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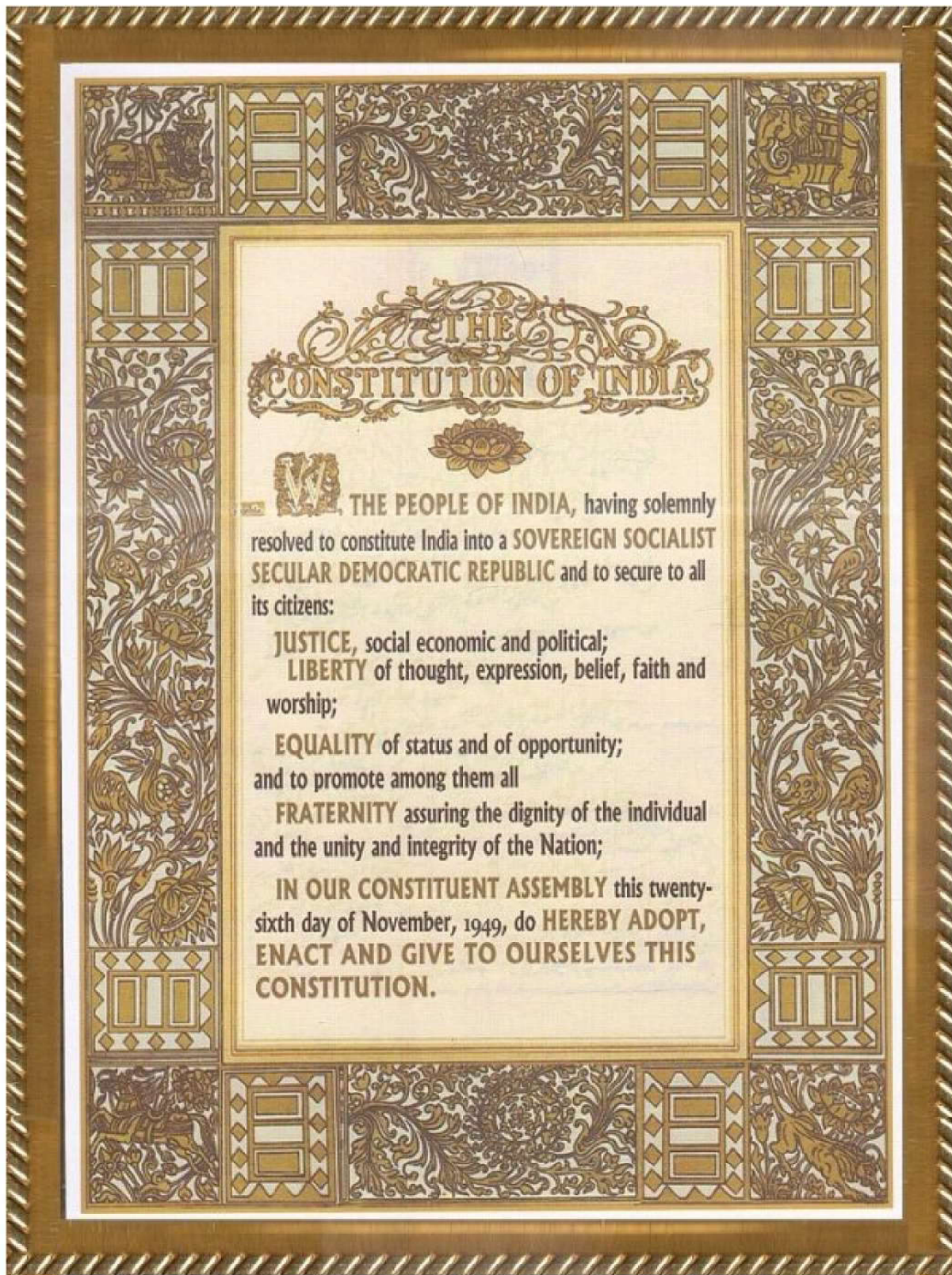
Secondary Course

PHYSICAL EDUCATION



NATIONAL INSTITUTE OF OPEN SCHOOLING

Preamble of the Constitution of India



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Secondary Course

PHYSICAL EDUCATION



NATIONAL INSTITUTE OF OPEN SCHOOLING

An autonomous institution under the Ministry of Education (MoE),
(Deptt. Of School Education & Literacy, Govt. of India)
A-24-25, Institutional Area, Sector-62, NOIDA-201309 (U.P.)
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A Word With You

Dear Learner,

This course is designed to provide comprehensive knowledge and understanding of physical education, tailored specifically for Agniveers currently serving for the nation and various other students opting for secondary school education through open school system offered by NIOS with interest in physical activities, fitness, sports and yoga. The curriculum aims to equip learners with the necessary theoretical knowledge and practical application of physical education, health, sports and yoga for wellbeing and holistic life.

The subject offered is inspired from the National Education Policy (NEP) 2020 which emphasizes on the importance of sports, health, fitness and yoga as integral components of education. NEP 2020 aims to create a holistic and well-rounded education system that includes physical education as a core subject. This policy recognizes that physical fitness and sports are crucial for the overall development of students, promoting not only physical health but also mental and emotional well-being. By integrating physical education as a subject, NIOS seeks to foster as an educational institution which is inline with the new education policy and seek to contribute towards the vision and mission of Viksit Bharat 2047.

This present subject focus on developing a strong foundation for future career aspirants in physical education, sports, exercise and fitness at later stage of their education. It will provide students with the knowledge and understanding necessary to pursue various career paths through professional courses in the field of physical education, health, sports and yoga in future. By completing this course, students will be aware about the concepts of physical education, health education, sports education and yoga which can contribute to the growing field of physical education and promote a healthier, more active society.

We hope this course will inspire and motivate you to promote physical education, fitness, exercise, sports and yoga among the society. Let's embark on this journey towards a healthier and more active lifestyle!

NIOS Team

How to use the Study Material

Congratulation! You have accepted the challenge to be a self-learner. NIOS is with you at every step and has developed material in Physical Education with the help of a team of experts, keeping you in mind. A format supporting independent learning has been followed. If you follow the instructions given, then you will be able to get the best out of this material. The relevant icons used in the material will guide you. These icons have been explained below for your convenience.

Title: will give a clear indication of the contents within. Do read it.



Introduction: This will introduce you to the lesson linking it to the previous one.

Objectives: These are statements that explain what you are expected to learn from the lesson. The objectives will also help you to check what you have learnt after you have gone through the lesson. Do read them.



Content: Total content has been divided into sections and subsections. Section leads you from one content element to another and subsections help in comprehension of the concepts in the content elements.

Notes: Each page carries empty space in the side margins, for you to write important points or make notes.



Intext Questions: Very short answer self check questions are asked after every section, the answers to which are given at the end of the lesson. These will help you to check your progress. Do solve them. Successful completion will allow you to decide whether to proceed further or go back and learn again.



What You Have Learnt: This is the summary of the main points of the lesson. It will help in recapitulation and revision. You are welcome to add your own points to it also.



Terminal Exercises: These are long and short questions that provide an opportunity to practice for a clear understanding of the whole topic.



Do You Know: This box provides additional information. The text in boxes is important and must be given attention. It is not meant for evaluation, but only to improve your general knowledge.



Answers : These will help you to know how correctly you have answered the questions.



Activities: Certain activities have been suggested for better understanding of the concept.

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Note: The syllabus has been bifurcated into two sections -

- I Lessons for the Tutor Marked Assignment (TMA)
- II Lessons for public examination question paper



PHYSICAL EDUCATION

Bifurcation of Syllabus

MODULE (No. & Name)	I TMA (40%) (Lessons-6)	II Term End Examination (60%) (Lesson -10)
Module-1 Physical Education	L-2 Games & Sports as Cultural Heritage	L-1 Concept of Physical Education L-3 Tournaments and Competitions L-4 Asian & Olympic Games
Module -2 Health Education	L-6 Dietary Consideration L-8 Safety Measures	L-5 Health Concepts L-7 Diseases
Module – 3 Sports Education	L-11 Physical Education and Sports for CWSN	L-9 Incentives and Awards L-10 Growth and Development L-12 Effects of Physical Activity
Module -4 Yog	L-13 Yog Philosophy L-15 Yog for Healthy Living	L-14 Ashtang Yog L-16 Application of Yog

Total Number of Lesson = 16

**Note**

CONCEPT OF PHYSICAL EDUCATION

What is Physical Education? How did it develop into a science? The journey is long and complex. As you know in ancient times life was not simple. Our ancestors had to struggle for their existence. They were required to be engaged in running, throwing primitive weapons and spears and jumping in order to save themselves from the wild animals and search for food. These activities not only kept them fit but also enabled them to meet the requirements of their daily life. These physical activities have today evolved into a well-established science that draws-upon of human anatomy and physiology, the mechanics of movement, and the way to optimize physical fitness through exercise. This application of science helps to enhance physical performance and health.

In this chapter, you will learn about the meaning, aims and objectives of physical education and understand the difference between the commonly used terms - play, games and sports.



LEARNING OUTCOMES

The learner-

- describes the meaning, definition, aim and objectives of physical education,
- differentiates among the terms play, games and sports,
- applies physical education in day-to-day life.

