

Lesson Plan – Physical Education

Chapter 3 - Yoga and Lifestyle

- **Meaning of Yoga:** The word yoga has been derived from the Sanskrit word “YUJ” which means to join individual soul with the soul of divine.
- **Definition of Yoga:** Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.
- **Asanas:** Asanas can be defined as a physical yoga posture or position that is designed to improve the physiological function of the body.
- **Hypertension:** Hypertension is also known as high blood pressure.
- **Asthma:** Asthma is such a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing in this condition extra mucus is also produced.
- **Back Pain:** Back pain, also known as backache, is pain felt in the back, usually originates from the bones, joints, muscles, nerves, etc.
- **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.
- **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.

Benefits of Asanas for Prevention of Diseases

- a) **Bones and joints become strong:** By performing regular asana, the bones, cartilages, and ligaments become strong. Along with this, height of children is enhanced.
- b) **Circulation of blood becomes normal:** By performing asana regularly, the stroke volume as well as cardiac output increases because cardiac muscles start working more strongly and efficiently. Blood circulation becomes proper and blood pressure normalizes and stabilizes.
- c) **Immune system is strengthened:** By regular practice of asana, our immune system is strengthened. As a result, our body becomes less prone to diseases.
- d) **Respiratory organs become efficient:** By performing asana regularly, the respiratory organs become efficient. The vital air capacity increases. The size of lungs and chest also enhances.
- e) **Efficiency of excretory system enhances:** By regularly performing asana the efficiency of excretory system enhances. As a result, the waste products such as lactic acid, acid phosphate, urea, uric acid etc. are excreted quickly and properly which in turn help in delaying fatigue.
- f) **Muscles become strong:** By performing asana regularly, muscles of the body become strong. The efficiency of the muscles increases. Fat does not accumulate in the body. In fact, the appearance the body enhances. The size of the muscles also increases.

Role of Yoga in Physical Education

- a) **Improve flexibility, strength, and posture:** Daily yoga practice will help stretch and tone the body muscles. Popular poses like the plank will simultaneously work on strengthening Respiratory organs become efficient. You don't have to be super flexible to practice yoga. Yoga is that it can be practiced at all levels of ability.
- b) **Better all-round fitness:** Yoga gives all that a gym can, but in a peaceful, safe and more holistic way. It combines aspects of cardio, functional and strength training all in one. This workout is that it can be done at your own pace, in your own home.
- c) **Weight loss:** An everyday gentle yoga practice will fuel the metabolic system and will help burn fat, leading to weight loss. Daily yoga can also help

restore the hormonal balance in the body, which can normalise the body weight. Daily yoga also strengthens the overall mind-body connection and helps to deal more effectively with unpleasant emotions rather than reaching for food to suppress those feelings.

- d) **Increase your energy:** Just a few minutes of yoga every day will provide that much-needed energy boost in our busy lives and will keep us fresh for longer. Daily yoga practice will awaken the main energy centres (called chakras) in your body. Great poses for extra energy are those that extend the spine, such as the tree pose, allowing energy to circulate throughout the whole body, and poses that open the chest, like the cobra pose, encouraging the intake of more breath.
- e) **Reduce stress:** Many work places now offer lunch-time yoga sessions because it's been shown that yoga is an amazing stress buster. Any yoga practice, even a short daily one, should be made up of three elements; poses, breathing and meditation. Studies have shown that those people who regularly practice all three elements are better able to regulate their heart-rate variability (HRV).
- f) **Breathe better:** Breathing deeply and calmly is an essential part of every yoga practice. Yogic breathing techniques (called pranayama) focus on trying to slow down the breath and on breathing fully from the pit of your stomach to the top of your lungs. These methods will make you feel more relaxed and balanced and will help you face the day with confidence and calm.
- g) **Be happier:** Adding a few yoga poses to your daily routine can make you an emotionally stronger and happier person. Just 15 minutes of yoga a day
- h) **Become more mindful:** Yoga and mindfulness go hand-in-hand. When practicing yoga, you will shift your awareness to the sensations, thoughts, and emotions that accompany a given pose. That awareness will bring the mind back to the present moment - the main aim of mindfulness - where it can stay happy and focused.
- i) **Improve concentration and think clearer:** Yoga poses and meditation require you to concentrate on your breathing. This process of observing your breath calms your mind and makes you more mentally relaxed. As a result of this mental stability, you'll be able to recollect and retain more information. Meditating for just a few minutes in the morning can result in better concentration throughout the day.
- j) **Live longer:** As you now know, everyday yoga will help you increase your level of fitness, regulate your heart rate, reduce your stress levels and make you a happier person. All those elements may add valuable years to your life. It's also known that yoga decreases the risk of heart disease, and it reduces the pace of your breathing which has been directly linked to a longer lifespan.

