



10

KRIDA YOGA

Games play an important part in creating awareness, concentration and attention. Games (Krida) will help in bringing these abilities and the games itself turn into Yoga, called Krida Yoga. To Sum up if we keep constant awareness while playing, which in turn will bring love, harmony, group dynamics, peace and bliss. The games described in this lesson do not require any variety of equipments or expenses. The only apparatus used is Body -Mind. Different actions of the body are utilized and the games are formed. Others can easily prepare new games or change them, based on single or combination actions.



OBJECTIVES

After studying this lesson, you will be able to:

- learn Yogic games which will help the children to develop their awareness, concentration and attention abilities and
- develop speed, creativity and group co-ordination that will improve memory, IQ and creativity skills.



Notes

10.1 YOGIC GAMES

Children do not learn by being taught, but learn by experiencing the results of their actions. It has been found that learning through playing games has a number of necessary qualities, one of these being their attention-focusing quality. Games tend to focus attention more effectively than most other teaching devices. It is also used as a way to learn Social skills and Group awareness.

I. GAMES FOR AWARENESS

Play and fun is the foundation of education. The best knowledge of life we learn, through play. Awareness allows you to become positive rather than reactive but you need to be specific. It's very easy to improve and can be started immediately. Open up your senses and become a sponge, soaking up all the information you can. Speak and more importantly listen to your team mates, coaches to get an understanding of who they are. Following are the games which enhances awareness.

II. PATANJALI YOGA

PRACTICE

The instructor stands in the center or in front of the group and gives orders.

Only those orders given in the name of 'PATANJALI' should be obeyed, i.e. if instructor says sit, the group should not sit but if instructor says 'PATANJALI says sit' then all players should sit.

Those who do not follow the order will be 'out'.

The last left out player who obeyed the order correctly will be the winner.

(i) Variation 1:

In this game, all the instructions for right side action to be ignored.

(ii) Variation 2:

In this game, action opposite to what is told is to be performed. If the instructor says, turn right, all participants must turn left. If he says stop, the group should continue walk and so on.

III. MUSICAL CHAIR

To play musical chairs, you need to have chairs or seats set up in a circle. You should start with one less chair than the amount of players playing. So for example, if there are 5 people playing, you should have 4 chairs in a circle.

**Notes**



Notes

PRACTICE

- Set up the chairs with the seat of the chair facing the outside of the circle.
- If you don't have chairs, you can use carpet squares, or pillows instead.
- As soon as the music starts playing, the players walk in a circle around the chairs. You can choose whether to go clockwise or counter-clock-wise, but all players should go the same direction following the person in front of them.



- After some time, the teacher, or host should stop the music. When the music stops, each player needs to find a chair to sit down in. There will be one player left without a chair to sit in because there is one less chair than players.
- The player that didn't find a chair to sit it is out of the game.
- After the person who didn't find a chair leaves the game, you need to remove one chair to play another round. Start another



round by playing the music and having the players walk around the chairs again.

- The last round will be 2 players and one chair. The player who sits in the chair this round is the winner.

It is important to note that:

- It is a game that needs a lot of space in order to play it.
- Make sure you have a wide open space in a room or outside to easily play the game.

IV. HARIOM

This is basically an awareness and number game.

PRACTICE

- Wherever 3 and its multiples comes, the players will say 'HARI'
- wherever 5 and its multiples comes the players will say 'OM'.



- Wherever multiples of 3 and 5 comes, the players will say "hari -om" (15, 30.45.60....). The player who tells the actual number will be out.



V. BHASMASURAH

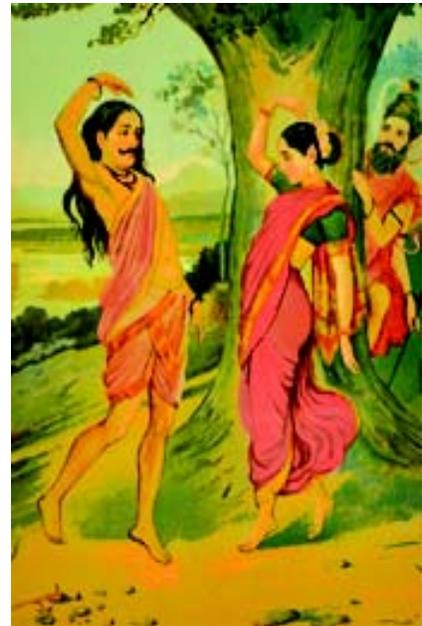
The story of Bhasmasurah:

Bhasmasura was a very powerful asura (demon). He was very big and strong but at the same time, he was also very foolish.

Bhasmasura prayed to Shiva. Pleased with his devotion, Shiva decided to grant him a boon. When Shiva asked, Bhasmasura said, "Lord, please grant me the wish that whichever person, place or thing I place my right hand on, is reduced to ashes." Lord Shiva granted him the boon and Bhasmasura was very happy.