1.1 MEANING OF PHYSICAL EDUCATION

The term physical education is composed of two words, i.e., physical and education. While 'physical' is related to body and its bodily characteristics, 'education' means systematic instructions or training for life or for some specific situations or the process of learning & training.

Earlier physical education was largely restricted to the 'physical', indicating a well-built physique and strengthening of muscles. The main stress on physical education was laid down in ancient Greece. Philosophers like Socrates, Aristotle and Plato



MODULE-1

Physical Education



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Concept of Physical Education

believed that physical training was a must for the youth. Even in India, physical activities were an essential part of life in ancient times. However, the concept of physical education kept changing with times. Today in common terminology, the nature of physical education is considered synonymous with physical training, drill, games, physical culture, health education or recreation, but in reality, it is much more than that.

The modern concept of physical education conveys that it as a stream of education through the medium of physical activities. It is now an integral part of the educational programme designed to promote the optimum development of an individual.

Physical education and sports are considered essential for health, fitness and wellness, in era of technological advancement where, machines have taken even most of the work of the human being. It helps in developing strength, speed, endurance, and coordination abilities; and inculcating social qualities, such as, empathy, cooperation, friendship, team spirit, and respect for rules, which are essential for healthy social relations with others.

Physical education is imparted through various types of physical activities such as walking, jogging, running, throwing, jumping, kicking, hopping, climbing, pushing, pulling etc. The games and sports in which people can participate include archery, athletics, badminton, basketball, cricket, football, handball, hockey, volleyball etc. Apart from this, yoga, aerobics, mountaineering, trekking and adventure sports also provide an opportunity to engage in fitness.

1.1.1 Definitions of Physical Education

Physical education has been defined in numerous ways by different experts and organisations. Some of them are as follows.

- 1) According to **Charles A. Bucher**, “Physical education is an integral part of the total education process, is a field of endeavour which has as its aim the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes.”
- 2) According to **Jay B. Nash**, “Physical education is that phase of the whole field of education that deals with big muscle activities and their related responses.
- 3) According to **J.F. Williams**, “Physical education is the sum of man’s physical activities selected as to kind and conducted as to outcomes.”
- 4) According to **J.P. Thomas**, “Physical education is education through physical activities for the development of total personality of the child and its fulfilment and perfection in body, mind, and spirit.”





Note

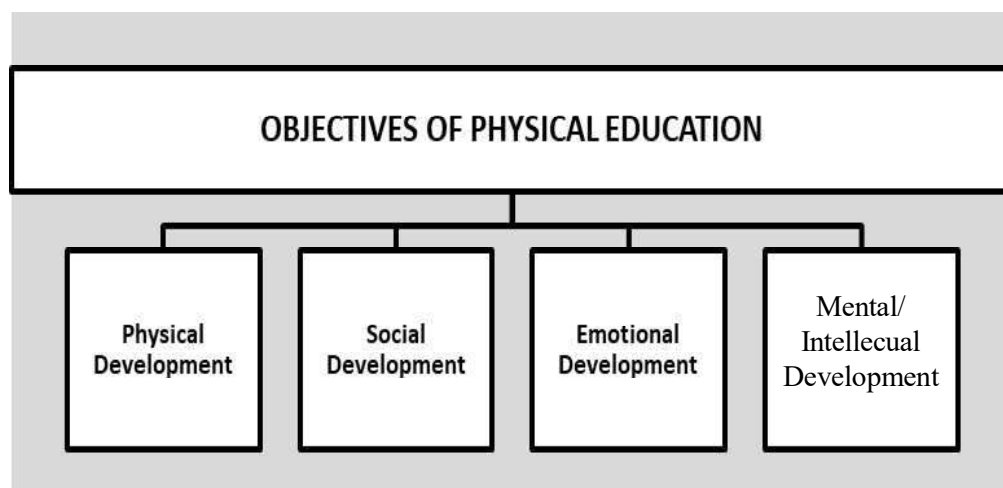
On the basis of above definitions, the following conclusions may be drawn:

- 1) Physical education is education through physical activities, which aims at the harmonious functioning of body, mind and intellect.
- 2) It includes all aspects of the personality i.e. physical, mental, intellectual, emotional and social.
- 3) The focus of physical education is on the natural quality of the human organism i.e. “large muscle” activity.
- 4) It lays emphasis on wholesome and holistic experiences.

1.1.2 Aim and Objectives of Physical Education

AIM: The sole aim of physical education is the **all-round or wholesome development of the personality of an individual**. It includes development of physical, mental, social, emotional, and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one’s own way.

OBJECTIVES: Objectives are the short-term statements of specific outcomes that build cumulatively to reach a goal. The most common objectives of physical education are as follows:



1. Physical Development

Physical development is the foremost objective of physical education. It deals with the development of muscular system of the body and ensures proper growth, strength, endurance, flexibility and over all fitness far a healthy life.



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Physical Education



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2. Social Development

Physical education provides ample opportunities to its participants to interact with other individual and groups. Physical activities are the best source of attaining qualities like fair-play, cooperation, sympathy, courtesy, tolerance, cooperation, sportsmanship, and leadership.

3. Emotional Development

Each individual experiences emotions like pleasure, hope, wonder, anger, fear, jealousy, despair, loneliness etc. Physical education teaches every player to accept success and failure gracefully. It aims at emotional stability & selfcontrol which helps the individual in facing any type of situation with confidence.

4. Mental/Intellectual Development

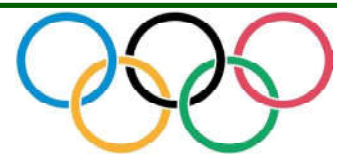
Physical Education also contributes to the development of the mind. It helps students learn rules, techniques and strategies of games & sports. And also improves concentration, decision-making and problem solving abilities.



INTEXT QUESTIONS 1.1

1. Tick the correct option.

- 1) Who said physical education is the sum of man's physical activities selected as to kind and conducted as to outcomes?
 - a) Charler A. Budes.
 - b) Jay B. Nash.
 - c) J.F. William.
 - d) J.P. Thomas.
- 2) What is the primary goal of physical education in schools?
 - a) To enhance students' academic performance.
 - b) To teach students various sports and games.
 - c) To promote physical fitness, health, and well-being among students.
 - d) To reduce students' free time during school hours.
- 3) Which of the following best describes the concept of physical education?
 - a) Physical education focuses solely on athletic training and competitive sports.
 - b) Physical education is an academic discipline aimed at developing physical fitness, motor skills, and overall health.





Note

- c) Physical education is optional and focuses on recreation alone.
- d) Physical education is primarily about weight loss and strict diet regimes.

2) Answer the following questions.

1. How can physical education help in daily life?
2. Why is physical education considered a science today?
3. How does physical education contribute to emotional development?

1.2 MEANING OF PLAY, GAMES AND SPORTS

“Not All Games are Sports but All Sports are Games”

People are often confused with the synonymously used terms in physical education like play, games, sports, leisure, recreation, fun etc. The meaning of these terms is explained below for better understanding.

PLAY - Play refers to any activity that is free, uncertain, spontaneous, and unproductive. It is governed by internal rules and is make-believe. It is a form of human or animal activity or behavioural style that is self-motivated. Children carry on play for its intrinsic engagement rather than for any external benefits. Often it is marked by elements of competition, humour, creative exploration and problem solving and is a mimicry of role playing.

Froebel has defined play as “the natural unfolding of the germinal leaves of childhood.” It is an inherent tendency and a gift of nature. In fact, play is nature’s prescribed course of education and helps the child to grow physically, mentally, emotionally, and socially by providing freedom, spontaneity, and self-expression, highlighting the educational importance of play. The characteristics of play include voluntary behaviour, evenly matched competition, and it is economically unproductive.

GAME The word Game originated from the Proto-Germanic GA, which refers to the sense of “getting people together”. Games are a form of playful competition in which the outcome is determined by physical skill, strategy, or chance. These factors may be employed singly or in combination. It is a form of interactive entertainment where players must overcome challenges. Players take actions that are governed by rules in order to obtain a victory condition. It is a recreational activity that involves one or more players, and is defined by a goal that the players try to achieve. Players follow a given set of rules to play it. A game involves more than one player. This is an activity that typically involves skill, knowledge, or luck. There are fixed rules which are followed to win against an opponent. It involve both mental and physical activities, and usually involve chance factor in winning.



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Physical Education

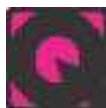


Note

Concept of Physical Education



SPORT - Any institutionalized game that demands the demonstration of physical prowess is known as Sport. It is a wider term which acts as an institution involving all physical activities, individual skills, and is governed by a set of rules. It is often taken competitively. It is a physical activity carried out under a set of rules laid down by the governing body of that particular sport. It is an activity that involves physical exertion and skill in which an individual or a team competes against others.



INTEXT QUESTIONS 1.2

1. Mark the following statements as true or false:

- 1) Social media and Video Games are good source of physical activities.
- 2) Physical education aims only at physical development of an individual.
- 3) Physical education is the integral part of total education process.
- 4) Physical activities provide opportunity to learn qualities like sportsmanship and self-discipline.
- 5) Play, games and sports are synonymous terms.





ACTIVITY 1.1

Identify the games which you play in your neighbourhood and list the benefits you get through participation.

