

Senior Secondary Course

373- Physical Education and Yog

Practical Manual



373en



NATIONAL INSTITUTE OF OPEN SCHOOLING

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A Word With You

Dear Learners

National Institute of Open Schooling welcomes its learners to the Senior Secondary Course in 'Physical Education and Yog'. The course includes 'the Concept of Physical Education and Yog', 'Dimensions of the physical education and yog', 'Holistic Health', 'Physical Education and sports sciences' and Yogic practices. This course comprises both theory and practicals. The theory part has been divided into 22 lessons to make it more elaborative.

The study material has been developed for the learners to widen their knowledge, understanding and skills in the field of sports, games and yog asanas. This course provides a chance to the learners to be able to choose physical education and yog as a career. In the present age physical education and yog has gained more importance as people are getting conscious about their health and well being.

The course has been developed in modular form and every module deals with a separate concept. Each module is interlinked with others and motivates the learners to seek more information.

Please note that out of 22 lessons, 06 lessons have been kept apart for you to study and be assessed through Tutor Marked Assignment (TMA) only. These are **Physical Fitness and Wellness** (Lesson No.3), **Career Aspects of Physical Education** (Lesson No.4), **Physical and Physiological Aspects** (Lesson No.5), **Introduction to Health** (Lesson No.9), **Physical Education for Various Populations** (Lesson No.13) and **Asana** (Lesson No.20) that you work upon throughout the year. The public examination (PE) or final exam shall have the lessons other than those earmarked for TMA.

We hope that this course will attract a number of learners and will help them to understand the importance of physical education and especially Yog - that has gained the international acceptance. Physical education and Yog are related to our daily life and makes us proud of our culture.

Your feedback is always welcome. For any kind of suggestion or difficulty feel free to contact us. We shall be more than happy to serve you.

Thanks

Chairman
NIOS

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Practical 1



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Component Measured: Muscular Strength

“Muscular strength is the ability of the muscles to overcome or to act against a resistance”.

Name of the Test:

- A) Pull-ups for Boys, and
- B) Flexed Arm Hang for girls

Aim

The purpose of pull-ups and flexed arm hang test is to measure the muscular strength of upper body.

Equipment Required: For this practical a horizontal bar, whistle, stop watch and stool/chair are required.

- A) Testing Procedure of Pull-ups:** The participant will be asked to hang from the horizontal bar through hands with forward grip and to chin up by pulling body up until his chin is above the bar. After that he has to lower the body until his arms are straight (shown in the figure). In whole process kicking or jerky motion are not allowed.

Scoring Procedure: The number of complete pull-ups plus constitute the scoring.

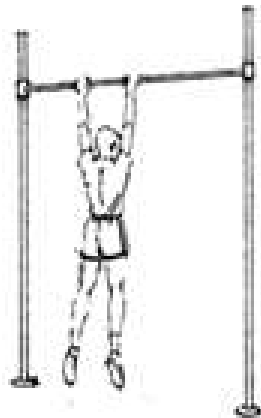


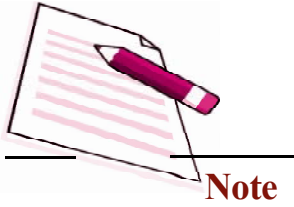
Figure 1: Pull-ups for boys

- B) Testing Procedure of Flexed Arm Hang:** The participant will be asked to grip the horizontal bar using overhand grip. The body will be raised off the floor to a position where the chin is above the bar without touching the bar with the help of stool or chair. After reaching said position the stool/chair will be removed. In final position both the elbows are flexed and the chest comes



Note





close to the bar during the test. Participant will hold the position for the maximum duration of time without any support. Stopwatch will be stopped as position changes.

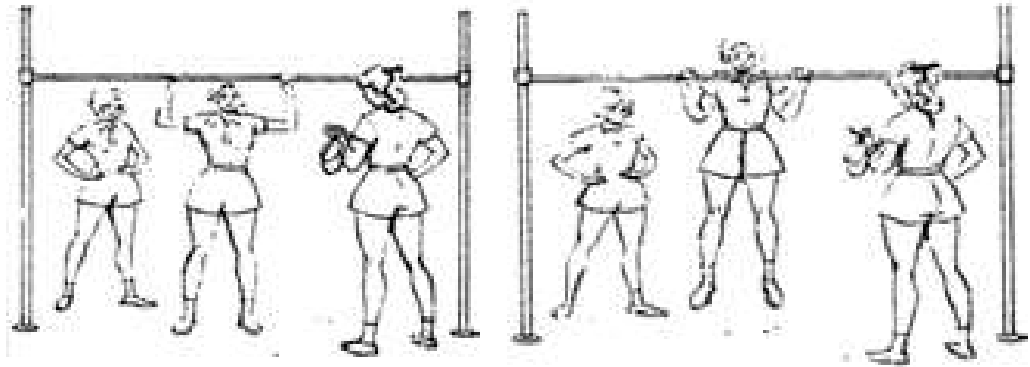


Figure 2: Flexed arm hang for girls

Scoring Procedure: The duration in seconds for which the participant holds the flexed arm hang position correctly, is the score of the test.

Effect and Observations

Perform pull-ups/flexed arm hang for 8 consecutive days and fill the below table with your score.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Pull-ups (Numbers)								
OR								
Flexed Arm Hang (Duration)								

Observations

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Remarks

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(Signature of the Instructor)

Physical Education and Yog



Practical 2



Component Measured: Muscular Endurance

“It is the ability of the muscles to do sports/physical movements with the desired quality and speed under condition of fatigue”.

Name of the Test: Bent Knee Sit up

Aim

The purpose of bent knee sit-up is to measure the muscular endurance of abdomen.

Required Equipment: To perform this test a floor mat or yoga mat is required.

Testing Procedure: The participant will be asked to lie on back with knees bent, feet on the floor. Heels should not be placed more than 12 inches apart from the buttocks. The angle of the knees should be less than 90°. Individual will put his/her hand on the back of the neck with straight elbows. Feet will be grabbed by a companion to ensure feet not to leave the surface. The individual will bring the head and elbows forward to touch the knees and then return to starting position. The entire above process constitutes one sit-up and continued till 60 seconds are complete.

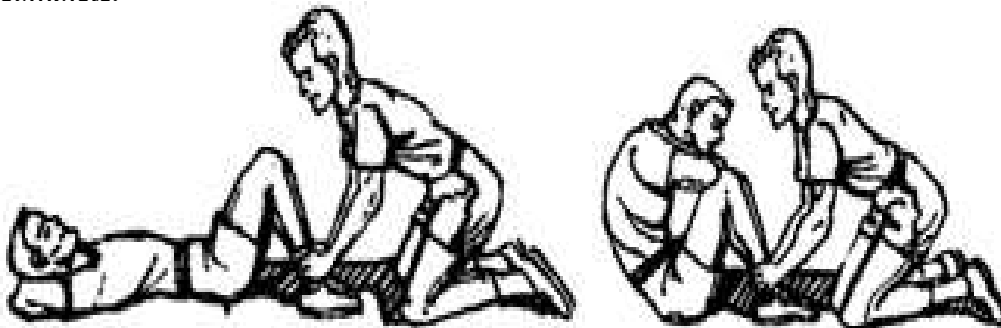


Figure 3: Bent knee sit-ups

Scoring Procedure: The number of correctly executed sit-ups by individual in 60 seconds will be counted. This gives the score of the test.

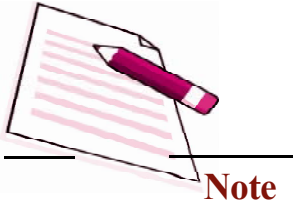
Effect and Observations

Perform sit-ups for 8 consecutive days and fill the below table with your score.



Note





	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Sit-ups (Numbers)								

Observation

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Remarks

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(Signature of the Instructor)



Practical 3



Component Measured: Flexibility

“It is the ability to move joints through their full range of motion”.

Name of the Test: Sit and Reach Test

Aim

To measure the flexibility of the lower back and hamstring muscles by using Sit and Reach test.

Required Equipment: For conducting this test a Sit and reach box (or alternatively a ruler can be used, and a step or box) is required.

Testing Procedure: The participant is asked to remove his/her shoes and place his/her feet against the testing box while sitting on the floor with straight knees (see figure 4). Now the participant is asked to place one hand on top of the other so that the middle finger of both hands are together at the same length. The participant is instructed to lean forwards and place his/her hands over the measuring scale lying on the top of the box with its 10 inches marks coinciding with the front edge of the testing box. Then, the participant is asked to slide his/her hands along the measuring scale as far as possible without bouncing and to hold the farthest position for at least one second.



Figure 4: Sit and reach test

Scoring Procedure: Each participant is given three trials and the highest score nearest to an inch is recorded and 10 inches are subtracted from the recorded reading to obtain the flexibility score which is compared with the standards given in table 1.



Note



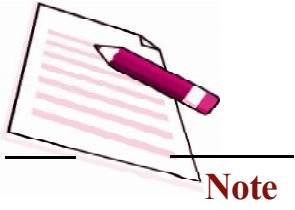


Table 1: Evaluation standards for the sit and reach test for male and females.

Males (Age 17-22 yrs)	Female (16-21 yrs)	Evaluation Standards
Performance score in inches		
7 or above	8 or above	Excellent
5 to 6	6 to 7	Good
3 to 4	4 to 5	Above average
1 to 2	1 to 3	Average
0 to -1	0 to -1	Below average
-2 and below	-2 and below	Poor

Effect and Observations

Perform sit and reach test for 8 consecutive days and fill the below table with your score.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Flexibility (Inches)								

Observation

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Remarks

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(Signature of the Instructor)



Practical 4



Component Measured: Cardiovascular Endurance

“It is the ability of the hearth and muscular system to perform with the desired quality under condition of fatigue”.

Name of the Test: 12 Minute run/walk

Aim

The purpose of this test is to measure the cardiovascular endurance by using 12 Minute run/walk test.

Equipment Required: For conducting this test 400 or 200 Meters track, Stopwatch and cones are required.

Testing Procedure: The participant will start running or walking after the signal, and cover as much distance as possible in 12 minutes. Track should have mark of every 100 meters so that tester can count the number of laps completed and additional incomplete lap-distance covered in 12 minutes respectively. Meanwhile tester has to encourage all the participants to run the entire period of 12 minutes but interspersed walking is allowed.

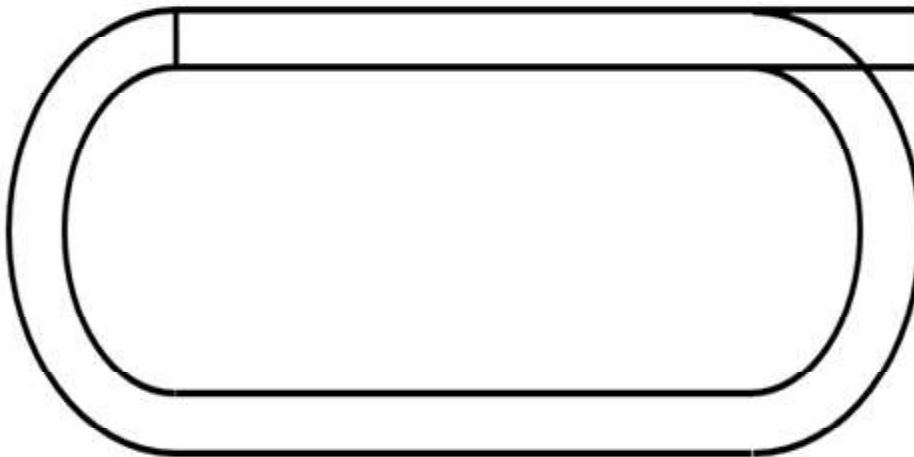


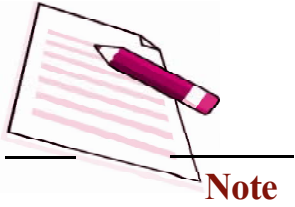
Figure 4: 400 Meter track for 12 minutes run/walk

Scoring Procedure: Total distance covered in 12 minutes is recorded as the score of the participant.



