

Lesson Plan – Physical Education

Chapter 3 - Yoga and Lifestyle (Part II)

Back Pain: The pain which is felt in the back usually originates from the bones, joints, muscles, nerves, etc.

Tadasana	The word is derived from the Sanskrit word TADA meaning palm tree. It is the beginning and ending of Surya Namaskar according of Ashtangayog.
Ardmatsyensrasana	This asana is named after the great yogi Matsyendrasana. The name is derived from the Sanskrit words ARDHA meaning half and MATSYA meaning fish and ENDRA meaning king.
Vakrasana	It is derived from Sanskrit word VAKRA which means twisting. It is simplified form of Ardhamatsyendrasana.
Bhujangasana	The name is derived from Sanskrit words BHUANGA meaning snake or serpent. It is the stretching yogic exercise of the front torso and the spine. It resembles with the final stage when the cobra is ready to attack its prey by raising its hood.
Shalabhasana	The name is derived from the Sanskrit word SHALABh which means locust or grasshopper. While doing this asana the complete boy shape seems like a grasshopper structure thus this posture is additionally known as locust pose.

Prevention and management of Back Pain

- **Sedentary lifestyle:** The lethargic people often avoid exercise can cause or worsen back pain because of increased stiffness and weakened muscles. The strengthening exercises for the back muscles always support the spine and prevent back pain.
- **Poor posture:** Incorrect sitting posture can cause low back pain or worsen existing pain. The incorrect sitting posture like leaning on chair can lead to stress at spine. The best sitting position for your back is to align it against the chair back.
- **Incorrect lifting style:** In daily life a person has to lift lot of heavy things. Lifting incorrect method can cause back pain. The weight is lifted by extension of knee joint than extension of spine. A person must understand the correct lifting style which can minimise the occurrence of back pain.

- **Lose weight:** By maintaining a healthy weight one can minimise the occurrence of back pain. A person having overweight may shift his center of gravity and throw off posture. Exercise and nutritious diet can reduce overweight and help to prevent back pain.
- **Wear proper shoes:** The back pain can be caused due to faulty shoes. Walking for long distance while wearing high heels can cause the problem of back pain. Flat shoes with good arch support can help in minimizing back pain.
- **Right sleeping habits:** The back pain must be given support while sleeping. The mattress on which a person sleeps must not be too firm and nor too soft either. Sleeping habit on back or stomach strains the back. It is always better to sleep on side. It is always better to sleep on side.

TADASANA	VAKRASANA	SHALABHASANA
<p><u>Procedure:</u></p> <ul style="list-style-type: none"> - Stand straight on the floor. - Take a small gap between feet. - After deep inhalation, raise both the arms. - Keep arms upward by interlocking fingers. - Come on the toes by raising heels concurrently. - Feel the pressure of stretching from toes. <p>Try to maintain this pose along with slow and deep breathing.</p>	<p><u>Procedure:</u></p> <ul style="list-style-type: none"> - Sit down stretching legs forward on the floor. - Keep hands beside thighs. - Bend thighs and keep left leg straight and stretched. - Keep the left foot beside the right knee and left knee raised upward. - Inhale and raise the arms shoulder high, keeping the elbows straight. - After exhaling, twist to the left, place the right arm by the outer side of the left knee. - Take the left hand behind keeping the palms on the floor. 	<p><u>Procedure:</u></p> <ul style="list-style-type: none"> - Lie flat on the stomach with the legs and feet together toes pointing back. - Interlock fingers and place them under body. Stretch the chin forward and place it on the ground. - Inhale and push the hands against the ground. Lift both the legs up using the lower back muscles.
<p><u>Benefits:</u></p> <ul style="list-style-type: none"> - Strengthens the legs. - Activates the nerves of the entire body. - Improves strength of vertebral column. - Improves digestion. - Develops the strengths of arms and less. - Reduces the problems of flat foot. 	<p><u>Benefits:</u></p> <ul style="list-style-type: none"> - Increases the elasticity of the spine and tones the spinal nerves. - Gets relief in stiffness of vertebrae. - Reduces belly fat. 	<p><u>Benefits:</u></p> <ul style="list-style-type: none"> - Beneficial for disorders associated with lower end of the spine. - Helps in minimizing backache and sciatica pain. - Strengthens wrists, hips, thighs, legs, lower abdomen.
<p><u>Contradiction:</u></p> <ul style="list-style-type: none"> - People suffering from 	<p><u>Contradiction:</u></p> <ul style="list-style-type: none"> - Severe back pain. 	<p><u>Contradiction:</u></p> <ul style="list-style-type: none"> - Persons having cardiac

