduction:** This will introduce you to the lesson linking it to the previous one.



**Objectives:** These are statements that explain what you are expected to learn from the lesson. The objectives will also help you to check what you have learnt after you have gone through the lesson. Do read them.



**Notes:** Each page carries empty space in the side margins, for you to write important points or make notes.



**Intext Questions:** Very short answer self check questions are asked after every section, the answers to which are given at the end of the lesson. These will help you to check your progress. Do solve them. Successful completion will allow you to decide whether to proceed further or go back and learn again.



**What You Have Learnt:** This is the summary of the main points of the lesson. It will help in recapitulation and revision. You are welcome to add your own points to it also.



**Terminal Exercises:** These are long and short questions that provide an opportunity to practice for a clear understanding of the whole topic.



**Do You Know:** This box provides additional information. The text in boxes is important and must be given attention. It is not meant for evaluation, but only to improve your general knowledge.



**Answers :** These will help you to know how correctly you have answered the questions.



**Activities:** *Certain activities have been suggested for better understanding of the concept.*

www

**Web site:** These websites provide extended learning. Necessary information has been included in the content and you may refer to these for more information.

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