Having got the boon, the wicked Bhasmasura tried the boon on Shiva himself.

As a result, Shiva started running from Bhasmasura to save himself. Seeing Shiva's plight, Lord Vishnu decided to help him. He changed himself into a beautiful young maiden, called Mohini, instead. He was attacked by Mohini's beauty and asked her to marry him. Mohini agreed to marry him, but she had a condition. She asked Bhasmasura to touch his head and promise her that he would not marry again if she became his wife. Bhasmasura agreed. As soon as the foolish demon touched his head, he was reduced to ashes. That is how Vishnu succeeded in saving Shiva from Bhasmasura.





Notes

PRACTICE

- Each participant will try to keep his right hand on another's head as the Bhasmasura did and say "Bhasma", (Ash).
- At the same time he should evade others keeping their hands on his head: he can protect his head by keeping his left hand just above his head but not touching it.
- One whose head is touched by another's hand is deemed out.

VI. RAM-SHYAM

It is concentration or awareness game. Everybody sit in a circle or square. When the umpire says 'RAM' everybody keeps their palms open facing upwards. When umpire says 'SHYAM' everybody twists the palms downwards facing the ground.

Umpire may say 'RAM OR SHYAM' in any order he likes or any speed. Accordingly with full awareness players twist their palms. The player who does wrongly is out. One who is correct throughout till the last is the winner.



INTEXT QUESTIONS 10.1

1. Hariom is anandgame.
2. Ram- Shyam is a.....or.....game



10.2 GAMES FOR CREATIVITY

Creativity is believed to be an essential step in human development. It helps you to develop imagination, think independently, work cooperatively, improve your communication skills, express a healthy release of emotions, building social awareness etc. Following are the games which enhances Creativity.

I. INSTANT ENACTING (Tatkala Chesta)

- Divide the participants into several groups consisting of not more than 10 in a group.
- Prepare equal number of chits ready. In each chit write an interesting incident which we experience in our day to day life.
- Fold the chits. Ask one representative to take one chit for a group.
- Instruct them that 30 minutes time will be given for preparation.
- The entire group should enact on the stage what is written in their respective chits.
- The time allotted on the stage for each group is just 5 or 6 minutes.
- Groups can use their creative ideas to make it more interesting. The enacting helps to break the inhibitions.

II. GAMES FOR DEXTERITY

Dexterity games are a particular form of physical games where speed control is more important than physical attributes such as strength or endurance.

There is a pleasure in dexterity where the complexity of the movement becomes second nature to the point where the person responds without having to think about how they move themselves, much as a driver does not think about where to move their hands or feet. Following are the games which enhances dexterity.

**Notes**

III. LEG CRICKET



- Two teams will be formed. One group will select fielding and the other group will select batting.
- Use pole/tin box/ chair as stumps and leg as bat.
- Any rubber ball preferably volley ball as a ball for playing can be used.
- All other rules are similar to the usual cricket.

V. BREAKING OF MUD POT (KUMBHA- BHANJANAM PRACTICE:

- All the players will stand in a line.
- A pot will be kept on a fixed pole at a distance of 25' to 30' from the line.

CLASS-VIII



Notes

- At first all the players are allowed to measure the distance (by number of their steps) between the spot where they stand and the pole.
- Then they are blind-folded with a piece of cloth.
- A 3 ft. long stick is given to each of them by turns to break the pot with one swing.
- The player is not to move the stick to locate the pole. It is declared foul. If he breaks the pot, he is the winner.

**V. FISH AND NET (MATSYA-JALE))**

- Let all the participants stand in a circle.
- Ask them to count number in TWOs.
- Ask all number ONEs to come inside the circle.
- Instruct all TWOs to stand in the same circle but facing each other.
- Thus you will get pairs of persons.
- Let each pair hold their hands above the head level and while holding let them stand apart.
- They should stand in such a way that pairs will form a circle.
- These are the nets. Let there be a sufficient distance between two pairs.

(मत्स्य-जाले)





- Ask all the number TWOs (Fishes) to spread equally between each pair.
- When the game begins by a whistle's blow all those who are fish will start running through the nets.
- When a second whistle is blown ask the nets to close by bringing their hands down.
- Any person - Fish, trapped inside the pair of two hands i.e. net, will be out.
- Continue till the last fish survives. Repeat the same with ONEs becoming fish and vice versa.



INTEXT QUESTIONS 10.2

1.is a game to enhance creativity
2. Breaking of Mud Pot game is also called

10.3 MEMORY SONGS

Songs are a great way to help anyone learn and remember, and they are an awesome tool used by teachers all over the world. Singing devotional songs, patriotic songs and inspirational songs increase one's devotion towards God and the Nation, helps in enhancing our pride for the Nation and Dharma and also increases our purity.