1.3 ROLE OF PHYSICAL EDUCATION IN DAY-TO-DAY LIFE

It is an old saying that, “A healthy mind lives in a healthy body.” But, in the modern era of technological advancements, video games, mobile games and computer games have taken the place of our traditional games. Children and adults rarely take out time to play any indoor or outdoor games in this modern age of technology. This has resulted in sedentary lifestyle, leading to various side effects on human health. Some of them include ecological imbalance, social imbalance, cultural degradation, social disintegration, religious turmoil, various physiological and psychological strains etc.

Physical education has a special significance and unique role in the modern age. There are numerous benefits of engaging in a physical education programme. Through physical education, children get involved in a variety of physical activities, which gives them the opportunity to be active. It not only improves their physical competencies, but is also helpful in focusing on their life goals by mastering self-discipline and increasing awareness. It caters to the biological, sociological and psychological needs of a person.

Physical education has the potential to help people overcome various problems arising out of modernisation. Its role in day-to-day life can be summarized as under:

- 1) Physical education aims at the **overall and optimum development** of an individual, considering the child as a united whole of mental, physical, social, moral and physical qualities.
- 2) Participation in physical activities leads to the **development of organic system and proper functioning of human body**, which ensures optimal growth and development of an individual.
- 3) Through physical activities, an individual develops **neuro-muscular coordination**, which is indispensable to facilitate learning skills.
- 4) Physical activities are essential for the development of the child’s **intellectual development**. To learn physical activities, intellectual mechanism in the form of thinking and problem solving is required for acquisition of knowledge. For example, players need to take decisions in different conditions and situations that improve their thinking.



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Concept of Physical Education

- 5) Physical activities help in the **mental development** of the individual. For example, a badminton player is definitely physically fit, but he must make a decision when he needs to Smash. The learning of skills, games, rules, techniques and strategies, and judgement equip an individual to interpret new situations effectively.
- 6) Physical education and sports provide **opportunities to control emotions**. Emotions like happiness, anger, sadness, excitement, and love are essential to life, but we must learn to manage emotions. Participation in sports leads to emotional release as well as control of emotions.



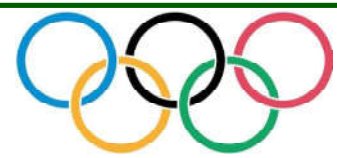
ACTIVITY 1.2

1. Make a List of Games that your Grandparents and Parents used to play in their childhood and compare those games with games you play.



INTEXT QUESTIONS 1.3

1. **Tick the correct option.**
 1. Which of the following is a primary benefit of engaging in physical education regularly?
 - A) Increased stress levels.
 - B) Enhanced mental well-being and reduced anxiety.
 - C) Reduced sleep quality.
 - D) Increased risk of lifestyle diseases.
 2. How does physical education contribute to improved social skills?
 - A) It encourages isolation and individual focus.
 - B) It teaches teamwork, cooperation, and communication through group activities.
 - C) It emphasizes only individual performance and personal goals.
 - D) It promotes competition over collaboration



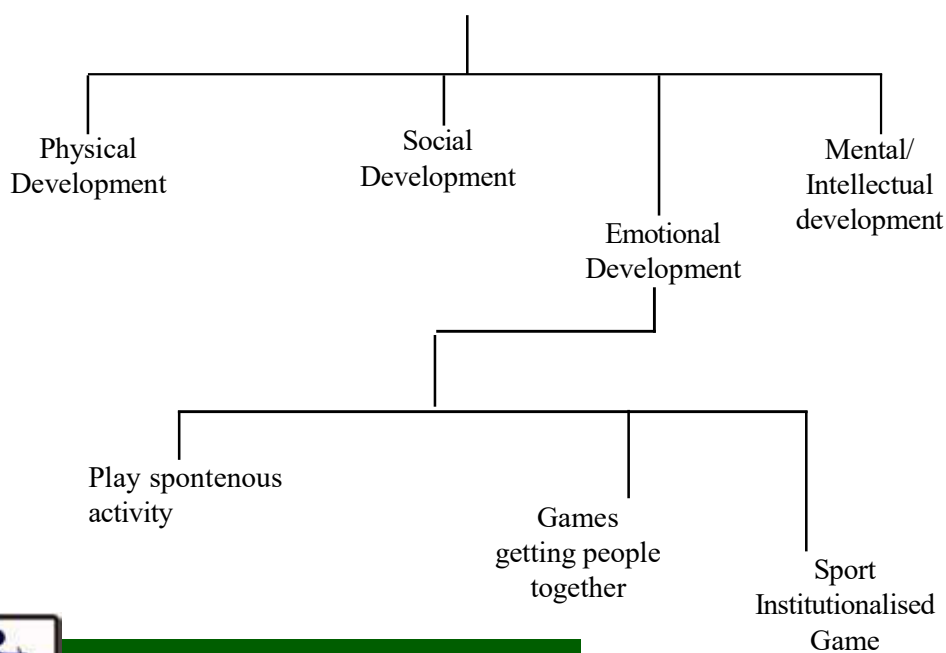


Note

3. Which of the following best describes how physical education can positively impact academic performance?
 - A) Physical education decreases focus and concentration in academic subjects.
 - B) Physical activity helps increase focus, memory, and cognitive function, leading to better academic performance.
 - C) Physical education only benefits physical health with no effect on academic success.
 - D) Physical education adds to academic stress.
4. Why is it essential to integrate physical education into daily life from a young age?
 - A) It helps develop lifelong habits for maintaining health and fitness.
 - B) It is only beneficial for athletes.
 - C) It solely focuses on competition without health benefits.
 - D) Physical education has little impact on long-term health.

Concept Map

Aim: All round Development of an individual



TERMINAL QUESTION

- 1 Explain the concept of social development.
- 2 Differentiate between game and sports
- 3 How participation in physical activities leads to the Physical development?



MODULE-1

Physical Education



Note

Concept of Physical Education

- 4 what are the objectives of physical education?
- 5 explain the importance of physical education in day to day life.



INTEXT ANSWERS

1.1 Answer

- 1) c) J.F. William
- 2) c) To promote physical fitness, health, and well-being among students
- 3) b) Physical education is an academic discipline aimed at developing physical fitness, motor skills, and overall health.

1.2 1 False 2. False 3. True 4. True 5. False

1.3 Answer

- 1) B) Enhanced mental well-being and reduced anxiety
- 2) B) It teaches teamwork, cooperation, and communication through group activities
- 3) B) Physical activity helps increase focus, memory, and cognitive function, leading to better academic performance
- 4) A) It helps develop lifelong habits for maintaining health and fitness



**Note**

SPORTS & GAMES AS CULTURAL HERITAGE

Have you known what is the historical and cultural importance of sports and Games? How and why did different games & sports develop? What were the most popular games & sports? To understand this, let us first understand the terms Culture and Heritage.

Culture is a multifaceted concept that encompasses the shared values, beliefs, behaviours, customs, traditions, languages, and artifacts of a group of people. It shapes how individuals interpret the world and interact with each other through music, dance, visual arts, theatre, literature, and sports. In essence, culture is the lens through which people see the world and the framework that supports social cohesion, guiding both individual behaviour and collective interactions. Heritage refers to the traditions, values, customs, languages, places & objects that are passed on to future generations. It includes intangible/visible elements like folklore, languages, rituals, music, dance, sports, and craftsmanship and tangible/invisible elements like historical buildings, monuments, manuscripts, artworks, and archaeological sites.

Games and sports have been an inseparable part of the history and are deeply rooted in culture. Activities like hunting, running, jumping and fishing that began essential activities for survival. These activities were not just sources of entertainment or recreation but carried cultural meaning, were passed from one generation to another. Today, sports and games have emerged as a universal cultural phenomenon. Every country makes efforts to protect & promote its traditional sports as Symbol of its cultural heritage. Thus, we can say that the activities we do in modern time are nothing but a modified form of what we have received from our ancestors.

As you know, India has a rich and diverse sporting heritage, with traditional games and modern sports deeply embedded in its cultural and historical fabric. Many sports in India have evolved from ancient practices, rituals, and martial training, and are deeply rooted in the country's ethos, values, way of life and the natural environment. Sports and games have been a mode of transmitting the cultural heritage of the people, which was passed on from generation to another.



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Physical Education



Note

Sports & Games as Cultural Heritage



LEARNING OUTCOMES

The learner-

- describes the various stages of evolution of sports in India.
- appreciates indigenous and regional games in India.
- identifies the modern trends in sports as cultural heritage.
- analyses the relationship between sports and culture.



DO YOU KNOW?

Have you ever wondered how we know about the history of sports and games in India? Well, the historical evidence of sports and games in India comes from a variety of sources, like ancient scriptures, archaeological finds, temple sculptures, and foreign records.

2.1 EVOLUTION OF SPORTS IN INDIA

Culture represents the transmission of behaviour patterns, values, and beliefs that are accepted and practiced by groups of people. This process happens across generations and forms the foundation of a civilization's identity. Culture includes traditions, religion, community values, and societal influences. Heritage, refers to the things from the past that are preserved and passed down to future generations with necessary modifications to suit contemporary times. It establishes a bridge between the past and the present, ensuring that cultural elements continue to evolve while retaining their core essence.