headaches, low blood pressure and insomnia. During pregnancy.	Ulcer and hernia.	problems. - Hypertension people must avoid this asana. - Ulcer Hernia.
TADASANA https://www.youtube.com/watch?v=9eNMoDT2I-k		
VAKRASANA https://www.youtube.com/watch?v=Yjoh03OQRO4		
SHALABHASANA https://www.youtube.com/watch?v=YoTCq3lgi44		

Rest of the asanas mentioned earlier

- **Obesity:** Obesity is that condition of the body in which the amount of the fats increases to extreme levels. The condition when an individual weigh 20% more than the ideal weight. An adult with BMI more than or equal to 30 then the ideal BMI is usually considered to be obese.

Category	Weight Status
Under Weight	< 18.5
Normal Weight	18.5-24.9
Over Weight	25-29.9
Obesity Class I	30-34.9
Obesity Class II	35-39.9
Obesity class III	> 40

Vajrasana	It is also known as the diamond pose. It is the kneeling pose. The name is derived from Sanskrit word VAJRA means diamond or thunderbolt.
Hastasana	It is derived from a Sanskrit word hasta which means hands. This asana is practiced as Urdha Hstasana and also known as upward salute. Urdhva means upward.
Trikonasana	It is derived from the Sanskrit words TRIKONA which mean triangle. It is also called triangle pose. It is the standing posture which includes deep stretch to the whole-body parts.
Ardhmatsayndrasana	This asana is named after the great yogi Matsyendrasana. The name is derived from the Sanskrit words ARDHA meaning half and MATSYA meaning fish and ENDRA meaning king.

Prevention and management of Obesity

- **Eating a healthy diet:** the unhealthy food choices are examples of bad lifestyle. Overeating habit leads to obesity. By eating fruits and unrefined carbohydrates one can lead to obesity. Obesity during the childhood can lead to obesity related health problems in later life.
- **Avoid eating fast food:** Now a day's people take fast food regularly. This has increased the number of obese people. Due to busy lifestyle cooking own food is avoided and fast food and this leads to obesity. Instead of cooking, ordering a fast food from restaurants is much more convenient.
- **Exercise regularly:** Regular exercise can lower blood pressure to a greater extent. It is a well known fact that at least doing exercise for 30-60 minutes every day can reduce obesity.
- **Limit the alcohol:** Alcohol contains a lot of calories and heavy drinkers are often lead to be obese. In lifestyle avoid drinking which can reduce obesity.
- **Avoid tobacco products:** It is a well known fact that cigarette smoking increases blood pressure. The nicotine in tobacco can raise blood pressure. Smoking throughout the day leads to rise in blood pressure.