Hypertension: Hypertension is also known as high blood pressure.

TADASANA	VAJRASANA	PAWANMUKTASANA
<p>The word is derived from the Sanskrit word TADA meaning palm tree. It is the beginning and ending of Surya Namaskar according of Ashtangayog.</p>	<p>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.</p>	<p>It is derived from two Sanskrit words PAVANA which means wind and MUKTA which means to release.</p>
<p>Procedure:</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. - Try to maintain this pose along with slow and deep breathing. 	<p>Procedure:</p> <ul style="list-style-type: none"> -Kneel down on the ground or floor with your knees, ankles and toes touching the ground. --Toes should be stretched backwards. -Place palms of both the hands on your knees. -Upper body must be straight. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Lie down on your back. - Keep your feet together and place your arms beside your body. Take a deep breath. - While exhaling, bring your knees towards your chest. - At the same time press your thighs on your abdomen. - Clasp your hands around your legs. - Hold the asana when you breathe normally.
<p>Benefits:</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>Benefits:</p> <ul style="list-style-type: none"> - Helpful for concentration. - Back pain and chest disease. - Enhances memory power. - Cures mental stress. - Reduces hip fat. - Gives relief from constipation, acidity and digestive process. 	<p>Benefits:</p> <ul style="list-style-type: none"> - It eases tension in lower back. - It enhances blood circulation. - It helps to cure menstrual disorder. - It helps in reducing the fats of thighs, buttocks and abdominal area. - It relieves constipation.
<p>Contradiction:</p> <ul style="list-style-type: none"> - People suffering from headaches, low blood pressure and insomnia. During pregnancy. 	<p>Contradiction:</p> <ul style="list-style-type: none"> - Person suffering from joint pain. - Difficulty in movement. - Person suffering from spinal column. - People suffering from hernia. 	<p>Contradiction:</p> <ul style="list-style-type: none"> - People suffering from heart problems. - People suffering from high blood pressure. - People suffering from slip disc.
<p>TADASANA https://www.youtube.com/watch?v=9eNMoDT2I-k</p>		

VAJRASANA <https://www.youtube.com/watch?v=sMp2ct00bME>

PAWANMUKTASANA <https://www.youtube.com/watch?v=YMO8QRprW2w>

<p>ARDCHAKRASANA</p> <p>The name is derived from Sanskrit words ARDHA meaning half and CHAKRA means wheel.</p>	<p>Bhujangasana</p> <p>The name is derived from Sanskrit words BHUJANGA 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.</p>	<p>SHAVASANA</p> <p>This asana is derived from Sanskrit word SHAVA which means corpse. The pose looks like sleeping pose. It is very simple and everyone can do this asana.</p>
<p>Procedure:</p> <ul style="list-style-type: none"> - Stand straight with feet together and arms alongside. - Hold your hips with your hands. - Bend backwards without bending your knees with slow inhalation. - Remain in this pose for some time. - Do it 2 to 3 times. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Lie down on the belly on the ground. - Keep your hands near the shoulders. - Keep your legs close together. - Straighten up your arms slowly, raise the chest. - Head should turn backwards. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Lie flat on back like sleeping pose and legs should be separated. - Keep arms at the side and palms facing up and relax. - Close eyes and breathe and slowly through the nostrils. - Start concentrating from head to feet.
<p>Benefits:</p> <ul style="list-style-type: none"> - Helps to make ankles, thigh, shoulders, chest, spine and abdomen stronger. - Relieves stress and tension. - Improves digestion. - Cures menstrual disorders. - Cures pain in legs. - Reduces fat in the waist and thigh. - Helps to alleviate upper back pain. - Relieves stress in the neck and shoulders. 	<p>Benefits:</p> <ul style="list-style-type: none"> - It alleviates obesity. - Provides strength and agility. - Cures the diseases of liver. - Improves blood circulation. - Makes the vertebral column flexible. - It cures gas disorders and indigestion. 	<p>Benefits:</p> <ul style="list-style-type: none"> - Relaxes whole body. - Helps in releasing stress, fatigue, depression and tension. - Improves concentration, calms the mind. - Improves mental health. - Beneficial for asthma. - Diabetes and indigestion.
<p>Contradiction:</p> <p>Avoid performing this asana if you have migraine, headache, low blood pressure, diarrhea and insomnia.</p>	<p>Benefits:</p> <ul style="list-style-type: none"> - It alleviates obesity. - Provides strength and agility. - Cures the diseases of liver. - Improves blood circulation. - Makes the vertebral column flexible. - It cures gas disorders and indigestion. 	<p>Contradiction:</p> <ul style="list-style-type: none"> - Not for those who has not been advised not to lie down on back. <p>Someone with severe acidity may find lying on back uncomfortable.</p>