Sports have always been a part of this cultural heritage, serving not only as a form of recreation but also as a way of transmitting discipline, values and skills across generations. This process is evident in India's long history of sports, where physical activities have evolved alongside the country's cultural and societal development. India's sports culture has undergone several stages of evolution, each linked to significant periods in history, evolving through different eras based on cultural, religious, and socio-political influences.

2.1.1 The Beginning

The earliest information regarding Sports activities can be obtained from the rock paintings in Bhimbetka caves. These caves are located near Bhopal in Madhya



**Note**

Pradesh. The rock paintings in these caves date back to at least 10,000 BCE. These paintings show groups of hunters using bows and arrows, spears, and other primitive weapons. This suggests that hunting was not just an activity for survival but was also a measure of skill, strength, agility, and teamwork. In some of the paintings we can see figures running in pursuit of animals. In others, they are running in groups. Thus, we can conclude that these people participated in racing and endurance training. There are paintings of figures in dynamic postures that look like dance-like or rhythmic human figures. Some paintings show people grappling or engaged in physical combat as in wrestling or martial training. Human figures near water bodies indicate early forms of activities like fishing.

2.1.2 Indus Valley Civilization

During the Indus Valley Civilization (c. 3300-1300 BCE, Mature Phase 2600-1900 BCE), physical activities formed an important part of daily life. Archaeological findings suggest that people were engaged in dancing, swimming, and various recreational games such as dice and marbles. The famous “Dancing Girl” figurine from Mohenjo-daro indicates the cultural value of dance, while the Great Bath shows that water-based activities and rituals were significant in community life. Excavated dice and game pieces reveal that indoor games were popular, and seals depicting bows and arrows point to the practice of hunting and archery. These examples show that physical activity contributed to recreation, ritual, and social life, even if the modern idea of fitness and athleticism did not yet exist.

2.1.3 Vedic period

The Vedic period (c. 1500-600 BCE) marked a shift towards the formalization of physical activities in both martial and spiritual domains. Rigvedic hymns describe chariot racing, archery, horse riding, and hunting, reflecting the martial ethos of Kshatriya training. Wrestling (mallayuddha) and contests with weapons such as daggers, swords, and maces also appear in later Vedic and epic traditions. Yog began to take shape during this era as a spiritual discipline focused on the union of body and spirit, though systematic physical postures were codified only in later philosophical texts. Thus, the period combined physical endurance, martial preparation, and spiritual practice.

2.1.4 Epic and Early Medieval Periods (c. 600 BCE-1000 CE)

From the Epic Age through the early medieval era, physical activities and games became increasingly formalized, often under royal and religious patronage. The *Mahabharata* and *Ramayana* make frequent references to dice games, wrestling



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Physical Education



Note

Sports & Games as Cultural Heritage

{*malla-yuddha*} archery, and mace duels (*gada-yuddha*), highlighting the martial and recreational culture of the time.

Strategic board games also gained importance. *Chaturanga*, regarded as the ancestor of modern chess, appeared around the 6th century CE and reflected both intellectual and martial training. Recreational games such as *pachisi* also became popular.

Martial training continued to be a royal prerogative, with archery, swordsmanship, and hunting emphasized in royal courts. Meanwhile, yoga was codified through Patanjali's *Yog Sutras*, where it was defined as both a physical discipline and a spiritual practice.

While traditions such as *Mallakhamb* and *Kalaripayattu* are often traced back to ancient roots, their verifiable historical development is better documented in later medieval periods.

2.1.5 The Medieval Period (1000-1757 CE)

In the medieval period, physical activities retained an important place in both education and royal life. Traditional Hindu *pathshalas* carried forward aspects of the earlier Gurukul model, where physical training accompanied intellectual pursuits. Wrestling (*malla-yuddha* or *kushti*), archery, and weapon training (*astra-vidya*, *shastra-vidya*) remained central to the martial ethos of Rajput courts.

With the arrival of Turkic (Delhi Sultanate) and Mughal rulers, new sporting traditions were introduced. Polo (*chaugan*) gained immense popularity among the nobility, while falconry, elephant and horse racing, pigeon flying, and hunting became symbols of elite culture. Wrestling and boxing were not only forms of entertainment but also prestigious court sports, with wrestlers often receiving royal patronage. Chess and swimming likewise flourished in Mughal courts, reinforcing the combination of physical skill, strategy, and recreation.

2.1.6 The British Period (1600-1947 CE)

The advent of British colonial rule brought a profound shift in India's sporting culture. With the expansion of the East India Company and later the British Raj, indigenous games such as kabaddi, kho-kho, and rural wrestling traditions gradually lost official patronage. Instead, the British promoted their own sports—cricket, football, hockey, and tennis—through cantonments, missionary schools, and exclusive clubs. European systems of physical drill and gymnastics were incorporated into colonial education policy, emphasizing discipline and military preparedness.

Despite this, indigenous traditions persisted. *Akharas* (wrestling arenas) and *vyayamshalas* (exercise halls) became crucial sites for sustaining local practices





Note

such as *dands* and *baithaks* (bodyweight exercises) and *mallakhamb* (pole gymnastics), which was revitalized in the Maratha and nationalist eras. These institutions not only preserved physical culture but also became symbols of resistance to colonial dominance.

2.1.7 Post-Independence and Contemporary Sports Development in India

After independence in 1947, India began to view sports and physical education as vital for national integration and youth development. The Kothari Commission (1964-66) emphasized the need to integrate physical education into the school curriculum as a compulsory component of holistic education. Hosting the first Asian Games in New Delhi in 1951, with 11 participating nations under the motto “*Ever Onward*,” marked India’s entry into sports diplomacy on the global stage.

Over the decades, institutional frameworks strengthened. The Sports Authority of India (SAI), established in 1984, provided centralized training and infrastructure development. National-level policies, including the National Sports Policy (1984; revised 2001) and the National Sports Development Code (2011), formalized governance structures, promoting accountability and systematic athlete development.

In recent years, flagship programs have transformed India’s sports landscape. The **Khelo India Scheme (2018)** has identified and nurtured thousands of young athletes through scholarships, competitions, and infrastructure projects. The **Fit India Movement (2019)** has promoted everyday fitness awareness. Most importantly, the **National Education Policy (NEP 2020)** recognized sports as an integral part of the curriculum, placing physical education, arts, and vocational training on par with academics. NEP 2020 advocates a **sports-integrated pedagogy** at all levels of schooling, reflecting a shift from viewing sports as extracurricular to considering them essential for holistic growth.

To align with global aspirations, the **National Sports Policy 2025** was introduced as a forward-looking framework focusing on athlete welfare, transparency in governance, grassroots development, and India’s ambition to bid for and host the **2036 Olympic Games**. The policy also emphasizes inclusivity, integrating sports science, technology, and private sector partnerships to position India as a leading sporting nation.

These initiatives build on India’s heritage of indigenous physical culture, with *akharas* and *vyayamshalas* continuing to sustain traditional practices like wrestling and *mallakhamb* (Alter, 1992). Today, India’s sports system blends tradition with modern policy, aiming not only to produce elite athletes but also to embed fitness and play as everyday practices for its citizens. Sports in contemporary India thus symbolize cultural pride, national unity, and aspirational global competitiveness.



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Note

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Activity 2.1

India has a rich tradition of martial arts, many of which date back centuries. These include

Kalaripayattu, often called the mother of all martial arts, originated in Kerala

Gatka, which originated in Punjab and is associated with Sikh warriors

Silambam, a martial art from Tamil Nadu, and

Thang-Ta, a traditional martial art of Manipur.

Find out about more about any one of these martial arts and make a presentation in class.



INTEXT QUESTIONS 2.1

1. Tick (✓) the correct option.
 - 1) In ancient times, which of the following activities did people engage in for survival?
 - a. Hunting, grappling, running, and fishing
 - b. Watching sports for entertainment
 - c. Playing organized games with specific rules
 - d. Practicing only yog and meditation
 - 2) How did sports and games contribute to cultural heritage in ancient civilizations?
 - a. They were mainly for the enjoyment of the elite and had no role in cultural preservation.
 - b. They were passed down generations as a way of transmitting cultural heritage and values.
 - c. They were exclusive to religious ceremonies and had no recreational purpose.
 - d. They were developed strictly for military purposes.



**Note**

- 3) Which period in Indian history is known for the formalization of yoga as a spiritual and physical practice?
 - a. The Indus Valley Civilization
 - b. The Vedic Period
 - c. The Mughal Period
 - d. Post-Independence Era
- 4) How did the British influence the sports culture in India?
 - a. They promoted indigenous games like kabaddi and kho-kho.
 - b. They introduced sports like cricket, hockey, and football over traditional games.
 - c. They banned all sports activities in schools.
 - d. They replaced all indigenous physical activities with gymnastics only.

2.2 INDIGENOUS AND REGIONAL GAMES

Games have been an integral part of people's life in India since time immemorial. As you know, there are numerous mentions of people participating in games for development of skill, agility, physical fitness, and for mental fitness or for recreation. Various traditional games are still popular amongst children in the urban and rural areas in India.

2.2.1 Indigenous Games

Indigenous games refer to fun or leisure or recreational activities that developed within a particular cultural group, community, or tribe. Rules for these games are set by the local organizers for local participants. These games have helped in preserving the culture and heritage.