Note





Effect and Observations

Perform run or walk for 2 consecutive months and fill the below table with your score.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Distance Covered in 12 minutes								

Observations

Observation

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Remarks

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(Signature of the Instructor)



Practical 5



Component Measured: Body Composition

“The body composition is the percentages of fat, bone and muscle composition in human body”.

Name of the Test: Body Mass Index (BMI)

Aim

The purpose of this test is to assess the percentages of fat, bone and muscle composition of human body.

Equipment Required: To conduct this test a stadiometer and weighing machine are required.

Testing Procedure: The participant’s height is measured in meters by using stadiometer and the weight is measured in kg. Then, the BMI is calculated by using following formula-

$$\text{BMI} = M / (H \times H)$$

Where

M = body mass in kilograms, and

– H = height in meters.

Scoring Procedure: Following table is used to determine BMI rating. The table shows the World Health Organization BMI classification system. The rating scale is the same for males and females.

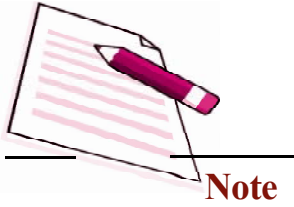
Classification	BMI (kg/m ²)	Sub-classification	BMI (kg/m ²)	
Underweight	< 18.50	Severe thinness	< 16.00	
		Moderate thinness	16.00 - 16.99	
		Mild thinness	17.00 - 18.49	
Normal range	18.5 - 24.99	Normal	18.5 - 24.99	
Overweight	e” 25.00	Pre-obese	25.00 - 29.99	
		Obese (e” 30.00)	Obese class I	30.00 - 34.99
			Obese class II	35.00 - 39.99
			Obese class II	e” 40.00

Source: World Health Organization



Note





Effect and Observations

Calculate BMI of your 3 family members and fill the below table with the score.

	Yourself	Family Member 1	Family Member 2
BMI Score			

Observation

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Remarks

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(Signature of the Instructor)



Practical 6



Component Measured: Power

“Power is the ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements”.

Name of the Test: Standing Broad Jump

Aim

To measure power of lower extremities by using standing broad jump.

Required Equipment: A long jump pit/a flat soft surface and measuring tape are required to conduct this test.

Testing Procedure: The participant will be asked to stand behind the starting line with parallel feet. Participant will be directed to jump as far as possible by bending knees and swinging arms from the take-off broad starting line in forward direction. A demonstration of the standing broad jump can be given to the participant before the test. Three trials can be given and best out of three will be counted as the final score.

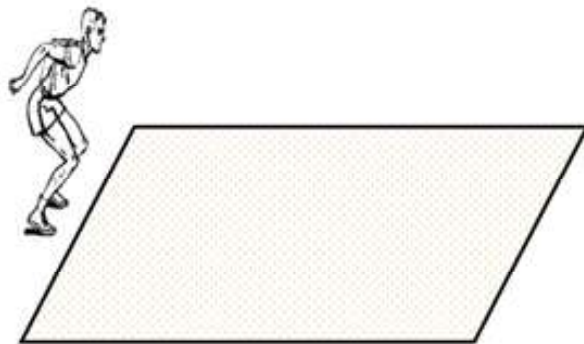


Figure 6: Standing broad jump

Scoring Procedure: The distance between the starting line and the nearest point of landing provides the score of the test. The best distance out of three trials is used as the final score of the test.

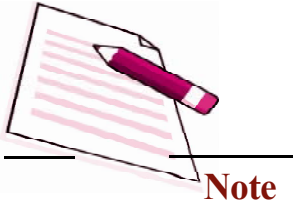
Effect and Observations

Perform Standing Broad Jump for 15 consecutive days and fill the below table with your score.



Note





Physical Effects	D 1	D 3	D 5	D 7	D 9	D11	D13	D15
SBJ Distance (in Meters)								

Observation

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(Signature of the Instructor)



Practical 7



Component Measured: Speed

The ability to cover the maximum distance in minimum possible time is called speed.

Name of the Test: 50 Meter Dash

Aim

The objective of this test is to measure the speed of the participant by using 50 Meter dash.

Required Equipment: A 100 Meter track, whistle, and stopwatch are the equipment required for this test.

Testing Procedure: Two lines are marked on the field 50 meter apart in the track. One line is used as a starting line and the other as the finish line. On the signal the participant start running at their best to reach the finish line at the earliest possible time. The signal is accompanied with the downward sweep of the starter's arm to give the visual signal to the timer who stands at the finish line to record the time.

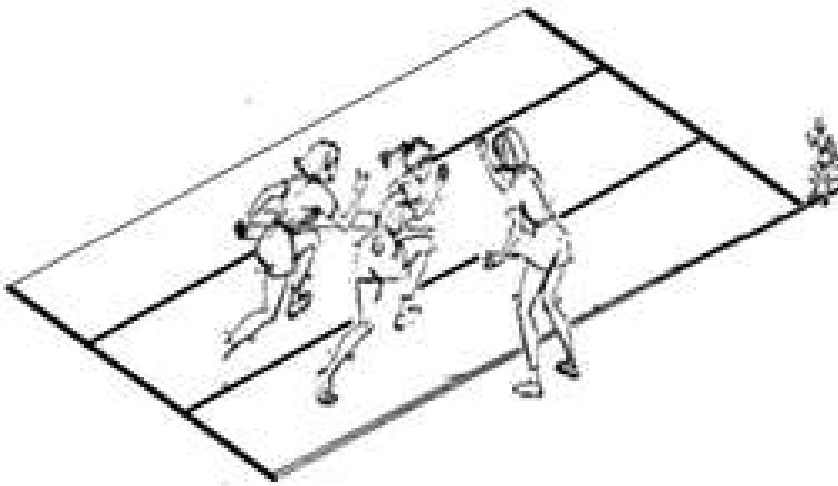


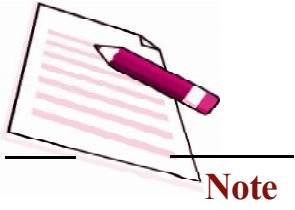
Figure 7: 50 Meter dash

Scoring Procedure: The time taken by the participant between the starting and finishing the 50 Meters distance is the score of the test.



Note





Effect and Observations

Perform 50 Meters dash for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D11	D13	D15
50 Meters (Duration in Seconds)								

Observation

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Remarks

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(Signature of the Instructor)



Practical 8



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Component Measured: Agility

“The agility is the ability of any individual to change the body position or direction as quickly as possible”.

Name of the Test: Shuttle Run Test

Aim

The objective of Shuttle run test is to measure the agility of the participant.

Required Equipment: Measuring tape, marking tape/chalk, stopwatch, two blocks of wood (2"x2"x4") are required equipment for this test.

Testing Procedure: Two parallel lines marked on the floor 10 meters apart from each other and two wooden blocks will be placed behind one of the lines. Participant will be asked to start from behind the other line. On the signal, the timer will start the watch and participant run towards the blocks, picks one block, run back to the starting line, place the block behind the starting line, run back and pick-up the second block carry back across the starting line. The timer will stop the watch and records the time, when he/she crosses the starting line.

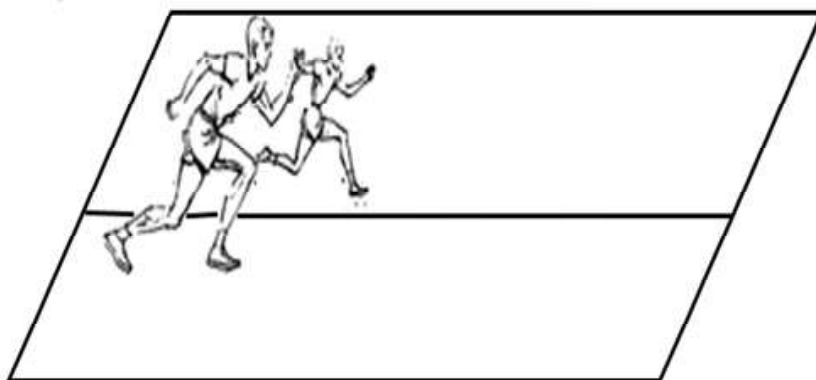
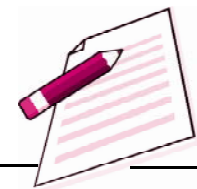


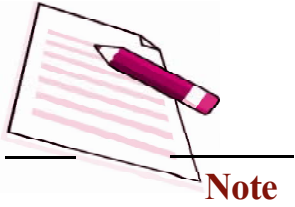
Figure 8: Shuttle run test

Scoring Procedure: Two trials are allowed to each participant with some rest in between. The time of the best of the two trials is recorded in second as the score of the test.



Note





Effect and Observations

Perform 10 x 4 Meters Shuttle run for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D 11	D 13	D 15
50 Meters (Duration in Seconds)								

Observation

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Remarks

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(Signature of the Instructor)



Practical 9



Component Measured: Balance

“It is the ability to maintain balance during whole body movements and to regain balance quickly after the balance disturbing movement”.

Name of the Test: Flamingo Balance Test

Aim

The objective of this test is to measure the static balance by using Flamingo Balance test.

Required Equipment: A beam (5 cm height, 4 cm width and 50 cm long), two supports (2 cm wide and 15 cm in length), and stop watch are required for this test.

Testing Procedure: A demonstration of the test will be given to the participants. The participants are required to maintain the balance, standing on their preferred foot on the long axis of beam for as long as possible. They are required to grip the back of the free foot by bending their leg and holding it with the hand of the same side. This position of balance should look like a flamingo. The free foot may be positioned to sustain the balance. The participants can take the tester’s support in case of interruption in their balanced position. They will be required to remain in balance in flamingo position for one minute. The test starts as soon as the participant stands in the correct position without the help of the tester. The tester is required to start stopwatch from the movement the participant takes the correct position independently. Every time, there is any interruption in balance, the stop watch is stopped and restarted only when the correct balance position is resumed. This procedure is repeated till one full minute of balanced position is completed. If there are 15 interruptions within the first 30 seconds the test must be ended meaning thereby that the participant is unable to take this test.



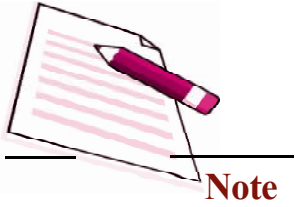
Figure 9: Flamingo Balance Test

Scoring Procedure: The number of attempts made to remain in balance in the correct position for one whole minute, is the score of this test. Like running time the lower the score, the better is the one’s balance.



Note





Effect and Observations

Perform Flamingo Balance Test for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D11	D13	D15
Flamingo Balance Test (numbers of attempts)								

Observation

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Remarks

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(Signature of the Instructor)



Practical 10



Component Measured: Reaction Time

“The reaction time is the ability to react effectively and quickly on a given signal”.

Name of the Test: Nelson Hand Reaction Time test.

Aim

The objective of this test is to measure the reaction time of hand movement in response to a visual stimulus.