I. PATRIOTIC SONG: VANDE MATARAM

The word 'Vande Mataram' was the national call for Freedom in India. These two words were always recited by many freedom fighters of India when they were hanged by the Britishers.. Thus, the song 'Vande Mataram' reminds us of their sacrifice. It was

CLASS-VIII



Notes

written by legendary Bengali writer and novelist, Bankim Chandra Chattopadhyay and selected as the National Song of India on January 24, 1950. As this song is in the Divine language, Sanskrit, the one singing it as well as the one listening to it, is benefited. Children should memorize this song in full and learn to sing it in tune.

Vande mataram, vande mataram

Vande mataram, vande mataram

Vande mataram, vande mataram

Vande mataram, vande mataram

Sujlaam sufaam malyaj sheetlam

Shasya shyamlam mataram vande

Sujlaam sufaam malyaj sheetlam

Shasya shyamlam mataram vande

Vande mataram, vande mataram,

vande mataram, Vande mataram

Shubh jyotsana pulkit yaamini

Phulla kusumita drumadal shobhini

Shubh jyotsana pulkit yaamini

Phulla kusumita drumadul shobhini

Suhasini sumadhur bhashini

Sukhdam vardam mataram

Vande mataram, vande mataram

Vande mataram, vande mataram

Saptkoti kunth kal kal ninaad karle
Nisaptkoti bhujairdhut khar karwale
Saptkoti kunth kal kal ninaad karle
Nisaptkoti bhujairdhut khar karwale
Ke bole maa tumhi bole
Bahubal dhaarini namaami taarini
Ripudal vaarini mataram
Vande mataram, vande mataram
Vande mataram, vande mataram



Notes



DO YOU KNOW

In 2002, BBC World Service conducted an international poll to choose ten most famous songs of all time. Around 7000 songs were selected from all over the world. Vande Mataram, was ranked second.

II. INSPIRATIONAL SONG: HUM HONGE KAMIYAB

Hum honge kamiyab, hum honge kamiyab

hum honge kamyab ek din.

ho ho manme hai vishvas, pura hai vishvas

Hum honge kamiyab ek din.

Hum challenge sath sath, dal hatho main hath

Hum challenge sath sath ek din.

Ho ho manme hai vishvas, pura hai vishvas

Hum honge kamiyab ek din.



Hogi shanti charo or, hoga shanti charo or
Hogi shanti charo or ek din.

Ho ho manme hai vishvas, pura hai vishvas
Hum honge kamiyaab ek din.

Hogi jit satya ki, hoga jit satya ki
Hogi jit satya ki ek din.

Ho ho manme hai vishvas, pura hai vishvas
Hum honge kamiyaab ek din.



Nahi bhay kisika aaj, nahi bhay kisika aaj
Nahi bhay kisika aaj ek din.

Ho ho manme hai vishvas, pura hai vishvas
Hum honge kamiyaab ek din.

Yug badlega charo or, yug badlega charo or
Yug badlega charo or ek din.

Ho ho manme hai vishvas, pura hai vishvas
Hum honge kamiyaab ek din.

III. DEVOTIONAL SONG: TUMHI HO MATA PITA TUMHI HO

Tumhi ho mata pita tumhi ho
Tumhi ho bandhu sakha tumhi ho
Tumhi ho mata pita tumhi ho
Tumhi ho bandhu sakha tumhi ho

Tumhi ho saathi tumhi sahaare
Koi na apna siwa tumhaare

Tumhi ho saathi tumhi sahaare
Koi na apna siwa tumhaare
Tumhi ho naiyya tumhi khewayya
Tumhi ho bandhu sakha tumhi ho
Tumhi ho mata pita tumhi ho
Tumhi ho bandhu sakha tumhi ho



Jo khil sake na wo phool ham hain
Tumhaare charnon ki dhool ham hain

Jo khil sake na wo phool ham hain
Tumhaare charnon ki dhool ham hain
Daya ki drishti sadaa hi rakhna
Tumhi ho bandhu sakha tumhi ho
Tumhi ho mata pita tumhi ho
Tumhi ho bandhu sakha tumhi ho.



Notes



Notes



WHAT HAVE YOU LEARNT

Education is incomplete without sports and games. In this lesson we have learnt some games inspired by Yoga, which are very useful in teaching us punctuality, responsibility, patient, disciplined and dedicated towards our goal. Each game has a particular quality. It promotes harmony, group dynamics, peace and bliss. We have learnt the games for Awareness, Creativity and Dexterity along with the Patriotic, Devotional and Inspirational songs.



TERMINAL QUESTIONS

1. Practice yogic games in group.
2. Practice creative games individually and in group and find more creative games.
3. Learn and sing in group patriotic song.



ANSWERS TO INTEXT QUESTIONS

10.1

1. Awareness and number
2. Concentration or awareness

10.2

1. Parcel Bomb
2. Kumbha- Bhanjanam