2.2.2 Regional Games

Regional games are also the localized games originated for the purpose of recreational tradition of indigenous games, but played only in certain regions of the country.



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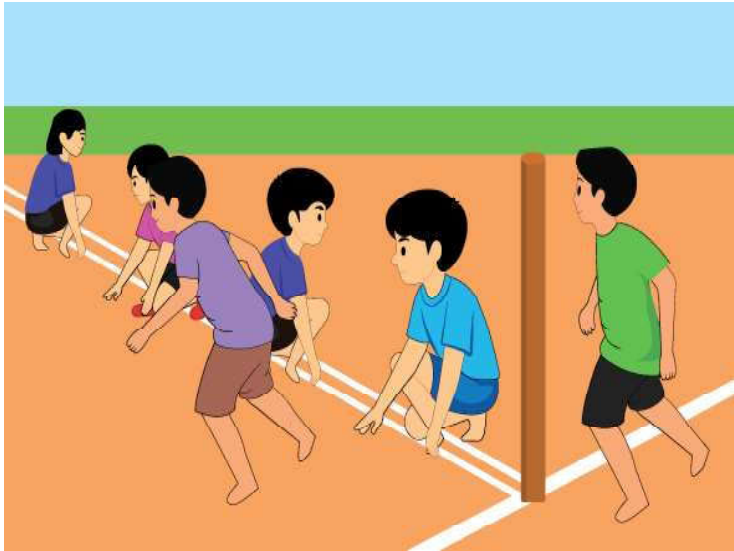
Some of the indigenous and regional games are mentioned below:

Sl. No.	Name of the Game	Description
1.	Kabaddi	Kabaddi, an age-old Indian sport which has been played in the sub-continent for thousands of years is said to have originated as a training exercise for warriors to develop strategy, quick reflexes, and teamwork on the battlefield. This sport, earlier played on the soil, is nowadays played on the mat. The game of Kabaddi is played between two teams, comprising seven players each. Every team has a set of players called raiders and defenders. The raider runs into the opposition's half of and tries to tag out as many players as possible while continuously chanting "Kabaddi, kabaddi" in one breath or, for a fixed period of time, say 30 seconds, (which is being fixed for the modern-day kabaddi). The opposing team tries to stop the raider from successfully returning into his half within that period. The game of Kabaddi is gaining huge popularity in the country after the introduction of Pro Kabaddi League (PKL) which is being televised on the national television. 





Note

2.	Kho-Kho	Kho kho is another popular sport which was invented and developed in India and continues to remain a popular sport among school children. Kho-Kho is played by teams of 12  players. Nine players of the chasing team enter the field and 8 of the players sit on their knees in a straight line alternately facing in opposite directions. The 9th player (active chaser) must try to tag the running players (attackers) within a set time limit. Chasers must follow a specific direction during their pursuit. If a chaser wants to pass the chase to a teammate, they can tag them while uttering the word “Kho.” This teammate then becomes the new active chaser, while the previous one takes a sitting position. Members of the defending team enter the field in batches of three, and try to avoid being touched by members of the opposing team. The side that takes the shortest time to tap all the opponents in the field is declared the winner.
3.	Kushti	Kushti or Pehlwani is one of the oldest sports in India and dates back to the prehistoric period, or around 4000 BC. One of the first mentions of Kushti is found in the Mahabharata epic. Kushti is distinct from free-style wrestling, which is practiced all over the world. In the traditional Kushti, the game ended only when one of the players signalled their defeat. However, modern bouts do have distinct rounds and a referee who steps in when necessary. Kushti is now included in the Olympic Games as one of the competitions. In the traditional game, the winner is one who is able to pin both of the opponent’s shoulders to the ground. Although this may seem easy, it is not. However, the players can employ body locks,



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Sl. No.	Name of the Game	Description
		throws, submission holds, pins, etc., on their opponent instead of punching or kicking them. The two most best known methods employed by pehelwans to subdue their opponents are the Kasauta and Dhobi Pachad. Other nations employ different techniques such as triangle chokes and all.
4.	Mallakhamb	An ancient Indian discipline known as Mallakhamb blends yog, exercise, and martial arts. The words “Malla” refers to wrestling and “khamb” refers to pole signifying its origins as a training method for wrestlers or pehlwans to hone their strength, flexibility, agility, and coordination while balancing, and holding poses on a wooden pole or a rope. Therefore, “Mallakhamb” often refers to a “gymnast’s pole.” The classic kind of mallakhamb is called pole mallakhamb. Participants compete on a wooden pole that is 2.6 metres tall and has a base circumference of 55 centimetres. The pole gradually narrows until it has a top circumference of 35 cm. In the Hanging Mallakhamb, a shorter wooden pole is suspended from hooks or chains, allowing it to swing. This variation increases the difficulty by introducing movement, requiring extra balance and control. In Rope Mallakhamb, a thick rope 8 to 10 feet in length and with a thickness of 1 to 1.5 inches is used. The rope is suspended from a fixed structure or ceiling, and participants perform aerial movements while gripping and wrapping around the rope. 
5.	Archery	The ability to use a bow and arrow is known as archery. Indian archery has a long history that begins with the Vedic era. Hunting with a bow and arrow was an essential skill for surviving and finding food for early man, with the passage of time, the bow and arrow evolved into a military tool and developed into a sport. The Mahabharata and the Ramayana





Note

Sl. No.	Name of the Game	Description
		are the first Indian literary works that mention archery as a valued skill. Many of the protagonists in these two epics were  reputed to be skilled archers. The bow and arrow later evolved into a military tool. Today, archery is a recreational activity. Additionally, it is currently a part of the Olympic Games.
6.	Gilli-Danda	Gilli-Danda is a very popular Indian game, especially in rural India. The game is played with small piece of oval shaped wood with tapering edges, known as 'Gilli' and a long wooden  stick called 'Danda'. The player needs to hit the Gilli at the raised end, which flips in the air and tries to hit the 'Gilli' as far as possible to get maximum runs. The players of the defending team try to catch the Gilli to dismiss the hitter - just like in the game of cricket. The player or team with maximum distance covered by the Gilli - which is being scaled by the



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Sl. No.	Name of the Game	Description
		'Danda', is finally declared the winner. There is no limit of a number of players in this game.
7.	Kancha/ Marbles	This is another popular traditional game in the Indian subcontinent since times immemorial. In fact, the earliest evidence of round marble in Indian history was found at Mohenjodaro. The game of Kanchas or Marbles may be played both indoors or outdoors, though, it is most commonly played outdoors. This game is still quite popular among kids in the  rural areas and semi-urban cities. Kids enjoy the game for winning the colourful marbles or kancha and collect it in large numbers.
8.	Pitthu/Lagori	This is a very popular game amongst kids in the country and is known by different names in various parts. The game of Pitthu is played with a ball, preferably a rubber or tennis ball, and six to seven flat pieces of stones piled vertically. In this game, one team tries to hit the stack of stones with the ball from a distance and then, attempts to arrange them back before the players on the opposing team collect the ball and hit one of the members of the attacking side. Each team gets 



**Note**

Sl. No.	Name of the Game	Description
		nine chances, 3 players getting 3 chances each, to knock down the stones. If one team is unable to knock down the stones the next team gets the chance to throw the ball. There are no fixed rules for the number of players in a team or duration of the match.
9.	Pachisi/ Chaupar	Chaupar, or Pachisi, is a board game that originated in ancient India. The game was popular among Indian royal families and is also mentioned in the Mahabharata part. It is a game of skilled that remains popular in rural India. It is considered a precursor to Ludo and other dice games from the West. The name pachisi is derived from the Hindi word 'pachis' which  means "twenty-five", the largest score that can be thrown with the cowrie shells. Pachisi is a board game which is played on a symmetrical cross. Each player has 4 pawns of a different colour. 6 or 7 cowrie shells are used as dice. The player's pieces move around the board based upon a throw of six or seven cowrie shells, with the number of shells resting with aperture upwards that indicate the number of spaces the player moves. A player must get all four pawns to the centre of the board to win the game.
10.	Chess	The game of chess is widely popular across the globe but this game played on a checkered board with 64 squares arranged in an 8x8 grid, played in India. This strategy game is believed to be derived from the ancient Indian game Chaturanga around the 6th century BC. The game featured elements that mirrored military tactics and the different pieces represent various branches of an army, such as infantry, cavalry, elephants, and



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Sl. No.	Name of the Game	Description
		 chariots. Its emphasis on planning, positional play, and strategic manoeuvring laid the groundwork for what would later evolve into shatranj. Chaturanga is also the likely ancestor of the Eastern strategy games xiangqi (Chinese chess), janggi (Korean chess), and shogi (Japanese chess).
11.	Gutte or Gitte	Children and adults enjoy playing this age-old game. The game is played with five tiny stones called <i>gutte</i> or <i>gitte</i>. The player tosses and spins one stone in the air and collects other stones  from the ground. The stones have to be gathered before the stone thrown in the air strikes the ground. The procedure is repeated until the airborne Gutta hits the earth. When there are several stones in the air, the process becomes more difficult. This game is very attractive because of its low cost and simplicity.