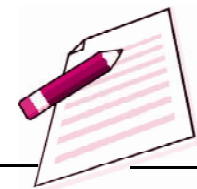
Required Equipment: Nelson reaction timer scale, table and chair or desk chair is required for conducting this test.

Testing Procedure: First give a practical demonstration to all the participants. The participant is to sit on the chair with his/her fore-arm and hand resting on the table (or desk top) in such a way that the tips of thumb and index figure are held in a ready to pinch position, about 3 or 4 inches beyond the edge of the table. The tester assures that the upper edge of thumb and index finger are in a horizontal position (see figure). The tester holds the scale vertically in the air between the participant's thumb and index finger, but not touching. Align the zero mark with the participant's fingers. The participant should indicate when they are ready. Without warning, release the scale and let it drop - the participant must catch it as quickly as possible as soon as he/she see it fall. The distance the scale fell will be recorded in meters. This procedure is repeated 20 times and take to average score.



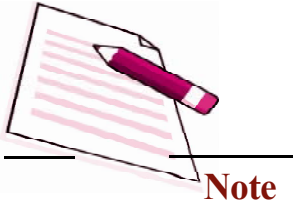
Figure 10: Nelson Hand Reaction Time test

Scoring Procedure: Time is read from the stick just above the upper edge of the thumb when the participant catches the falling stick timer. Out of 20 trials, results of five fastest and five slowest trials, are discarded and the average of the middle 10 trials gives the score of this test.



Note





Effect and Observations

Perform Hand Reaction Test for 15 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 3	D 5	D 7	D 9	D 11	D 13	D 15
Hand Reaction (Score)								

Observation

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Remarks

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(Signature of the Instructor)



Practical 11



Name of the Sport: Basketball

Name of the Test: Johnson Basketball Test

Aim

To assess the general playing ability of basketball players.

This test consists of three (3) items of basic skill which are described below: -

i) Field Goal Speed Test

ii) Basketball Throw for Accuracy

iii) Basketball Dribble Test

i) Field Goal Speed Test: The tester asks basketball player to stand at any position under the basket and is required to make maximum number of baskets in 30 seconds. The numbers of successful basketball throw thrown in 30 seconds provide the score for the test.

Scoring Procedure: Number of successful baskets in 30 seconds.

Measures: The ability of the participant to make successive field goals as quickly as possible under the stress of time.

ii) Basketball Throw for Accuracy: In this test a rectangular target is placed on a wall. The participant, stands at a distance of 40 feet from the target, makes 10 trials for hitting the ball in the center of the target. For hitting, the examinee can use either the overhead or the hook pass technique.

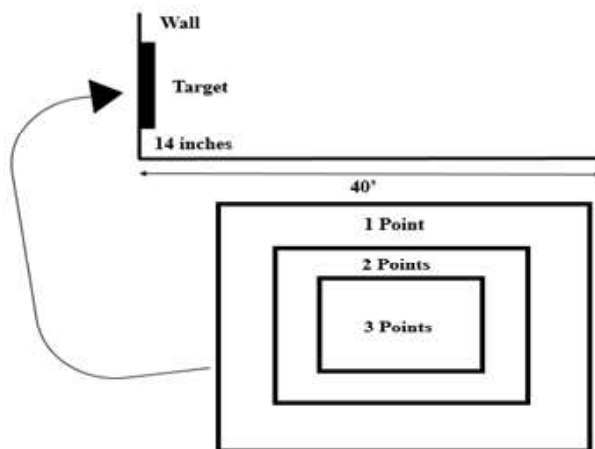
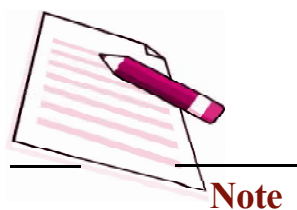


Figure 11.1: Illustration of Johnson Basketball Throw for accuracy testing



Note





- Scoring:** Points are awarded as according to the ball on the target: -
- 3) **Points:** For each hitting in the inner rectangle or its line.
 - 2 Points:** For each hitting in the middle rectangle or its line.
 - 1 Point:** For each hitting in the outer rectangle and the line.

Position of the Participant, Tester, & Recorder: The participant stands just outside the 40 feet line, in front of the target. The tester stands 5-10 feet inside the 40 feet line on the right side of the examinee and the recorder stands on the right side of the target about 5-7 feet away from the target well towards tester.

Measures: This test item measures the shoulder strength and the ability of consistent accurate throws.

- iii) **Basketball Dribble Test:** The participant is required to cover maximum distance while dribbling around obstacles in 30 seconds. Four obstacles (Chair/Hurdle) are arranged in a straight line at 6 feet apart. The 1st obstacle is 12 feet away from the starting line which is 6 feet wide. The participant is asked to begin dribbling from one end of the starting line and is required to dribble for 30 seconds in a zig-zag manner around the turnings at each obstacle point and by turning about at the 4th obstacle.

Scoring: The score is equal to the number of zones covered in 30 seconds. The examinee gets 1 point on crossing each obstacle. However, two sides of the last obstacle and the starting line mark provide two separate points as they represent the boundaries of 2 zones each.

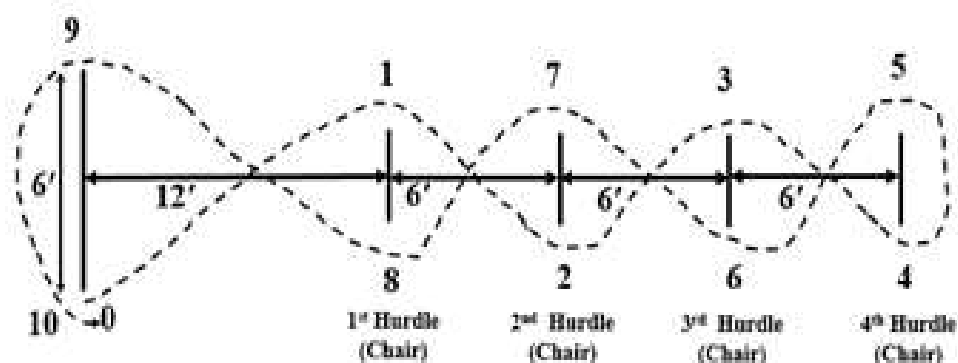


Figure 11.2: Illustration of Johnson Basketball Dribble Test Item Course and Scoring Measures: The ball handling ability and agility level of the players.



Effect and Observations

Perform Field goal speed Test for 8 days continuously and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D6	D7	D8
Filed Goal Speed Test (Number of Successful baskets)								

Observation

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Remarks

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(Signature of the Instructor)



Note





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Practical 12

Name of the Sports: Badminton

Name of the Test: Lockhart and McPherson Badminton Skill Test

Aim

To assess the general playing ability of badminton.

Required Equipment: Unobstructed 10 feet high and 10 feet wide wall, badminton racket, new indoor shuttlecocks, stopwatch, score sheets, marking chalk and tape.

Test Dimension: A restraining line is drawn at a distance of 3 feet from the base of the wall and a starting line 11 feet to the restraining line is drawn at a distance of 3 feet 6 inches from the restraining line that is at a distance of 3 feet 6 inches from the base of the wall. A horizontal net line (1-inch wide) is marked on the wall at a height of 5 feet from the floor.

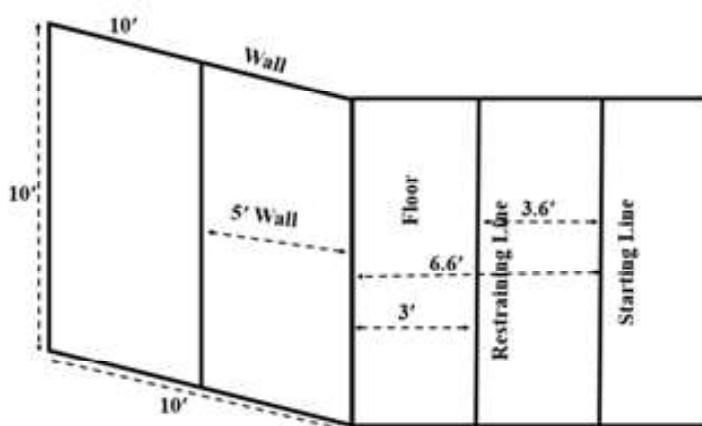
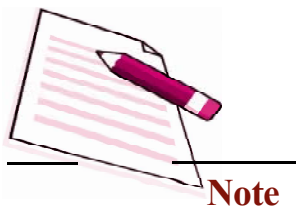


Figure 12: Wall and floor marking of the test

Testing Procedure: The participant is asked to stand behind the starting line with racket in one hand and a shuttlecock in the other. On the signal 'GO' the player is required to serve legally against the wall on or above the net line continuously for 30 seconds from the area between starting line and the restraining line. If player misses the shuttlecock, he is allowed to restart with a legal service from behind the starting line. Each examinee is allowed three trials with short intervals of 30 seconds in between.

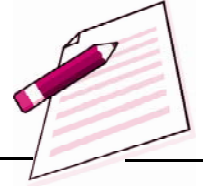
Scoring: The total number of legal hits made on or above the net line in all three 30 seconds trials is the score of the participant in the skill test.



Effect and Observations

Perform Lockhart and McPherson Badminton Skill test for 8 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D 6	D 7	D 8
Numbers of Legal hits (in 30 Seconds)								



Note

Observation

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Remarks

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(Signature of the Instructor)





Practical 13

Name of the Sports: Football

Name of the Test: Johnson Wall-Volleying Soccer Test

Aim

To assess the general playing ability of football.

Required Equipment and Facility: Target area marked on a wall 24 feet wide and 8 feet high, Footballs, kicking board, marking tape and chalk.

Test Dimensions:

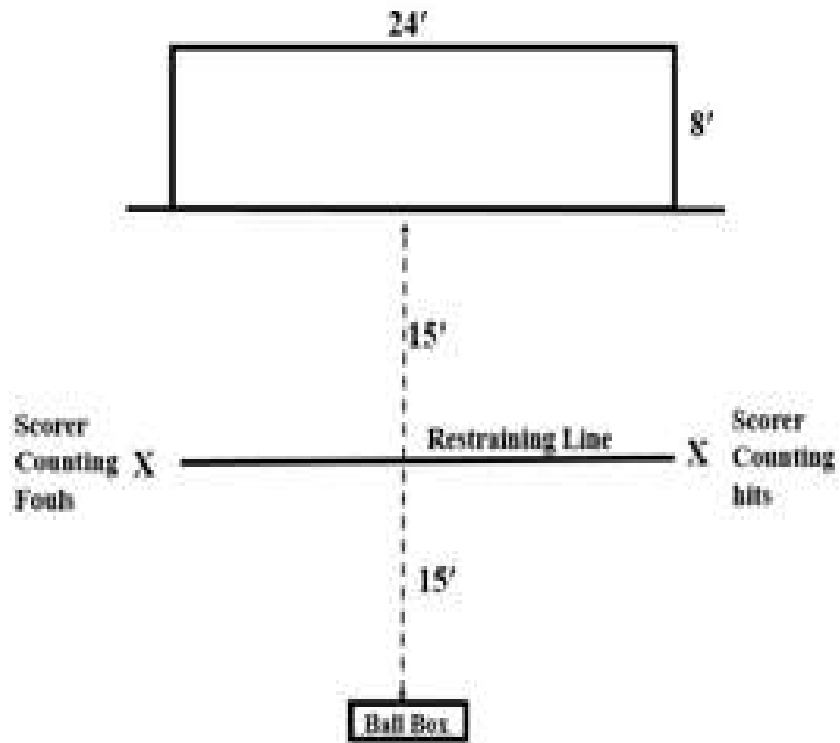
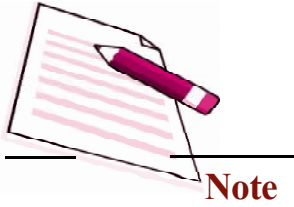


Figure 13: Marking of floor and wall of test.

