

<b>SUBJECT:</b>	Lifestyle Sustainability		
<b>SECTION:</b>	Period 13 From sitting in with the PST to taking over class II	<b>Study:</b>	15
<b>TITLE:</b>	<b>Practicing an hour of yoga</b>		
<b>Wording :</b>	The task is to train yoga with your core group and consider how you teach this to primary school children.		
<b>TIME:</b>	2 Hours		

### INTRODUCTION

Yoga is a physical, mental, and spiritual discipline. We can get many benefits by practicing yoga. It Increases flexibility in our body, strength, stamina, and immune system. It normalizes weight, stretches muscles, and helps to build up new muscles. It increases movements of different joints, purifies blood and improves blood circulation to every part of our body, and improves working of heart. It gives mental calmness, reduces stress, and improves memory power.

Everyone can practice Yoga for a healthy life. Every yoga asana has its own benefits for the body. You feel fresh, energetic and clam during your practice of yoga asanas. You start interaction with every part of the body. It is helpful to start yoga with some warm up exercises like loosening of joints, raising and stretching hands with inhaling, balancing on the toes, and bringing down the hands and feet while exhaling etc.

Vajrasana, Padmasana, Parvatasana, Ardha Pavanamuktasana, Eka Pada uttanasana, Supta Bhadrasana, Bhujangasana, Ardha Matsyendrasana, Padahastana Trikonasana, Savasana are some yoga asanas you can begin practice with. Once you master these asanas, you can add some more asanas to your practice list and start doing it.

It is good to practice yoga asanas in empty stomach. If we practice yoga immediately after meals, it will create problem during the forward and reverse bending poses. It will put pressure on abdominal organs which may push the food upwards, resulting in feeling of great discomfort. ‘Savasana’ helps to relaxing the whole body and mind. It is a great relaxation technique by being motionless and making the mind still while one is fully conscious. It is good to do Savasana after practicing yoga.

Both yoga and physical exercises contribute to not only the physical development of the child but also have a positive impact on psychosocial and mental development.

Playing group games have a positive impact on a child's self esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly yoga practice contributes to the overall physical and mental development of the child. Various studies have shown that it contributes to flexibility and muscular fitness, and also corrects postural defects in school children. Now a days yoga has been an integral part of 'Health and Physical Education', a compulsory subject up to the secondary school stage.

During this task you will learn how to do yoga in proper way with its different steps, practice, and teach to primary school children during your teaching practice. It is very necessary for both teachers and students to be fit.

### **DIRECTIVE**

1. Read the file "Top 10 Benefits of Yoga", "Yoga Tips" and "Do and don't do".
2. Watch Yougasan CD with your team mates and practice at the same time.
3. Continue practicing yoga in your home for yourself to be fit and get mastery on it.
4. Plan a lesson of yoga for primary school children.
5. Teach yoga in primary school to the children when you are at primary school.
6. Write your conclusion on your practice and teaching yoga, and send to your teacher.

### **FILES:**

F1: "[Top 10 Benefits of Yoga](http://www.healthyoga.com)" from [www.healthyoga.com](http://www.healthyoga.com)

F2: "[Yoga Tips](http://www.yoga.iloveindia.com)" from [www.yoga.iloveindia.com](http://www.yoga.iloveindia.com)

F3: "[Do and don't do](http://www.ipranayam.com)" from [www.ipranayam.com](http://www.ipranayam.com)