**Note**

Sl. No.	Name of the Game	Description
12.	Hopscotch or Nondi	This traditional game is amongst the top 10 most popular traditional games in India. The players make a grid pattern on the mud or concrete floor to play the game. It is a modified version of the popular stapoo played in the North or kith kith played in Tamil Nadu. The boxes are numbered between one and six, or occasionally between one and eight or ten. A ladder-shaped pattern is created on the floor. The player, then, hurls a little stone or another flat item into any of the grids that have been created. The player has to pick up the stone and return to the starting place outside the grid. While the player makes her/his way to the numbered block, she/he has to avoid hitting any of the grid's edges.
13.	Kite flying	In India, kite flying is a popular traditional sport for individuals of all ages. The basic goal of the game is to maintain your kite in the air as long as you can. The winner is the one whose kite is left in the air until it is the last. An international kite festival is held on January 14 and 15 in Gujarat. 
14.	Lattoo	Spinning top or Lattoo is a popular traditional game in Indian villages. In the beginning, tops were made of clay. Later, wooden tops began to be used. Today, multi-coloured beautifully designed tops are also available. Two or more players can play this game. They may even use a string to spin the top and also to lift up the spinning Lattoo. They wrap their tops with the string and then make it spin by pulling the string and unwinding it. This makes the 



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Sl. No.	Name of the Game	Description
		top rotate on the ground. The players also need to pick the top with the string as fast as they can. The winner is the player whose top spins the longest.
15.	Vallamkali (Regional Game of Kerala)	Boat racing, or Vallamkali, is one of Kerala's best known traditional sports. Also known as the Snake Boat Race due to the distinctive shape of the boats, Vallam Kali is a significant cultural event, especially in Kerala's backwaters during the Onam festival. The first of these boats appeared in the early fourteenth century. 100 to 120 feet is how long they are. Due to its ability to support enormous loads, it can transport both people and military equipment. To keep the boat stable, all of the rowers must work together and row in unison. Thus, the sport of vallamkali requires extreme teamwork. 
16.	Silambam (Regional Game of Tamil Nadu)	Silambam is an ancient Indian martial technique practised in Tamil Nadu. It is one of the oldest martial disciplines in existence. Most South Indian kings employed the martial skill 





Note

Sl. No.	Name of the Game	Description
		of Silambam in battle. Silambam is related to Kalaripayattu, the martial art of Kerala. The Silambam stick is designed to be used in a combat situation. It is now used between two players. The end of the stick is marked with a sticky substance. This makes it easy to determine the count of touches. Players should aim to use the Silambam to make physical contact with their opponents. The loser is the player who has received the most touches.



2.2 Activity

Designing a New Game

Objective: Create an entertaining and inexpensive game that can be played with simple materials.

Instructions

1. **Game Name:** Give your game a creative and catchy name.
2. **Number of Players:** How many people can play at once? Is it an individual or team-based game?
3. **Materials Needed:** List the materials required to play. Try to use common household or classroom items.
4. **Objective of the Game:** What is the goal of the game? (e.g., to score points, to complete a task, to be the last player standing, etc.)
5. **How to play the Game:** Write simple step-by-step instructions on how to play. Be clear and concise.
6. **How to Win:** Explain how a player or team wins the game.

Draw a diagram or illustration of your game setup.

Once you have completed your game design, test it out with friends and make improvements if needed!



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INTEXT QUESTIONS 2.2

1. Mark the following statements as True or False.

- Kabaddi originated as a training exercise for warriors.
- In Kho-Kho, the active chaser can move in any direction to tag the runners.
- Kushti, or Pehlwani, is a traditional Indian wrestling style that dates back to around 4000 BC.
- In traditional Kushti, a match ends only when one of the wrestlers signals their defeat.
- Mallakhamb combines yog, exercise, and martial arts, involving acrobatic movements on a wooden pole or rope.
- Archery in India has its earliest mentions in the Mahabharata and the Ramayana.

2.3 MODERN TRENDS IN SPORTS AS CULTURAL HERITAGE

Sports are an integral part of the cultural heritage of India. They are not merely physical activities; but are deeply rooted in spiritual and philosophical fundamentals, ancient wisdom, and spiritual traditions of the country.

2.3.1 Games/Sports and the Spiritual Connection

Yog, which finds its origins in ancient Indian philosophy. The physical postures (asanas), breathing exercises (pranayama), and meditation techniques of Yog have a spiritual basis. In addition to its physical benefits, yog is a holistic discipline. It promotes spiritual growth, mental clarity, and inner peace. It embodies the principles of balance, harmony, and self-awareness. Many athletes in India incorporate yog into their training regimens. It helps to enhance their performance, increase mental focus, and maintain overall well-being. Thus, yog serves as a bridge between the physical and spiritual dimensions of sports.



**Note****2.3.2 Games/Sports and Mythology**

Games/Sports in India often draw inspiration from religious and mythological narratives. This adds layers of cultural significance and symbolism to athletic pursuits. For instance, archery, has deep roots in Indian mythology and epics like the Ramayana and Mahabharata. It symbolises precision, focus, and determination. Athletes who practice archery not only refine their skills, but also connect with the classic heroism and spiritual discipline embodied by figures like Arjuna and Rama.

2.3.3 Games/Sports and Rituals

In addition to individual sports, collective rituals and ceremonies are also associated with sporting events. Traditional rituals are often performed before competitions. Before competitions, athletes often Perform rituals such as prayers, group Huddles or symbolic gestures to Calm nerves & strengthen focus. This reflects a reverence for divine blessings and protection. These rituals serve to sanctify the sporting arena and invoke spiritual energies. These ceremonies inspire athletes to perform at their best.

2.4 HISTORICAL ORIGIN OF GAMES AND SPORTS

India's traditional games are not just activities for enjoyment, they are powerful cultural symbols rooted deeply in history, mythology and religious tradition. Many indigenous sports are being played from ancient times and continue to transfer the spirit of India's heritage.

Kabaddi links to mythological stories and folk traditions reflects the values of courage and teamwork passed down through generations. It is more than a game of tagging and breath control. It was believed to have been played by warriors to display their physical strength, mental alertness and bravery. Kho-kho is one of the oldest and most strategic Indian games, which is known for its agility and coordination. Played for centuries in villages, often featured in festive celebrations and agricultural fairs. It has cultural significance as well as provide agility, unity, and shared joy. Gilli-danda, a simple game played using a stick (danda) and a small wooden piece (gilli), can be seen in ancient paintings and texts. It was a favourite pastime across age groups. It provides skills like hand-eye coordination, reaction and competitiveness.

These traditional sports are more than entertainment. They pass down skills, ethics, and stories from generation to generation. Playing these games, children not only learn fair play, strategy, and cooperation but also connect with their roots. In an emerging world, they work as bridges between the past and present, helping preserve the cultural identity of India.



**Note**

2.5 DIVERSITY IN INDIA'S SPORTS CULTURE

India's sporting background is as diverse like its geography and languages. From the big mountains of north to the tropical coasts, each region has its own unique games, developed by local customs, climate, and community traditions.

In northern states like Haryana and Punjab, wrestling which is also known as Kushti has been practiced in mud called Akhadas for centuries. Wrestlers or Pehalwans are respected figures in society, they are known not only for their strength but also for their disciplined life. Their strict training includes morning routines, diets and moral codes passed down by gurus, forming a legacy of honour, perseverance, and cultural pride.

In West Bengal and Assam, boat races during festivals like Durga Puja and Bihu. Long, narrow wooden boats powered by coordinated teams of rowers cut through the water in thrilling races. These events bring entire communities to the riverbanks, mixing athletic performance and spiritual significance with agricultural cycles.

Down south in Kerala, the ancient martial art Kalaripayattu is a symbol of strength, balance and inner discipline. Kalaripayattu originated way back centuries ago is a combination of physical combat, control and weapon mastery. It is more than a fighting technique, reflects a way of life that integrates body, mind, and spirit.

In the Northeastern states like Manipur and Mizoram, Thang-Ta (a martial art involving swords and spears) and Mizo Inbuan (traditional wrestling) respectively flourish. These indigenous sports are closely knotted to tribal rituals, storytelling, and seasonal festivals. They are not just games but cultural expressions of identity and community strength.

These traditional games and sports illustrate the country's varied cultural range. Each region, has its own stories and traditions, contributes to the broader picture of India's sporting heritage. It shows that our practices may differ but the values of unity, courage, and joy in participation bind us together as one nation.

2.6 COMMUNITY CONNECTION

In Indian society, sports bring people closer and foster a sense of belonging, no matter what the background is. Whether in cities or villages, playgrounds or open fields, games become places where communities connect and grow together. In local park where children, teenagers, and adults come together to play cricket. They may come from different backgrounds, speak different languages, or belong to different age groups but on the field, they are a team. Develop friendships, build trust, and strengthen social bonds.



**Note**

Traditional games like bullock-cart races, tug-of-war, or village kabaddi matches are more than physical contests, they are part of a collective celebration. Families watch together, cheer together and often remember these moments for years to come.

Sports also act as a unifying language in a country as diverse as India. Youth from different castes, communities or regions play on the same team leaving behind all the barriers. A kabaddi match between neighbouring villages or a cricket tournament involving teams from across the district offers more than competition it builds mutual respect and cultural exchange.