Testing Procedure: At the starting of the test, the participant holds a soccer ball behind the restraining line and puts it in play by kicking it against the wall (target area). The ball can be kicked on 'the fly' or dropped to the ground and kicked. A test bout is 30 second, three such bouts are performed. A hit is counted for a ball played legally from behind the restraining line, strikes the target area and rebounds across the rest line. Faults are counted for any infringement over the restraining



line by the participant. No penalty is counted for the use of space balls.

Scoring Procedure: The participant’s score is the aggregate number of hits on the three trials less the number of faults.

Table 13: Norms for grading of the participant.

Grade	Score
Superior	42 and above
Good	37 to 41
Average	31 to 36
Below Average	25 to 30
Poor	24 and below



Note

Effect and Observations

Perform Johnson Wall-Volleying Soccer Test for 8 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D6	D7	D8
Aggregate Number of hits (in 30 Seconds)								

Observation

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Remarks

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(Signature of the Instructor)





Practical 14

Name of the Sports: Volleyball

Name of the Test: Brady's Volleyball Skill Test

Aim

To assess the general playing ability of volleyball.

Required Equipment: Volleyballs, marking tape and chalk, and stopwatch required for this test.

Target Dimension: A target is marked on the wall with marking chalk. Target is bounded by a horizontal line of 5 feet length at a height of 11 feet and 5 inches from the floor/ground. The two ends of the horizontal lines are extended upwards, towards the ceiling up to 3 to 4 feet high.

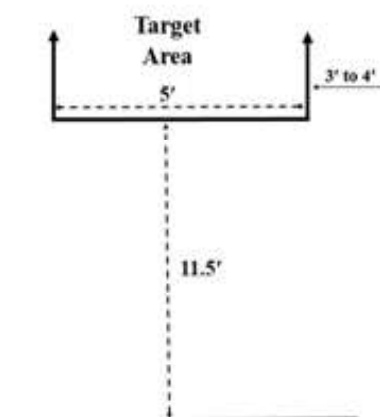
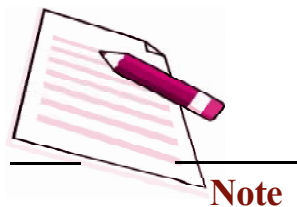


Figure 14: Marking of the test

Testing Procedure: The participant is asked to make a maximum number of volleys standing at any point in the front of the target in one minute. He/she is specifically instructed that only the legal volleys will be counted, that is the participant should perform real volleys which must hit the wall within the boundaries of the target. If the ball caught or gets out of control, the participant is asked to repeat from the start. Two trials may be given and the best one is considered. On a signal of Go ball is tossed against the wall at the target. On rebound, the ball is volleyed into the marked target consecutively for one minute, till the stop signal is given.

Scoring Procedure: The number of real volleys in one minute gives the score of the test.



Note



Effect and Observations

Perform Brady's Volleyball Skill Test for 8 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D 6	D 7	D 8
Number of volleys in 1 Minute								

Observation

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Remarks

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Note





Practical 15

Name of the Sports: Hockey

Name of the Test: Harbans Singh Field Hockey Test

Aim

To measure general field hockey skill of college level men and women.

This test battery is having two test item:

- i) Dribbling and Hitting test, and
 - ii) Dribbling and Goal Shooting test.
- i) **Dribbling and Hitting Test:** The purpose of this test item is to determine dribbling and hitting ability.

Required Equipment: Hockey Sticks, ball, stopwatch, 8 cones, measuring tape, marking powder and score sheet.

Testing Procedure: In this test participant stands behind the starting line with his stick and ball when the participant receives the signal of Ready! and Go! He/she must start the dribbling in zig-zag manner in between 8 cones which are placed in a straight line at the 8 feet distance from each-other. When the participant reaches the end line he/she will take a turn and hit the ball towards the starting line. If he/she fails to do he/she should take one or more chances until the ball crossed the start line.

Scoring Procedure: The scoring shall be the time taken by the participant until the ball crosses the starting line after being hit by the participant from the end line.

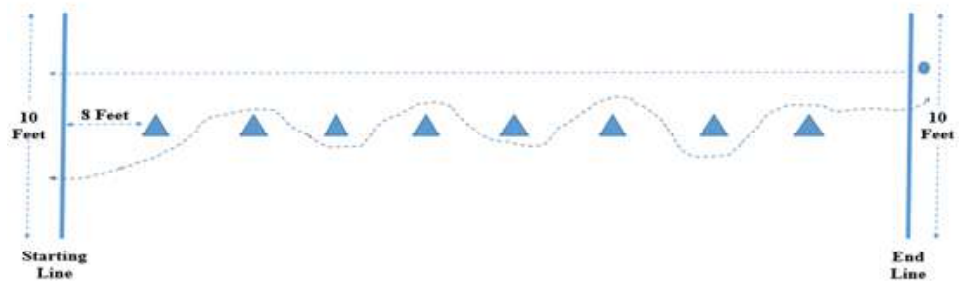
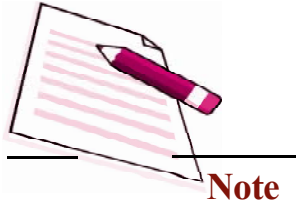


Figure 15: Marking of the dribbling and hitting test



- ii) **Dribbling and Goal Shooting Test:** This test item is included for the purpose of assessing participant's goal shooting ability.

Required Equipment: Hockey Sticks, 6 balls, Goal post, and score sheet.

Testing Procedure: At the center point of the circle make a box (square) of 2 yards and from that point 45 degree right and left both side on the circle the same size box should be marked. And in the goal post a number plate is placed on the backboard.

The participant should stand in front of the right box where 2 balls are placed, AC the signal of 'Go' the participant takes one ball and gets in the box and tries to shoot the ball on the goal post and the number which was hit by him/her will be his/her score. In the same way he/she come back and take second ball dribble it into the box and take a shoot toward the target again which ever number he/she hits recorded by the tester, after the shoot he/she will move toward the next box and the same thing will be performed by the participant. The participant can take a 30 seconds break/rest in between two boxes.

Scoring Procedure: The number which was hit by the participant is the score of his/her in 6 trials (the sum of all six trials should be counted).



Note

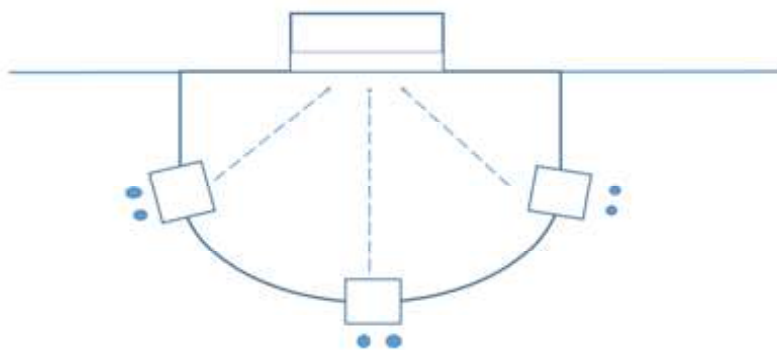
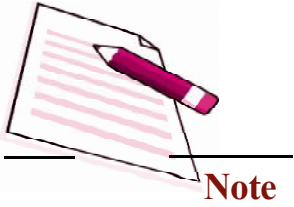


Figure 15.1: Marking of dribbling and goal shooting

Effect and Observations

Perform Dribbling and Hitting test for 8 consecutive days and fill the below table with your score.





Physical Effects	D 1	D 2	D 3	D 4	D 5	D6	D7	D8
Duration								

Observation

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Practical 16

Sukshma Vyayama (Leg Joints)



Note

Sukshma vyayama (SV) means Subtle Exercises. This is also called yogic warm-up. It is a series of practices. These practices are for joints (synovial joints) of our body. It improves flexibility and prepares our body for intermediate group of asanas or classic asanas.

Aim

To perform the series of Leg Joints.

After completion of this practical, you will be able to perform and demonstrate the series of practice of Leg Joints in appropriate format.

Requirements

- Yoga mat–1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm)– 1

Preparation of Yoga classroom

- The room should be clean and well ventilated

Preparation of practitioner

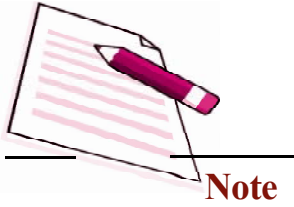
- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice

Procedure

All the practices of S V are performed while sitting on the floor in the initial position (*prarambhik sthiti*) as given below

- Sit with the legs outstretched in front and palms on the floor beside the hip, fingers pointing backwards.
- Maintain head, neck and back in a straight line, and take support of the arms
- Close the eyes and relax the whole body





S V practice for leg joints are 9 in number. They are performed as follows:

Practice 1: Toe bending

Method

- Sit comfortably in initial position with feet slightly apart, be aware of the toes.
- Move the toes of both feet slowly backward and forward but ankles should be relaxed and motionless
- Hold each position for few seconds and repeat it 10 times
- Inhale as the toes move backward and exhale as the toes move forward.



Fig. 16.1: Toe bending

Practice 2: Ankle Bending

Method

- Stay in the initial position.



Fig. 16.2: Ankle bending



- Slowly move both feet backward and forward, bend them from ankle joints
- Hold the position for few seconds. Repeat it ten times
- Inhale as you bend the ankle backwards, exhale as feet move forward.

Practice 3: Ankle rotation

Method

- In the initial position only, legs little apart and keep them straight.
- Rotate both the feet from ankle clockwise and anticlockwise, ten times each. Inhale on upward movement and exhale on backward movement.
- Awareness – keep the heels on the ground throughout the practice. Avoid movement of knees during practice, if required hold them.

Practice 4: Knee bending

Method

- In initial position bend the right knee and clasp the hands under the right thigh. Straighten the right leg and bend at the knee so that the thighs come close to the chest, this is one round, repeat it ten times.
- Do the same thing with the left leg. Inhale while straightening the leg and exhale while bending the leg.
- Do not allow the heel or toes to touch the floor. Keep the head and spine straight.

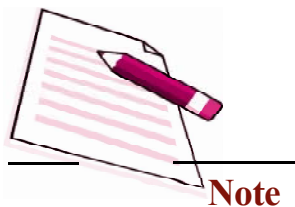


Note



Fig. 16.3: Knee bending





Practice 5: Knee crank

Method

- Sit in the initial position only and bend the right knee as described in the last practice.
- Place the hands under the right thigh and interlock the fingers or cross the arms holding the elbows. Raise the right foot from the ground.
- Rotate the lower leg from the knee in a large circular movement, try to straighten the leg at the top of the upward movement.
- Rotate 10 times clockwise and anti clockwise.
- Repeat with the left leg.
- Inhale on the upward movements and exhale on the downward movement.
- The upper leg and trunk should be completely still.



Fig. 16.4: Knee crank

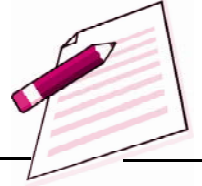
Practice 6: Kneecap Contraction

Method

- Stay in initial position only, contract the muscle surrounding the knees and drawing the kneecap back towards the thigh.
- Hold the contraction for few seconds. Release the contraction and let the kneecap return to its normal position.
- Practice it for 5 to 10 times.