ARDCHAKRASANA <https://www.youtube.com/watch?v=UjbM05ttgB4>

BHUJANGASANA <https://www.youtube.com/watch?v=HE1aplwtKrs>

SHAVASANA https://www.youtube.com/watch?v=Vw9bZf_x2Fo

Prevention and management of Hypertension

- **Eating a healthy diet:** Eating a diet that is rich in whole grains, fruits, vegetables, low-fat dairy products and low and cholesterol can lower blood pressure. The proper eating plan to reduce hyper-tension is known as the Dietary Approaches to stop hypertension.
- **Proper sleeping habits:** Insufficient sleep may raise hyper-tension. People sleeping late night can often lead to hyper -tension as stress hormone levels increase with sleeplessness. So proper sleep is important constituent of healthy lifestyle and can reduce blood pressure.
- **Reducing stress:** A person who practices yoga and relaxation techniques such as meditation may control stress. Even playing games can also reduce stress. The reduction in stress can also reduce hyper-tension.
- **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 lower your blood pressure. Even if a person is diagnosed with pre hyper-tension, the exercise can avoid hyper tension.
- **Limit the alcohol:** Drinking too much alcohol can lead to high blood pressure. For women, that means no more than one drink a day, and for men, no more than two.
- **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.

Asthma: Asthma is such a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing in this condition extra mucus is also produced.

<p>SUKHASANA</p> <p>The name is derived from the Sanskrit word SUKHAM which means delight or bliss.</p>	<p>CHAKRASANA</p> <p>The name is derived from the addition of two words i.e., CHAKRA meaning wheel and asana.</p>	<p>GOMUKHASANA</p> <p>The name is derived from the Sanskrit words GO meaning Cow and MUKHA meaning head. This asana stretches several parts of the body simultaneously including ankles, thighs, hips, chest, neck, arms and hands.</p>
<p>Procedure:</p> <ul style="list-style-type: none"> - Sit down with the legs straight in front of the body. - Bend the right leg and place the foot under the left thigh. - Bend the left leg and keep the foot under the right thigh. - Place the hands on the knees. - Chin should be in. - Keep the head, neck and back straight. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Lie down on your back. - Fix your hands firmly on ground. - Raise the middle portion of your body upwards. - Raise it as high as possible. - Keep your head downwards between your hands. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Sit down on the ground with legs stretched forward. - Fold the left leg at the knee and sit on the left foot. - Fold the right leg and keep the right thigh with the help of your hands. - Lift your buttocks and bring the heels of both feet together so that they should touch each other. - Bend your fingers of both the hands and clasp each other.
<p>Benefits:</p> <ul style="list-style-type: none"> - Facilitates mental and physical balance without causing strain or pain. - Stretches and lengthens spine. - Calms your mind. - Reduces anxiety and stress. - Improves body posture. 	<p>Benefits:</p> <ul style="list-style-type: none"> - Cures back pain. - Cures pain in kidneys. - Removes obesity. - Prevents the problem of hernia. - Prevents asthma. - Reduces stress. 	<p>Benefits:</p> <ul style="list-style-type: none"> - Leg muscle strong. - Improves functions of lungs. - Treatment of Sciatica. - Improves functions of kidneys. - Reduces stress and anxiety.
<p>Contradiction:</p> <ul style="list-style-type: none"> - Knees and hips are injured. - Slip disc. <p>Back Injury</p>	<p>Contradiction:</p> <ul style="list-style-type: none"> - People suffering from headache. - People suffering from shoulder problems. - People suffering from wrist problems. - Spinal column ailments. 	<p>Contradiction:</p> <ul style="list-style-type: none"> - People suffering from shoulder. - People suffering from knee. <p>People suffering from back pain.</p>