Sports can be a source of courage and opportunity. In urban slums or rural regions, sports programmes provide young people a platform to grow. Through training camps, school-level competitions, children gain self-confidence, discipline, and life skills. Sports become a path to break cycles of poverty, giving them goals and aspirations they might not have had otherwise.

2.7 SPORTS AS CULTURAL HERITAGE

In India, sport is not just about winning or losing; it is closely connected with our culture and way of life. All over India, many games and sports are celebrated during festivals and social occasions. Such activities bring people together, strengthen community connections and keep our traditions alive. During festivals like Diwali, Holi, and Navratri, traditional games and competitions are frequently organised in villages and towns. For example, wrestling matches and bullock cart races are conducted in some regions. These events bring happiness and joy and reflect our rich culture.

One of the popular example is the Dahi-Handi celebrated during Janmashtami festival in many parts of India specially in Maharashtra. In this event, young people prepare a human pyramid to break a clay pot filled with curd or butter and hang it high in the air. This sport is based on stories from the life of Lord Krishna. It imparts us teamwork, courage, and unity. In the same way, in Tamil Nadu, the Pongal festival embraces many traditional events and in Assam, the Bihu festival features games like boat racing. These festivals provide fun and entertainment. It helps people connect with their local traditions and celebrate the harvest season.

To one side from traditional events, modern sports like cricket and kabaddi are also celebrated in a grand way. Mega tournaments are often accompanied by music, dance, and colourful decorations, making them cultural celebrations. Participants enjoy these events with great enthusiasm, keeping them an important part of their social life. In India, games/sports are not just about physical activity, they are ways to come together, sharing joy and expressing themselves. Sports promote values



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like friendship, discipline, cooperation, and respect, which are important for building a healthy society. People are also focusing on fitness and wellness along with playing sports, they are going to gyms, yog centres, and fitness studios. These places offer different types of exercise for the body and mind. Some use modern equipment, others follow traditional Indian practices.

Ayurveda is India's ancient system of health now becoming popular again. It uses natural techniques like herbal treatments, massages and special diets to improve health. Ayurvedic therapies help people feel relaxed and balanced. On other hand Yog, which is deeply rooted in Indian culture, is now practiced all over the world. Yog includes physical exercises (asanas), breathing techniques (pranayama), and meditation. These practices are known to reduce stress, improve concentration and keep the body and mind sound.

Modern exercises like cardio, weight training and high-intensity workouts are also becoming popular among young people, which help them to maintain fitness, reduce weight and improve strength. The new trend in India is to combine traditional practices with modern fitness methods. People are focusing not only on looking fit but also on feeling mentally, emotionally and spiritually healthy.

Traditional games like kabaddi, kho-kho and gilli-danda also play an important role in our culture, which are simple, need low cost equipment and can be played anywhere. They help in quick thinking, teamwork and physical fitness, and keep us connected to our heritages. In many regions in India, local games reflect the lifestyle, history, and beliefs of the people. These games are passed down from one generation to another, helping preserve our cultural knowledge.

Sports in India act as a bridge that brings people from different communities, backgrounds, and languages together. Whether it's a local wrestling match or a national cricket tournament, sports help us feel united. This blend of old and new, traditional and modern, makes our sporting culture rich and meaningful.



DO YOU KNOW?

Holistic well-being includes wellness of body, mind, social, and spirit. The human body is interconnected; our physical body depends on our mental state and vice versa. Your social support influences your mental well-being.



ACTIVITY 2.3

1. Make a list of a traditional events during festivals in different part of the country.





INTEXT QUESTIONS 2.3



Note

1. Tick (✓) the correct option.

1. How does yog serve as a bridge between physical and spiritual dimensions in the context of Indian sports?
 - a. By focusing solely on physical strength and stamina
 - b. By enhancing flexibility without any spiritual focus
 - c. By combining physical postures with meditation and mental focus
 - d. By promoting competition and rivalry among athletes
2. Which traditional Indian sport has roots in mythology and involves themes of precision and focus?
 - a. Kabaddi
 - b. Kho-kho
 - c. Archery
 - d. Gilli-danda
3. Why are traditional games like kabaddi, kho-kho, and gilli-danda considered important in Indian culture?
 - a. They are the most popular sports globally.
 - b. They only focus on physical fitness.
 - c. They connect individuals with ancestral knowledge, values, and cultural heritage.
 - d. They are only played during international competitions.
4. In which Indian state is the ancient martial art of Kalaripayattu practiced, symbolizing discipline and spiritual enlightenment?
 - a. Punjab
 - b. Kerala
 - c. Assam
 - d. Haryana



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Note

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In essence, the chapter underscores the integral connection between sports and cultural heritage, portraying them as dynamic elements that shape the identity and values of societies.

Concept Map



TERMINAL EXERCISE

1. Write a description of Kushti game.
2. Discuss whether Malkhamb is an indigenous or regional game.
3. Explain various stages of sports evolution in India.
4. Write a note on “Gilli Danda” and “Kite Flying”.
5. Sports is considered to be a cultural heritage. Discuss how.





Answer to intext questions

2.1

- 1) a) Hunting, dancing, running, and fishing
- 2) b) They were passed down generations as a way of transmitting cultural heritage and values.
- 3) c) The Vedic Period
- 4) b) They introduced sports like cricket, hockey, and football, while traditional games declined in support.

2.2

- 1) True
- 2) False
- 3) False
- 4) True
- 5) True
- 6) True

2.3

- 1) c) By combining physical postures with meditation and mental focus
- 2) c) Archery
- 3) c) They connect individuals with ancestral knowledge, values, and cultural heritage.
- 4) b) Kerala



Note





Note

3

TOURNAMENTS AND COMPETITIONS

When Samar reached school, he saw some marked sports grounds, flags flying high, some students and teachers from other schools were also assembled in a school playground. Samar learnt that there was a volleyball tournament at the school that day. Curious and excited, Samar went to talk to his Physical Education Teacher.

Samar : Sir, can I ask you something?

Teacher : Yes Samar.

Samar : Sir, what is a tournament?

Teacher : Tournament is a series of games or matches that are used to decide the winner of a competition.

Samar : Oh!! Sir, can we watch this tournament?

Teacher : Yes Samar. Let us understand the whole process of the tournament and your class will watch the final match.

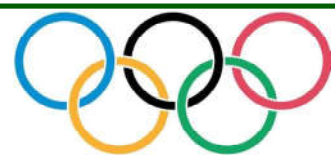
Samar : Thank you Sir.



LEARNING OUTCOMES

The learner-

- analyses the importance of sports tournaments and competitions in the life of participants, spectators and society
- explains different types of tournaments and competitions
- lists various trophies and tournaments in sports
- applies the competition protocol and illustrate ethics in different games and sports.





Note

3.1 TOURNAMENTS AND COMPETITIONS

Have you ever wondered what the terms ‘tournament’ and ‘competition’ mean? Why are certain events classified as Tournaments and others as Competitions? Let us find out.

A **tournament** is a structured series of matches or games where participants compete against each other to determine a winner over the course of multiple rounds. Tournaments typically follow a specific format (such as knockout, league, round-robin, etc.) and involve a set number of teams or individuals. The aim is to find an overall winner or ranking based on performance across all stages of the event. Examples: FIFA World Cup, Wimbledon, etc.

Competition refers to any event where participants try to get the highest score or best performance in a task or sport. It can be just one event or several, and it can be organized in different ways, not always with rounds like in a tournament. Competitions can include judged performances, other types of contests, or even informal challenges. Examples: Dance competitions, Essay competitions, races etc.



DO YOU KNOW?

According to *John Cannon's Dictionary of British History*, tournaments began as military competitions. The first tournaments were equestrian and military competitions that were held in Europe at around the year 1000.

Tournaments or competitions are an essential part of sports and games as they satisfy a natural urge for excelling which is present in every human being. Thus, we can say that competitions are occasions when a person can display her/his skills and can evaluate her/his ability and performance with respect to others. All Sports competitions are organised under certain rules and regulations which every participant has to follow.

3.1.1 Importance of Tournaments and Competitions

Tournaments and competitions are very important from the following point of view:

- 1) **Development of Skills:** Tournaments help in developing the technical and tactical skills of a player/team, and the game as a whole. A tournament is the best occasion when players can display their skills, abilities, and talents.
- 2) **Monitor Performance:** Tournaments help the players to monitor the level of their performance and evaluate their standards of achievement. It helps the students in realising their mistakes and drawbacks so that they can give better performances next time.



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Physical Education



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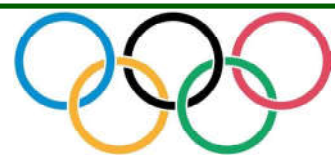
Tournaments and Competitions

- 3) **Satisfy Natural Urge:** Tournaments helps in satisfying the natural urge of competition and fight present in all human beings, which is very essential for developing a mentally sound personality.
- 4) **Search New Talent:** Tournaments provide a platform to identify new talent, which can be groomed later appropriately for bigger tournaments.
- 5) **Popularization of Sports:** Tournaments are a powerful medium to popularize a particular game or sport.
- 6) **Source of Motivation:** Tournaments are the greatest source of motivation for players, encouraging them to make continuous efforts to better their performance.
- 7) **Develop Sportsmanship:** Tournaments instil a spirit of healthy competition and sportsmanship among the participants, which becomes an asset in later life.
- 8) **Development of Social Qualities:** Tournaments are helpful in developing social traits like tolerance, sympathy, cooperation, and group cohesiveness etc.
- 9) **Development of National and International Integration:** Sports tournaments are helpful in developing national integration as well as international unity and brotherhood.
- 10) **Healthy Entertainment of Spectators:** Tournaments are one of the most popular ways of entertainment from times immemorial. Through sports competitions, recreation and enjoyment can be provided not only to the participants but also to the spectators so that they can refresh themselves from the tensions of daily life.