- Inhale while contracting and hold the breath during contraction and exhale while relaxing the knee muscle.
- For better impact place fist or rolled cushion under the kneecap.
- All the knee asana strengthens the quadriceps muscle and the ligaments around the knee joint. These asana rejuvenate the joint by activating the healing energies.
- This is the best practice for knee problem.



Note

Practice 7: Ardha-Titliasana (Half butterfly)

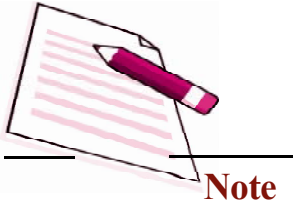
Method

- Stay in initial position only, bend the right leg and place the right foot on the left thigh as possible.



Fig. 16.5: Ardha-Titliasana





- Place the right hand on top of the bent right knee, hold the toes of the right foot with the left hand. This is the starting position.
- Gently move the right knee up towards the chest and gently push the knee down and try to touch the knee to the floor.
- Practice this up and down movements ten times. Inhale while bringing the knee towards the chest and exhale while moving it away from the chest.
- Do not force this moment in any way. Repeat same process with the other leg.
- One can practice it without breath synchronization also.
- This is an excellent practice for loosening of knee and hip joints and for meditative pose.

Practice 8: Hip Rotation

Method

- Sit in the same starting position as for the last asana with the right leg on the left thigh. Using the right arm, rotate the right knee in a circle. Try to make the circular movement as large as possible by the right knee.
- Practice ten rotations clockwise and ten rotations anticlockwise.
- Straighten the legs slowly and release the knee.
- Inhale during upward movement and exhale during downward movement.
- Repeat same process with the left leg.



Fig. 16.6: Hip Rotation



Practice 9: Full butterfly

Method

- Sit with the legs outstretched.
- Bend the knees and bring the soles of the feet together.
- Keeping the heels as close to the body as possible.
- Clasp the feet with both hands and fully relax the inner thigh muscle, this is the starting position.
- Gently bounce the knees up and down using the elbows as levers to press the legs down.
- Try to touch the knees to the ground on the downward stroke.
- Practice 30 to 40 up and down movements. One should not use any force or jerk.
- Breathing – Normal breathing throughout the practice.
- Awareness – Mental counting, movements, stretching of inner thighs, sensation of hip joints.
- **Contraindication** – People with sciatica and acute condition of back pain should avoid this asana.
- **Benefits** – It prepares legs for meditative asanas and other advance asanas. Tension of inner thighs muscles is relieved by practice of this asana. It also relieves stiffness of prolonged sitting and tiredness from long hours standing and walking.

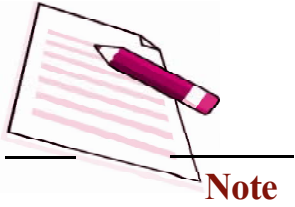


Note



Fig. 16.7: Full butterfly





Effects and observations

- Perform all leg joint practices as mentioned above daily for 8 days and record the effects

Physical effects	D1	D2	D3	D4	D5	D6	D7	D8
Difficulty in stretching								
Stiffness								
Sensation of warmth								
Muscular knots								
Cracking sounds								
Relaxation								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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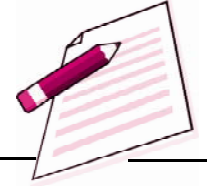
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Practical 17



Sukshma Vyayama (Hand Joints)



Note

Hand joints practices have **very good impact on upper back and shoulder joints.**

Aim

To perform the series of Hand Joints.

After completion of this practical, you will be able to perform and demonstrate these series of practices in the appropriate format.

Requirements

- Yoga mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

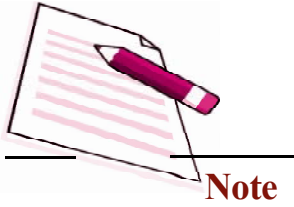
- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc before practice.

All the practices of S V are performed while sitting on the floor in the initial position (*prambhik sthiti*). The body should be relaxed and only those muscles associated with the asana being used.

Prambhik sthiti (Initial Position)

- Sit with the legs outstretched in front and palms on the floor beside the hip, fingers pointing backward.
- Head, neck and back should be in a straight line, and take support of the arms.
- Close the eyes and relax the whole body.
- It can also be practiced in other sitting positions or chair sitting position or in standing position also.





Practical 1 : Hand Clenching

Method

- Sit in the base position or a cross leg posture. Stretch both arms in front of the body at shoulder level and palm facing downward. Open the hand, and stretch the fingers wide apart as possible.
- Close the fingers and make a tight fist with thumb inside. Repeat it ten times. Inhale at the time of opening and exhale on making the fist.



Fig.17.1: Hand Clenching

Practice 2: Wrist Bending

Method

- Remain in same starting pose. Stretch the arms in front of the body at shoulder level. Keep the arms open and downward and fingers straight throughout the entire practice.
- Bend the hands backward from the wrist as we are pushing the wall.
- Bend the hands forward from the wrist so that fingers point to the floor.
- Keep the elbows straight throughout the practice and do not knuckle joints or fingers as in Fig.17.2



- Repeat it for ten items.
- Inhale with the upward movement and exhale with the forward movement.



Fig.17.2: Wrist bending

Practice - 3 : Wrist Joint Rotation

Method

- Remain in the same starting position.
- Make a fist with the right hand with the thumb inside.
- Slowly rotate the fist about the wrist. Make sure that the palm faces downward throughout the rotation. For the support one can hold right hand by the left hand. The arms and elbow should remain perfectly straight throughout the practice.
- Make a large circle as possible as shown in Fig.17.3.

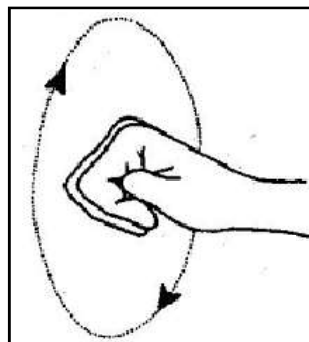
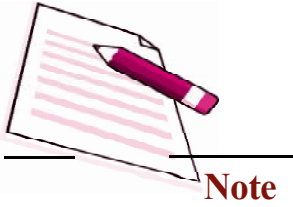


Fig. 17.3: Wrist Joint rotation



Note





- Practice ten times clockwise and anticlockwise.
- Repeat the same with left fist.
- Inhale with upward movement and exhale in downward movement.

Practice 4 : Elbow Bending

Stage 1:

Method

- Remain in same initial position. Stretche out arms in front of the body at the shoulder level and palm facing upward.
- Bend the arms at the elbows and touch the fingers to the shoulder.
- Straighten the arms again. This is one round.
- Repeat for ten times.

Stage 2:

Method

- Extend the arms sideways at shoulder level, hands open and palms facing the ceiling.
- Bend the arms at the elbows and touch the fingers to the shoulders.
- Again straighten the arms sideways.
- Repeat ten times.
- Throughout the practice arms remain parallel to the floor, elbows at shoulder level.
- Breathing: Inhale while straightening the arms exhale while bending the arms.



Fig. 17.3: Elbow bending



Practice 5: Shoulder Socket Rotation

Method

- Remain in same initial position.
- Place the fingers on the shoulders.
- Rotate the sholders with both elbows at the same time in a large circle.
- Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up. Stretch the arms back in the backward movement and touch the sides in trunk while coming down as shown in Fig. 17.4. Practice slowly 10 times clockwise and anti clockwise.

Breathing - Inhale on the upward movement and exhale on the downward movement.

Awareness – On the breath, mental counting and stretching sensation around the shoulder joints.



Fig. 17.4: Shoulders Socket Rotation

Benefits - This asana relieves the strain of prolonged sitting.

It is helpful in cervical spondylitis.

It is also good for respiratory and postural muscles.

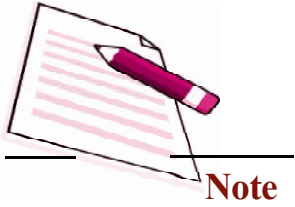
Effects and observations

- Perform all Hand joints practices as mentioned above daily for 8 days and observe the effects



Note





Physical effects	D1	D2	D3	D4	D5	D6	D7	D8
Difficulty in stretching								
Stiffness								
Sensation of warmth								
Muscular knots								
Cracking sounds								
Relaxation								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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Practical 18

Standing Asanas



Note

This series of asanas has a stretching and strengthening effect on the back, postural and hamstring muscles.

Aim

To perform the Tadasana and Hasta Utthanasana.

After completion of these asanas, you will be able to:

- Perform and demonstrate these asanas in appropriate format.

Requirements

- Yoga mat – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

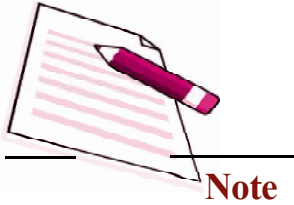
- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Tadasana (Palm Tree Pose)

Method

- Stand with the feet together.
- Steady the body and distribute the weight equally on both the feet.
- Interlock the fingers and turn the palm upwards and place it on the top of the head.
- This is the starting pose.
- Fix the eyes at a point throughout the practice.
- Inhale and stretch the arms over the head and raise the heels coming up onto the toes simultaneously.
- Hold the breath and the position for few seconds.
- Exhale and come back to the starting position simultaneously.





Note



Fig. 18.1: Tadasana

- This completes one round. Practice 10-15 rounds.
- Breathing – The breath should be synchronized with the raising and lowering of the arms.
- Awareness – Synchronize movements with the breath, maintaining balance and stretching of the whole body.

Hasta Uttanasana

Method

- Stand erect with the feet together and balance the body weight equally on both the feet. Outstretched the hands in front of the body and relax whole body. This is the starting pose.
- Inhale and slowly raise the arms above the head and at the same time bend the head slightly backward . Breath in more and spread the arms out to the sides so that they form a straight line at shoulder level .
- Exhale and reverse the movements synchronize with the breath .
- This is one round and repeat it 5 to 10 times

Awareness: On the movements synchronized with the breath and the expansion of the lungs

Benefits

- It develops physical and mental balance.



- It gives vertical stretching to the body.
- It is very good to release stiffness and develops alertness.
- It removes stiffness from the shoulder and upper back .

Effects and Observations

- Perform all relaxation practices as mentioned above daily for 5 weeks and observe the effects.



Fig. 18.2: Hasta Uttanasana



Note

Physical Effects	W1	W2	W3	W4	W5
Stretch the spine					
Relaxed muscles					
Deep breathing					
Relaxes lower back					

- ✓ or × under physical effect and submit the record.

Observation

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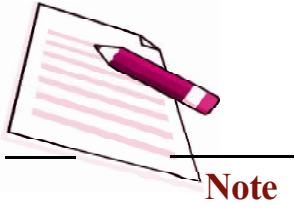
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Remarks

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Practical 19



Backward Bending Asanas

Backward bending asanas stretch the abdominal muscles and tone and strengthen the muscles around the spine.

Aim

To perform the Bhujangasana and Ardhashalabhasana.

After completion of this practical, you will be able to perform and demonstrate these asanas in appropriate format.