SUKHASANA <https://www.youtube.com/watch?v=nx7m99JKpyo>

CHAKRASANA <https://www.youtube.com/watch?v=9zkVWHJ64rc>

GOMUKHASANA <https://www.youtube.com/watch?v=QsciKIPtmlk>

PARVATASANA	PASCHIMOTTANASANA	MATSYASANA
<p>It is one of the most important seated yoga postures. As the pose resembles a mountain, it is called parvatasana.</p>	<p>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.</p>	<p>The name is derived from Sanskrit word MATSYA which means fish. It is also known as fish pose.</p>
<p>Procedure:</p> <ul style="list-style-type: none"> - Sit in padmasana or lotus pose. - Stretch your arms sideways and bring them over your head slowly. - Let your palms touch each other. - Stretch your hands well without bending your elbows. - Keep your spine straight. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Sit on the ground with legs forward. - Hold the toe of your feet with the fingers of both hands. - Breathe out slowly and try to touch the knees with your forehead. - After that breathe in slowly, raise your head upwards and come to the prior position. 	<p>Procedure:</p> <ul style="list-style-type: none"> - Sit in padmasana. Lie down in sleeping position and make an arch behind. - Hold your feet with the fingers of your hands.
<p>Benefits:</p> <ul style="list-style-type: none"> - Helps in enhancing height. - Reduces extra fats in the back and waist. - Helps in reducing back pain. - Beneficial for asthma. - Beneficial for spinal cord. 	<p>Benefits:</p> <ul style="list-style-type: none"> - It takes care of gas problem. - It prevents the early ossification of bones. - It reduces obesity. - It gives relief in sciatica, back ache. - Helps to overcome several menstrual disorders. 	<p>Benefits:</p> <ul style="list-style-type: none"> - Helpful in curing back pain and knee pain. - Cures defect of eyes. - Cures skin diseases. - Cures diabetes. - Improves posture.
<p>Contradiction:</p> <ul style="list-style-type: none"> - Back injury. - Hip injury. - Shoulder injury. 	<p>Contradiction:</p> <ul style="list-style-type: none"> - People suffering from enlarged liver. - People suffering from acute appendicitis. - People suffering from asthma 	<p>Contradiction:</p> <ul style="list-style-type: none"> - Back problem. - High or low blood pressure. - People suffering from migraine. - Neck injury.

PARVATASANA <https://www.youtube.com/watch?v=Px6mssBpyIQ>

PASCHIMOTTANASANA

<https://www.youtube.com/watch?v=PZOINB1t4J4&list=PLuNmtC68Qsijno04uXQJdBE5f5GQXzNch&index=12&t=0s>

MATSYASANA https://www.youtube.com/watch?v=JqNLCd_tGoY

Prevention and management of Asthma

- **By using air conditioners:** The windows of the air conditioned houses are mainly closed and this reduces the entry of airborne pollens that can cause asthma.
- **Minimizing dust:** Minimize dust in the house and at working places. For example by removing carpeting and installing hardwood can reduce the dust. Insufficient sleep may raise hyper-tension.
- **Clean regularly:** Keep your home and work place clean. This reduces the dust. Use of mask while cleaning can also prevent asthma.
- **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 lower your blood pressure. Even if a person is diagnosed with pre hyper-tension, the exercise can avoid hypertension.
- **Eat plenty of fruits and vegetables:** Eating plenty of fruits and vegetables may develop lung function and that may reduce symptoms of asthma. Many food items are rich in protective nutrients.
- **Breathing techniques:** The breathing exercises may reduce the symptoms of asthma. Practice of yoga increases fitness and reduce stress which may lead to reduce the symptoms of asthma.