HASTASANA	TRIKONASANA
<p>Procedure:</p> <ul style="list-style-type: none"> - Bend forward until the fingers or palms of the hands touch the floor on either side of the feet. - Try to touch the knees with the forehead. - Do not strain. - Keep knees straight. - Exhale while bending. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Stand with legs apart. - Raise the arm sideways to the shoulder level. - Bend the trunk sideways and raise the right hand upwards. - Touch the ground with left hand behind left foot.
<p>Benefits:</p> <ul style="list-style-type: none"> - Helpful for flexibility. - Helps to eliminate excess belly fats. - Improves digestion and reduces constipation. - Improves blood circulation. 	<p>Benefits:</p> <ul style="list-style-type: none"> - Strengthens legs, knees, arms and chest. - Helps in improving digestion - Increases mental and physical equilibrium. - Reduces stress, anxiety, back pain and sciatica. - Helps in increasing height. - Helps in reducing obesity. - Improves blood circulation.
<p>Contradiction:</p> <ul style="list-style-type: none"> - Person suffering from back pain. - Should not bend forward. 	<p>Contradiction:</p> <ul style="list-style-type: none"> - People suffering from diarrhoea. - Low or high blood pressure.

- They can bend themselves only as far as possible.	- Back injury or migraine. Cervical spondylosis
HASTASANA https://www.youtube.com/watch?v=EXpIH-ldkk8 TRIKONASANA https://www.youtube.com/watch?v=-lpD65cn5n0	

Rest of the asanas mentioned earlier

Diabetes: Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in our bodies. Our body uses a hormone (insulin) to control the level of sugar in our blood. When our body does not produce sufficient amount of insulin or insulin does not work properly, diabetes occurs.

Bhujanasana	The name is derived from Sanskrit words BHUANGA meaning snake or serpent. It is the stretching yogic exercise of the front torso and the spine. It resembles with the final stage when the cobra is ready to attack its prey by raising its hood.
Paschimottanasana	The name is derived from the Sanskrit words PASCHIMA which means west or back or back of body and UTTANA meaning intense stretch or straight or extended.
Pawanmuktasana	It is derived from two Sanskrit words PAVANA which means wind and MUKTA which means to release.
Ardhmatsyendrasana	This asana is named after the great yogi Matsyendrasana. The name is derived from the Sanskrit words ARDHA meaning half and MATSYA meaning fish and ENDRA meaning king.

Aanas mentioned earlier

Questions to Practice

1.	Asanas can be divided into _____ a) Meditative b) Relaxitive c) Cultural d) All the above
2.	Obesity can be prevented by practicing _____ a) Vajrasana and Padahastana b) Hastana and Trikonasana c) Ardh Matsyendrasana d) All the above
3.	Diabetes can be prevented by practicing _____ a) Bhujangasana b) Pawanmuktasana c) Ardhasana d) All the above asana
4.	Hypertension can be prevented by practicing _____ a) Tadasana b) Vajrasana c) Ardh Chakrasana d) All the above
5.	Back Pain can be prevented by practicing _____ a) Tadasana b) Vajrasana c) Ardh Chakrasana d) All the above
6.	The word Yoga is derived from _____ a) Yog b) Yuj c) Yug d) Yoj
7.	Vajrasana is also known as _____ a) Silver pose b) Gold pose c) Bronze pose d) Diamond pose
8.	Tadasana is derived from Sanskrit word _____ a) Tada b) Teda c) Tad d) All the above
9.	Pranayama is _____ a) Science of soul b) Science of mind c) Science of mind d) Science of heart
10.	Hastasana is derived from _____ a) Leg b) Fingers c) Head d) Hands
11.	Trikonasana is associated with shape _____ a) Square b) Triangle c) Rectangle d) All the above
12.	Bhujangasana is derived from _____ a) Lion b) Fish c) Snake d)
13.	Pawanmuktasana is derived from _____ a) Release of wind b) Holding of wind c) Absence of wind d) None of the above
14.	Gomukhasana is derived from _____ a) Rat b) Ant c) Horse d) Cow

15.	Explain any three benefits of asanas.
16.	Explain the procedure of Vajrasana.
17.	Explain the procedure of Pad Hastana.
18.	Discuss the benefits and contradictions of Ardhchakrasana.
19.	Discuss the benefits and contradictions of Gomukhasana .
20.	Discuss the benefits and contradictions of Chakrasana.

BBPSPP