Requirements

- Yoga mat -1
- Flat cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

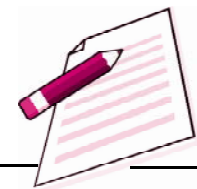
Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

1. Bhujangasana (The Cobra Pose)

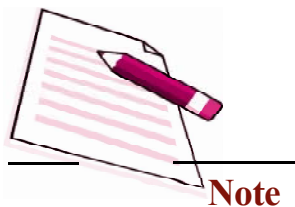
Method

- Lie flat on the stomach, with legs straight, heels and toes together and soles of the feet uppermost.
- Keep palms of the hands flat on the floor, below the shoulder joints and finger pointing forward. Rest the forehead on the floor and close the eyes. Relax the whole body. This is the starting pose.
- Slowly raise the head, neck, shoulder and the trunk with inhalation as high as possible.
- In the final position, the pubic bone and hip bone remains in contact with the floor and navel slightly up about 3 cm. The arms may or may not be straight. This will depend on the flexibility of the back.



Note





Note



Fig. 19.1: Bhujangasana

- To return to the starting position, slowly release the upper back, lower the navel, chest, shoulder and finally the forehead to the floor, relax lower back. This is one round and practice 3 to 5 rounds.

Breathing – Inhale while raising the torso, breath normally at the final positions and exhale while lowering the torso.

Contraindications

People suffering from peptic ulcer, hernia, hypertension, hyperthyroidism should perform under expert guidance.

Benefits

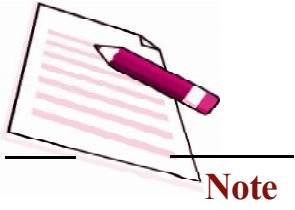
This asana is good to relocate slipped disc, removes back pain and keep spine healthy. It stimulates the appetite, manages constipation and is beneficial for all the abdominal organs especially liver and kidney.

2. Ardha Salabhasana (Haly Locust Pose)

Method

- Lie flat on the stomach with hands under the thighs, both legs straight throughout the practice. Chin on the floor slightly stretched forward
- With the help of back muscle, raise the left leg as high as possible but don't bend the knees. Other leg should be straight, relaxed and in contact with the floor. Do not tilt or twist the pelvis. Hold the position for comfortable length of time without strain.





Remarks

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(Signature of the Instructor)



Practical 20



Forward Bending Asana

Forward bending is a passive movement in which gravity is utilized to stretch the muscle. This group of practice is associated with chest compression and exhalation induces relaxation.

Aim

To perform the Paschimottanasana.

After completion of this practical, you will be able to perform and demonstrate this series of practice in appropriate format.

Requirements

- Yoga mat – 1
- Flat cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

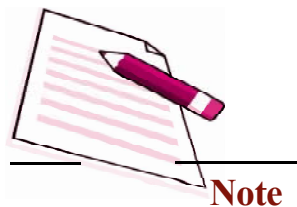
- Sit on the floor with feet outstretched and together, hands on the knees. This is starting position. Relax the whole body especially lower back.
- Slowly bend forward from the hips, at the same time slide the hands and try to hold big toes. First try to touch abdomen with thigh and then comfortably bend head forward and try to touch knee with the forehead. This final position can be held comfortably for few seconds.
- Slowly return to the starting positions. This is one round. Perform 3 to 5 round.

Breathing – Inhale in starting position, exhale and bend forward and inhale while returning to the starting positions.



Note





Note



Fig. 20.1: Paschimottasana

Contraindications

People suffering from sciatica, slip disc or any back problems should avoid this asana.

Benefits

- This asana is very good for hamstrings stretching and increases flexibility at the hip joints.
- It massages abdominal and pelvic regions.
- It reduces excess fat from hips and thighs. It is useful in the management of disc prolapse, menstrual disorders, sluggish liver, diabetics, colitis, renal disorders, bronchitis and eosinophilia.

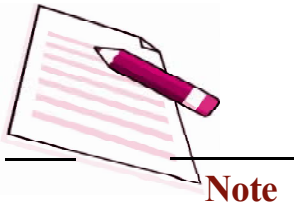
Effects and observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction								
Body relaxation								
Effect on mental state								

- ✓ or × under physical effect and submit the record.





Practical 21

Spinal Twisting Asanas

Spinal twisting asanas is an important series of asanas for spinal health. On the emotional and psychological levels controlled twisting represents a means of managing the knots and problems of life.

Aim

To perform the Ardha Matsyendrasana.

After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

Starting pose – Base position (prarambhik sthiti) as given below:

- Sit with the legs outstretched in front and palms on the floor beside the hip, fingers pointing backward.
- Head, neck and back should be in a straight line.
- Keep your eyes closed and relax the whole body.
- Bend the right leg from the knee and place the right foot flat on the floor, outside of the left knee.
- Bend the left leg and bring the foot around the right buttock, make sure your heel should touch the hip only and are not under the buttock (Not to sit on the heel).





Fig. 21.1: Ardh Matsyendrasana



Note

- Place the right arm beside the right hip finger pointing backward or the right arm wrapping the mid back with palms facing outward.
- Hold the right foot or the ankle with the left hand so that the right knee is close to the left arm pit.
- Sit up straight as possible.
- Slowly twist to the right and simultaneously move the arms, trunk and head while exhaling.
- Do not strain, hold the position at normal breath for few seconds (20-30 seconds) (if comfortable hold the breath and hold this position).
- Breathe in and come back to the starting position.

Practice note – Make sure that if the right knee is upright then twist to the right and if left is upright then twist to the left.

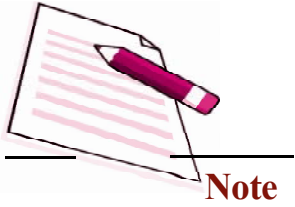
Contra-indications

People suffering from peptic ulcer, hernia and pregnant women should not attempt this practice

Benefits

- It tones the nerves of the spine
- Make the back muscle strong and flexible
- It massages abdominal organs and optimizes the function of pancreas and is supposed to be the best practice for diabetes





Note

Effects and observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction Body relaxation								
Effects on mental state								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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(Signature of the Instructor)



Practical 22



Inverted Asanas

Inverted asanas reverse the action of gravity on the body. It relaxes internal organs (lungs, heart and digestive organs) and generally encourage correct respiration.

Aim

To perform the Sarvangasana.

After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

Requirements

- Yoga mat – 1 (folded blanket or mat should be thick enough)
- Flat cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.
- Make sure that there is no furniture near the practice area.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Sarvangasana (Shoulder Stand Pose)

Starting Position

Lie on the back on a folded blanket and hands beside the body palm facing downward.

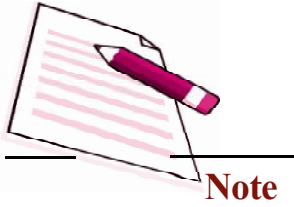
Method

- Take a deep breath in, contract the abdominal muscles and with the support of the arms slowly raise the legs to the vertical position. Try to keep them straight (You can push the ground with the hand).
- Slowly and smoothly roll the buttock and spine off the floor raising the trunk to a vertical position



Note





Note



Fig. 22.1: Sarvangasana

- Turn the palms of the hand upward, bend the elbows and place the hands behind the rib cage to support the back.
- Gently push the chest forward and try to touch the chest with the chin.
- In the final position, try to maintain the legs together vertically in a straight line with the trunk. The arms hold the weight and provide stability and feet are relaxed.
- Close the eyes and hold the position as long as comfortable at the normal breathe (don't strain)
- Return to the starting position bring the legs forward until the feet are above and behind the back of the head.
- Slowly while exhaling release the position of the hands, lower each vertebrae of the spine to the floor followed by the buttock and place the feet on the floor.
- Perform it only once and try to increase the holding time by the practice.



Contraindications

- Cervical spondylitis and slip disc
- Hypertension or any other heart problem
- Weak eye muscles
- Enlarged thyroid, liver and spleen
- During menstrual cycle

Benefits

- It tranquilizes the mind, relieves mental and emotional stress and optimizes the function of thyroid and parathyroid gland.
- It is useful in the treatment of asthma, diabetes, thyroid disorder, menopause.

Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction Body relaxation								
Effects on mental state								

- ✓ or × under physical effect and submit the record.

Observation

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Note



Practical 23



Balancing Group of Asanas

Balancing group of asanas are group of practice that develops a balanced mind and more mature outlook on life.

Aim

To perform the EkaPada Pranamasana.

After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

Requirements

- Yoga mat – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

- Stand upright with feet together. Focus the gaze on a fixed point of the body at eye level and maintain it throughout the practice. This is the starting pose.
- Shift your weight to left foot. Bend the right leg and place the sole of the foot on the inside of the left thigh. Heel should be closer to the perineum and right knee should point out to the side.
- Make yourself balanced and still at this stage, slowly stretch the hands beside the body and place the hands in the prayer pose. If comfortable and balanced then raise the hands above the head.
- Release the pose completely and change the side. Practice it one to two times.
- Breathing – Breath normally throughout the practice.
- Awareness – On a fixed point at eye level and at the eyebrow centre.

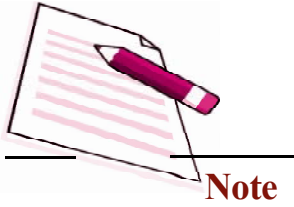
Contraindication

Person having varicose veins.



Note





Benefits

- This belongs to the group of balancing asanas as well as inducing physical balance. It develops a balanced mind.
- It develops concentration, memory, and balance at the emotional, mental and psychic levels.
- It removes stress and anxiety.
- It also strengthens the leg, ankle and foot muscles.

Effects and Observations

- Perform this practice as mentioned above for 8 weeks daily and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction								
Body relaxation								
Effects on mental state								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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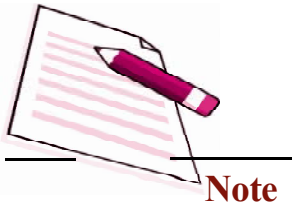
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Note





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Practical 24

Suryanamaskara

The word Suryanamaskara means salutations to the sun. Suryanamaskara in the form of twelve yoga postures provide great amount of physical and mental strength as well as tremendous vital energy to the body.

Aim

To perform the Suryanamaskara.

After completion of this practical you will be able to perform and demonstrate Suryanamaskar in appropriate manner.

Requirements

- Yoga mat -1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

Step 1: Namaskarasana/Pranamasana (Prayer pose)

- Stand straight with feet together firmly balancing the body weight equally on both feet.
- Relax the shoulders. Breathe in and lift both the arms up.
- While exhaling bring the palms in front of the chest in the prayer position with fingertips pointing upwards.
- The hands should be held at the Anahata chakra against the sternum.

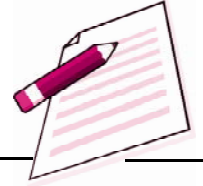
Step 2: Hasta uttanasana (Raised arms pose)

- Breathe in and lift the arms up and back.
- Keep the biceps close to the ears.
- Stretch the whole body upwards.





Fig. 24.1: Surya Namaskar



Note

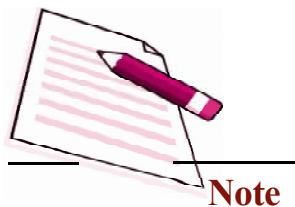
Step 3: Padahasthasana/ Hastapadasana (Forward bending pose)

- Breathe out and bend forward from the waist.
- Exhale and bring the hands down and place the palms flat on the floor.
- Take care not to bend the knees. Try to touch the knees with your forehead and feel the stretch in your leg and back muscles.

Step 4: Ashwasanchalanasana/Ekapadaprasaranasana (Equestrian pose)

- Breathe in and push the right leg back as far as possible bringing the right knee to the floor.
- The left foot should be placed between the palms.
- Stretch should be smooth. Do not stress the spine too much.
- Bring the pelvis forward, arch your spine and look up.





Step 5: Parvatasana/Bhudharasana/Adhomukha Svasanasana (Mountain pose)

- Breathe out. Lift your hips and tailbone up.
- Exhale and push your hips towards the ceiling. The body now forms an “inverted V” shaped structure.
- Keep the elbows and knees straight. Stretch your head in the direction of the knees with chin touching the chest.

Step 6: Ashtanga Namaskarasana (Eight limbed salutation Pose)

- Bring knees down to the floor and exhale.
- Lie straight on the stomach with the chest and chin touching the floor.
- Place your palms next to the shoulders on the floor.
- Raise your posterior slightly upwards.
- Your two hands, two feet, two knees, chest and chin i.e., these eight parts of your body should touch the floor.
- Slide forward and lie straight on the stomach.
- Place your hands next to the shoulders.
- Inhale and lift the upper body till your navel. Relax your shoulders and look up.
- Continue taking long and deep breaths for a few seconds. Avoid over arching the neck and lower back.
- Exhale and slowly return to the resting position.

Step 8: Parvatasana/Bhudharasana/ Ekapadaprasaranasana- Same as Step 5

Step 9: Ashwasanchalanasana/Aekpaadaprasaranasana – same as Step 4

Step 10: Padahastasana/ Hastapadasana - Same as Step 3

Step 11: Hasta uttanasana - Same as Step 2

Step 12: Namaskarasana/Pranamasana - Same as Step 1

Precautions

In hypertension, severe heart problem, severe back problem, Hernia, during menstruation, this practice should be avoided.



Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Stretching of spine								
Stretching of back and hamstring muscles								
Compression of abdominal muscles								
Enhancement of energy level								
Relaxation of Mental state								

✓ or × under physical effect and submit the record.

Observation

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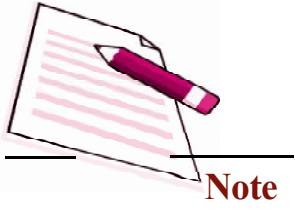
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Note





Remarks

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Practical 25



Nadi Shodana Pranayama

Nadi shodhana means the practice which purifies the nadi. It is a balancing pranayama and it's a basic yoga practice.

Aim

To perform the Nadishodhana Pranayama.

After completion of this practical you will be able to perform and demonstrate the different stages of Nadi shodhana pranayama practice in appropriate manner.

Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Method

- Sit in any comfortable asana with the spine straight.
- The left hand is placed on the left knee.
- The right hand is in NASAGRA MUDRA i.e. the index and middle finger are in between the eyebrows and remain fixed throughout the practice. The thumb is used to close the right nostril, and the ring finger is used to close the left nostril.

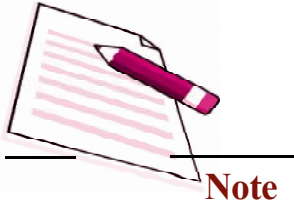
Technique 1- Alternate Nostril Breathing

- Inhale through the left nostril and exhale through the right nostril, keeping left nostril closed. Then, inhale through right and exhale through left keeping right nostril closed. This is one round.



Note





Note



Fig. 25.1: Nadishodhan Pranayama

- Try to maintain a ratio of 1: 1 of inhalation and exhalation.
- Ten to fifteen rounds.

Technique 2 - Inner retention 1:1:1

- Starting pose and breathe in as mentioned in technique 1.
- At the end of inhalation, close both nostrils and do inner breath retention.
- Exhalation should be smooth and controlled and of the same length as inhalation.
- Maintain ratio breath in: inner retention: breathe out as 1:1:1.

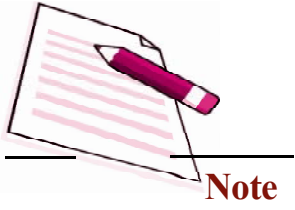
Technique 3 - The final ratio

- Maintain the ratio of inhalation: inner retention: exhalation: as 1:4:2.

Note: Each technique should be practiced for minimum 6 months. The full benefits of this practice are obtained by systematically perfecting each level rather than struggling with the advanced technique. Awareness should be on alternate nostril breathing and centre of the eye brows.

Benefits: Nadi Shodhana ensures that the whole body is nourished by an extra supply of oxygen. It clears pranic blockages and balances Ida, Pingala and Sushumna nadi resulting in spiritual awakening. This is a balancing pranayam. It balances both the hemispheres of the brain. It develops inner awareness and sense of intuition.





Remarks

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Practical 26



Tranquilizing and Cooling Pranayama

These are soothing and relaxing breathing techniques.

Aim

To perform the practice of Bhramari and Sheetakari Pranayama.

After completion of this practical you will be able to perform and demonstrate the series of Tranquilizing and Cooling pranayama practice in appropriate manner.

Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc before practice.

1. Bhramari Pranayama – Humming Bee Breathe

Method

- Sit in any comfortable asana with the spine erect. Plug the ears with the thumbs and keep elbows straight.

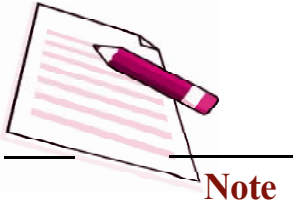


Fig. 26.1: Bhramari Pranayam



Note





- Breathing: Inhale fully from both the nostrils. Exhale completely with teeth apart and mouth closed. At the same time, produce a humming sound like that of a bee. Do ten times.

Awareness: It should be on the echo of the sound within the skull.

Benefits: This is the best practice for insomnia disorder and headache.

This is good for relieving tension. It develops concentration and memory.

2. Sheetkari Pranayama

Method

- Sit in any comfortable meditative pose with the eyes closed and relax the whole body. Hold the teeth together; Separate the lips exposing the teeth. The tongue may be kept flat or folded against the soft palate.
- Breathe in slowly and deeply through the teeth. At the end of inhalation close the mouth, breathe out slowly through the nose in a controlled manner.
- This is one cycle. Practice ten to fifteen cycles. (It may be performed for about 40 to 60 cycles in hot weather. It should be done after asana or other heating yogic practices)

Awareness: It should be on the hissing sound.

Benefits: This practice cools the body and mind.



Fig. 26.2: Shetkari Pranayam



- It induces muscular relaxations and mental tranquility.
- It helps to reduce blood pressure and acidity.
- It keeps teeth and gum healthy.
- **Contra-indications** - People suffering from low blood pressure, respiratory disorders and excessive mucous should not practice sheetkari pranayama.

Effects and Observations

- Perform all tranquilizing pranayama practices as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Depth of breathe								
Relax breathing								
Rhythmic breathing								
Relaxed body, mind and energy level								

- ✓ or × under physical effect and submit the record.

Observation

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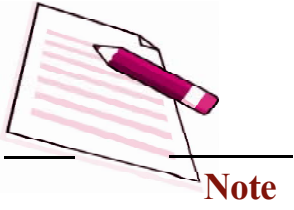
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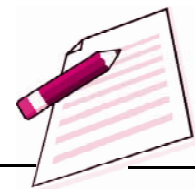


Practical 27

Neti Kriya



373en27pm



Note

Neti is a process of cleansing and purifying the nasal passages.

Aim

To perform the Jalneti Kriya.

After completion of this practical you will be able to perform and demonstrate the practice of Jalneti kriya.

Requirements

- Neti pot – 1
- Luke warm water – 2 to 3 litres
- Salt – 3 tea spoon
- Tissues and Hand towel – 1

Place for practice

It should be performed in a clean and hygienic place with proper drainage facility (Sink or wash basin)

Preparation of Water

Boil the water and use it when it comes down to body temperature. Add 1 tea spoon of salt for 1 litre of water.

Preparation of pot

Sterilize before it is used.

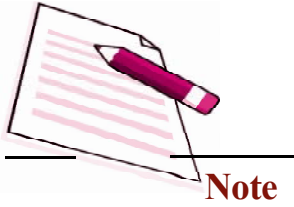
Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.
- It should be performed after brushing, attending Natural calls in the morning.

Method

1. Sit in kagasan.
2. Take lukewarm saline water in the Netipot.





Note



Fig. 27.1: Jalneti Kriya

3. Put the cone of Neti pot into the left nostril and keep the right nostril slightly downwards by tilting the head towards right.
4. During procedure take breath from the mouth by keeping the mouth open.
5. The water starts coming out from the right nostril. Also, phlegm/mucus comes out along with the water.
6. Do the similar procedure with the other nostril.
7. Immediately after Jal Neti, perform kapalbhathi to remove remained water inside the nostrils.
8. After this, relax in shashankasana for some time.

Benefits

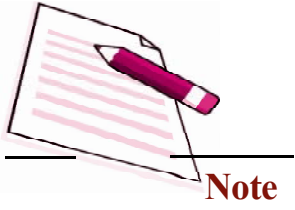
It removes nasal tract problems like, running nose, sinusitis etc.

Note: After completion of the technique, dry the nostrils.

Effects and Observations

- Perform this practice as mentioned above for 8 days and observe the effects





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Practical 28



Kunjal Kriya – Vaman Dhauti

It is commonly called as Kunjal kriya which clean the food pipe and upper digestive tract.

Aim

To perform the Kunjal Kriya.

After completion of this practical you will be able to perform and demonstrate Kunjal kriya.

Requirements

- Luke warm water – 2 to 3 litres
- Salt – 3 tea spoon
- Tissues and Hand towel – 1

Method

Place for practice

It should be performed in a clean and hygienic place with proper drainage facility (Sink or wash basin).

Preparation of Water

Boil the water and use it when it comes down to body temperature. Add 1 tea spoon of salt for 1 litre of water.

Preparation of pot

Sterilize before it is used.

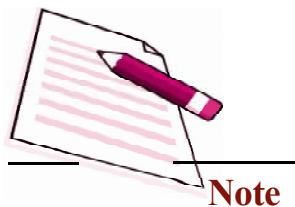
Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.
- Cut the finger nails short.
- It should be performed after brushing, attending natural calls in the morning and in the empty stomach.



Note





Note

Method

1. Sit in Kagasana.
2. Drink luke warm saline water one by one glass continuously until the feeling of vomiting starts. That means when you cannot drink water anymore.
3. Then stand up and bend forward from the waist.
4. Then open the mouth and start rubbing root of the tongue by three fingers of the right hand.
5. At the beginning of the practice the water can come in small quantity but after repeat touching the root of the tongue, vomit starts. After long time practice, vomit starts without putting fingers at the root of the tongue.

Benefits:

- It is useful for maintaining the health of a healthy person.
- It is useful to clear the acidity of the stomach.
- It removes the foul smell of the breath & phlegm of the throat.

Contra-indications

- High blood pressure, Peptic and duodenal ulcers and weak eye muscles.

Effects and Observations

- Perform this practice as mentioned above for once in a week for 8 weeks and observe the effects

Physical Effects	1w	2w	3w	4w	5w	6w	7w	8w
Lightness of stomach								
Acid reflux								
Relaxation in upper back								
Headache								
Pleasant mental stress								
Clearing of mucous from throat								

- ✓ or × under physical effect and submit the record.



Observation

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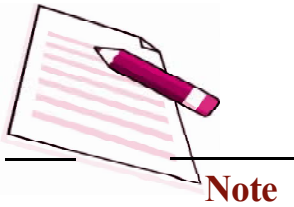
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Note





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Practical 29

Kapalabhati Kriya

Kapalabhati Kriya is a frontal brain cleansing.

Aim

To perform the kapalbhati Kriya.

After completion of this practical you will be able to perform and demonstrate the practice of kapalabhati kriya.

Requirements

- Yoga mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be calm, clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, belt, watches etc before practice.

Method

1. Sit in Padmasana or Sukhasana with straight spine.
2. Keep both hands on the knees.
3. Take a deep breath normally by relaxing the abdominal muscles.
4. Exhalation should be rapid and forceful while the inhalation is normal.
5. Holding of breath is not done in Kapalabhati. Only exhalation and inhalation is practiced.
6. Exhalation is the main part of Kapalabhati.
7. Repeat the same procedure about 20-25 times and gradually increase the time of practice.

Time: practice should be done on empty stomach.



Benefits

- It purifies the lungs and blood by increasing the amount of oxygen in the body.
- It calms down the mind.
- Regular practice helps in reducing the weight and detoxifies all the systems of the bodies.

Precaution:

- This is not suitable for heart and high blood pressure patients.
- Do not practice it in the summer for a long time.
- In any medical condition take expert advise.



Note



Fig. 29.1: Kapal Bhati

Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	1W	2W	3W	4W	5W	6W	7W	8W
Lightness of forehead								
Releasing of tiredness								
Proper breathing								
Relieve headache								

- ✓ or × under physical effect and submit the record.



Practical 30



Trataka Kriya

Trataka kriya is by gazing at a fixed point or object without blinking the eyes. This should be an effortless process without strain.

Aim

To perform the Trataka Kriya.

After completion of this practical you will be able to perform and demonstrate the practice of Trataka Kriya.

Requirements

- Yoga mat – 1
- Candle stand (21/2 height) – 1
- Object like candles, ghee lamp, Yantra, Bindu etc.

Preparation of Yoga classroom

- The room should be calm, clean and dark & wind free.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, contact lens etc before practice.

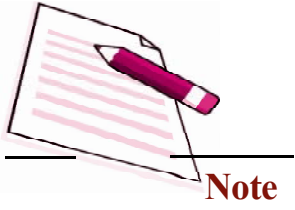
Method

1. Light the candle and keep it in front of the eye level at about 4 feet.
2. Sit in Padmasan or Sukhasan, keeping the back straight. Relax the whole body and be calm and quiet.
3. Now open your eyes and gaze the flame of the lamp without blinking.
4. Gaze for as long as possible without strain.
5. When the eyes begin to tire, burn or shed tear then gently close your eyes.
6. Again open the eyes and start with the same procedure.
7. Slowly increase the practice. With practice, one can go from few seconds to few minutes without blinking, Do not extend it beyond 20 minutes.



Note





Contraindications

Depression in epileptic persons expert consultation is needed.

Effects and observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical effects	1W	2W	3W	4W	5W	6W	7W	8W
Quality of sleep								
Increase in concentration								
Headache								
Inner awareness								
Relax emotionally								
Lightness in forehead								

- ✓ or × under physical effect and submit the record.

Observation

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Remarks

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Practical 31

Hasta Mudra



Note

Hasta mudra is conducive for meditation, and helps in internalization.

Aim

To perform the Hasta Mudra.

After completion of this practical you will be able to perform and demonstrate this practice appropriate manner.

Requirements

- Yoga mat – 1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, belt, watches etc. before practice.

Method

Sit in any comfortable meditative asana with head neck and spine in a straight line.

1. **Gyan Mudra:** This mudra is performed by touching index fingertip to tip of thumb, while holding other three fingers straight.



Gyan Mudra

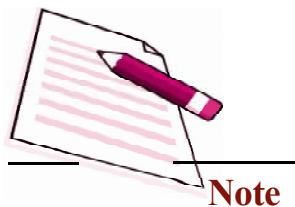
Benefits: It improves memory, relieves tension, worries, frustration and calms down mind. Gyan mudra improves concentration, therefore it is practiced by students and intellectuals to gain knowledge.

2. **Vayu Mudra:** This mudra is practiced by applying the index finger to the base of the thumb and pressing it with the thumb.



Vayu Mudra





3. **Surya Mudra:** This mudra is performed by bending ring finger to base of thumb and pressing it with the thumb.

Benefits: It reduces obesity and heaviness in the body.

4. **Linga Mudra:** Interlace the fingers of both hands and keep the left thumb vertically upwards.

Benefits: It reduces cold and helps in weight loss.

5. **Prithvi Mudra:** Press the tips of ring finger and thumb keeping other fingers straight.

Benefits: It is beneficial for a skinny person and for lack of lustre and glow. There is change in narrow mindedness.

6. **Prana Mudra:** Touch tips of ring finger and little finger to the tip of thumb while keeping the other two fingers straight.

Benefits: The body becomes so strong on physical and mental level that no disease can attack the body. Improved blood circulation removes blockage of blood vessels. Give energy, hope and enthusiasm to body and mind.

9. **Hridaya Mudra:** Bend the index finger and place it at base of the Thumb and then touch the tip of thumb to the tips of middle and ring finger.

Benefits: It works like an injection in checking heart attack. It can cure heart disease with continuous practice.

10. **Varun Mudra:** This mudra is performed by touching the tip of little finger to tip of thumb.

Benefits: It is beneficial in all diseases caused by deficiency of water element in the body. It removes skin and blood disorders.



Surya Mudra

Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Introvert feeling								
Extrovert feeling								
Mental stress relaxation								

- ✓ or × under physical effect and submit the record.



Observation

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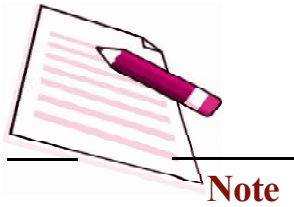
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Note





Practical 32

Bandha (Locks)

Bandh means controlling or tying. It refers to body locks in yoga. With these practicing in yoga, we try to keep our body organs in control. We are going to practice Uddiyan Bandha.

Aim

To perform the Uddiyan Bandha.

After completion of this practical you will be able to perform and demonstrate Uddiyan Bandha in appropriate manner.

Requirements

- Yoga Mat - 1
- Cylindrical Cushion (1-2 ft length and thickness 10-15 cm)- 1

Preparation of Yoga Classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable, light, cotton clothes.
- Remove accessories like spectacles, wrist watch, belt etc. before practice.

Uddiyan Bandha

Method

- Sit in any comfortable meditative position, like sukhasana, padamasana, sidhasana.
- Keep your spinal cord straight.
- Place both hands on the knees. Close the eyes and relax the whole body.
- Slowly and deeply inhale and exhale. Try to empty lungs completely.
- After exhaling completely straight the hands and raise the shoulder.
- Pull the abdominal muscles in and up into the abdominal cavity as far as possible.



- Remain in this position till the comfortability level.
- Then release the abdominal muscular tension and bend from elbows. Then inhale slowly and return to starting position. When breathing normalises repeat the process.

Precautions

- Consult the specialist on complaining of high blood pressure, heart disease.
- Physical stability is necessary for *Bandha*.
- Keep your eyes closed.
- Do not rush into doing it.
- Do it according to your capacity.
- Do not force in breathing while doing it.

Benefits

- From this physical, psychological and spiritual benefits are achieved.
- It converts biological energy into spiritual energy.
- It removes gastric depression.
- Uddiyan Bandh removes abdominal diseases.
- It makes meditation (*dhyana*) more effective.
- It controls endocrine system.
- It is helpful in awakening of our body chakras.

Effect and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects:

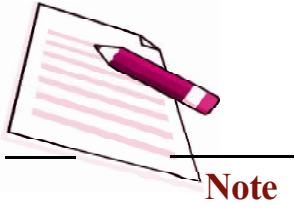
Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Increase in the level of energy								
Effect on breathing								
Increase in internal awareness								
Experience of spiritual consciousness								

✓ or × under physical effect and submit the record.



Note





Observation

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Practical 33



Meditation

According to yogic concept, meditation is a state of mind and consciousness in which there is alertness, dynamism of mind and senses and total concentration.

Aim

After completion of this practical you will be able to perform and demonstrate Yoga Nidra in appropriate manner.

Requirements

- Yoga Mat – 1
- To cover thin sheet etc. - 1

Preparation of Yoga Classroom

- The room should be clean and well ventilated.

Preparation of the Practitioner:

- Wear comfortable, light, cotton clothes.
- Remove accessories like spectacles, wrist watch, belt etc. before practice.

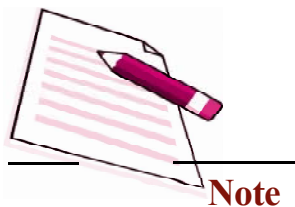
Method

1. Take deep breath during Shavasana and feel the peace in entire body. Feel relaxation in the body while exhaling.
2. Take your consciousness to various body parts when their name is called. Remember that there should be no tension and movement in your body.
3. Take your focus to right big toe, then to second, third, fourth and fifth toe and move your consciousness later to sole, ankle, calf, shin, knee, thigh etc. in order.
4. Similarly do with left leg. Later take your consciousness to the parts of right and left hands.
5. After legs and hands, concentrate on trunk and later on your entire face. We call this Nyasa practice or body visualisation.



Note





6. After body visualisation, feel the *pranic* flow to each and every cell. Feel the flow vibration on the weakest or diseased part of your body. Make your body realise that the diseased part is getting healthy.
7. Similarly move your consciousness on various body parts more than one time. Body will get maximum relaxation and rest.
8. Be conscious towards breathing mentally. Count it in back counting from 54 to 0. I know I am inhaling 54. I know, I am exhaling 53. Continue till you reach to 0. In case you forget the counting in between, start the procedure again from 54. Do not sleep continue counting process.
9. From your inner eyes, visualise the various beautiful scenes of nature. Such as you see mountains, falling springs. You see the waves of ocean. Visualise the early morning sunrise. Visualize any famous temple. Mentally involve yourself in group of members doing prayer at the place, with which your religion is associated. Like think of prayer in mosque if you are Muslim. If you are Sikh, do your prayer at Gurudwara. Do prayer at church if you are Christian. In short, involve yourself emotionally in which you have faith and trust.
10. While travelling mentally through these places, bring your focus on your body lying there in Savasana. Again move your consciousness in all body parts quickly in order. Again feel pranic energy flow in your body and feel the life in body.
11. Now feel that your body has become very light just like flower. The fragrance has spread around me. Now I have been overwhelmed with divine waves. I am calm completely. I am happy.

Now in the last, take a right turn and sit back to your place. Don't open your eyes now. Pray to your God, keeping your spinal cord straight and get ready for good deeds with new energy.

1. Keep yourself awakened throughout while practicing Yoga Nidra.
2. Shouldn't sleep.

Precautions

- Do not wake up with jerk.
- Maintain physical stability.
- Keep your eyes closed.
- There should be no interruption during practice.



Benefits

- It reduces physical, mental and emotional stresses.
- It gives complete rest to the body and has control on all internal systems.
- Yognidra practice increases the functional abilities.
- With its practice we can remove our bad habits and other kinds of phobias.
- This prepares us for *Dharna* and *Dhyan*.
- It is helpful in awakening of our body chakras.
- In this, high level consciousness experience is achieved.

Effects and Observation

- Perform this practice as mentioned above daily for 8 weeks and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Effect in the body								
Effect on breathing								
Mind calmness and stability								
Effect in internal awareness								
Positive effects in body and mind								

✓ or × under physical effect and submit the record.

Observation

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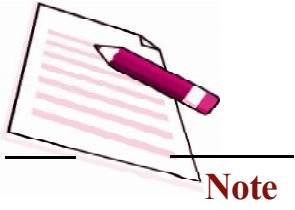
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