3.2 DIFFERENT TYPES OF TOURNAMENTS AND COMPETITIONS

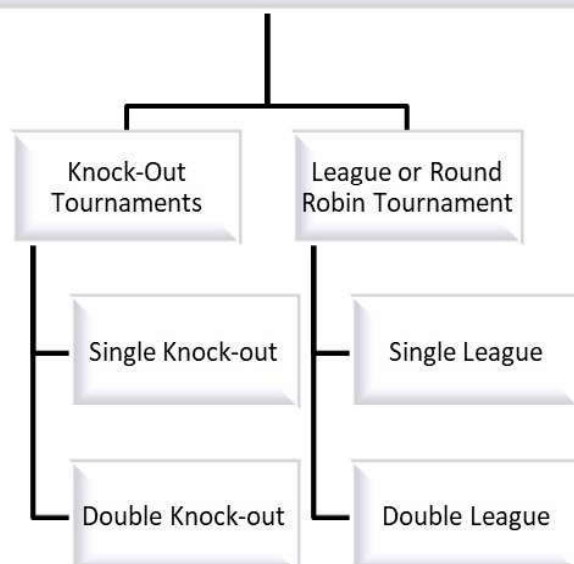
Tournaments can be classified in two ways:

1. According to Level: According to Level, the tournaments are categorized as:
 - a) Intramural i.e. within the institution: Inter-Class, Inter-Department etc.
 - b) Extramural i.e. beyond boundaries: Inter-School, Zonal, Regional, District, Inter-Zonal, Inter-District, State, National and International etc.
2. According to Format. There are mainly four types of tournaments, we shall discuss only two in this section, which are as follows:
 - a) Knock-Out,
 - b) League



**Note**

Types of Tournaments



3.2.1 Knock-Out Tournaments

In Knock-Out tournaments, as the name suggests, a team once defeated, gets eliminated from the competition. This team is then not allowed to continue in the tournament. Only the winner teams play with each other, until one team emerges as a winner. Knock-out tournaments are the quickest way of determining the winner. In a knock-out tournament, teams are matched by drawing lots. Knock-Out tournaments require less expenditure, and less time as well because the defeated teams get eliminated and in the end, only two teams remain to compete for the title.

Types of Knock-out Tournaments: There are two types of knock-out tournaments:

1. **Single Knock-out tournament:** In single knock-out tournament, any team once defeated is eliminated.
2. **Double knock-out Tournament:** In double-league knock-out tournament, a team is eliminated only after being defeated twice.

3.2.2 League or Round Robin Tournament

In League or Round Robin tournaments, each team plays with every other participating team, irrespective of victory or defeat. In league tournaments, each participating team gets a better and sufficient opportunity to display their skills and talent. There is no role of chance or luck in these tournaments in attaining victory



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Physical Education



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Tournaments and Competitions

as every defeated team has the opportunity to improve its performance in the following matches. However, league tournaments are more time consuming and expensive. Teams that repeatedly face defeat may lose interest in the game and may not perform to their optimal level. Sometimes such a competition may become too long drawn out and boring for participants, spectators, and officials.

Types of League Tournaments: There are two types of league tournaments:

1. **Single League tournament:** In single league tournament, each team plays with every other team only once.
2. **Double League Tournament:** In double-league tournament, each team is supposed to play twice with every other participating team, irrespective of victory or defeat.



INTEXT QUESTIONS 3.1

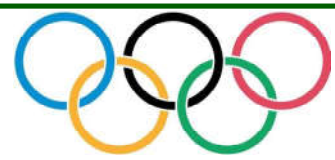
1. Tick (✓) the correct option.

- i) What is the primary difference between a competition and a tournament?
 - a. A competition is always team-based, while a tournament is individual.
 - b. A competition involves multiple matches, while a tournament is a one-time event.
 - c. A competition can involve individuals or teams, while a tournament is organized in a series of rounds.
 - d. A tournament is more informal as compared to a competition.
- ii) In a double knock-out tournament, a team is eliminated after:
 - a) losing once
 - b) winning once
 - c) losing twice
 - d) winning twice
- iii) Which of the following is **not** a benefit of tournaments?
 - a) Development of skills
 - b) Motivation for continuous efforts
 - c) Increases the cost of organizing events
 - d) Promotes sportsmanship

2) Answer the following question.

- 1) What is the quickest way to determine a winner in a tournament?

.....



**Note**

3.3 VARIOUS TROPHIES AND TOURNAMENTS IN SPORTS

3.3.1 TROPHIES

Following are some of the major trophies given in different sports either at International or National level.

S.No.	Game/Sport	Name of the Trophy
1.	Air Racing	Jawaharlal Challenge Trophy, King's Cup, World Cup
2.	Archery	Federation Cup
3.	Athletics	Charminar Trophy, Federation Cup, World Cup
4.	Badminton	Asia Cup, European Cup, Thomas Cup, Tunku Abdul Rahman Cup, Uber Cup, World Cup
5.	Basketball	B. C. Gupta Trophy, Federation Cup, S. William Jones Cup
6.	Billiards	Arthur Walker Trophy, Thomas Cup
7.	Boat Rowing	American Cup (Yacht racing), Wellington Trophy (India)
8.	Boxing	Aspy Adjahia Trophy, Federation Cup, Val Baker Trophy
9.	Bridge	Basalat Jha Trophy, Holkar Trophy, Ruia Gold Cup, Singhanian Trophy
10.	Chess	Naidu Trophy, Khaitan Trophy, Limca Trophy, Linares City Trophy, World Cup
11.	Cricket	Ashes, Asia Cup, Benson and Hedges Cup, Champions Trophy, C. K. Nayudu Trophy, Cooch-Bihar Trophy, Deodhar Trophy, Duleep Trophy, Gavaskar-Border Trophy, Duleep Trophy, ICC World Cup, Irani Trophy, World Challenge Cup, NatWest Trophy, Ranji Trophy, Trophy, Sahara Cup, Sharjah Cup, Worrel Trophy, Titan Cup, Vijay Hazare Trophy, Vijay Merchant Trophy.
12.	Football	Asia Cup, Asian Women's Cup, B. C. Roy Trophy, DCM Cup, Durand Cup, European Cup, Federation Cup, IFA Indira Gandhi Trophy, Jawaharlal Nehru Gold Cup, Kings Cup, Nehru Gold Cup, Nizam Gold Cup, Rajiv Gandhi Trophy, Santosh Trophy, Scissors Cup, Subroto Cup, UEFA Cup, World Cup.



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Note

Tournaments and Competitions

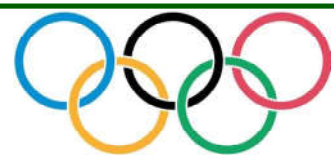
S.No.	Game/Sport	Name of the Trophy
13.	Golf	Canada Cup, Eisenhower Trophy, Inter-Continental Cup, Nomura Trophy, President's Trophy, Prince of Wales Cup, Topolino Trophy, Walker Cup, Waterford Crystal Trophy, World Cup
14.	Hockey	Agha Khan Cup, Azlan Shah Cup, Bombay Gold Cup, Champions Trophy, Dhyan Chand Trophy, Indira Gandhi Gold Cup, Lady Rattan Tata Cup (women), Maharaja Ranjit Singh Gold Cup, Nehru Trophy, World Cup.
15.	Kabaddi	Federation Cup
16.	Polo	Ezar Cup, Gold Cup, King's Cup, President Cup, Winchester Cup
17.	Rugby Football	Bledisloe Cup; World Cup
18.	Shooting	North Wales Cup, World Cup
19.	Table Tennis	Asian Cup, Grand Prix, Marcel Corbillion Cup, Pithapuram Cup (men), Swaythling Cup (men), Travancore Cup (women), World Cup
20.	Tennis	Davis Cup, Federation Cup, Grand Prix, Grand Slam Cup, Nations' Cup, Watson's Water Trophy, Wightman Cup, Wimbledon Trophy, World Cup, World Team Cup
21.	Volleyball	Centennial Cup, Federation Cup, World Cup, World League Cup
22.	Wrestling	Bharat Kesari, World Cup



FIFA Football World Cup Trophy



Ashes Trophy – Cricket





Note

3.3.2 TOURNAMENTS: International

Sl. No.	Name of the Tournament	Description of the Tournament
1.	Olympic Games 	Olympic Games are a major international multi-sport event in which almost all countries of the world participate in different sports. It is organized by IOC (International Olympics Committee) after every four years. It aims to bring together athletes from around the world and encourage world peace through sports. The symbol of the Olympic Games, with five interlaced rings in blue, yellow, black, green, and red, was designed by Baron de Coubertin. The symbol expresses the unity among the five continents of the world.
2.	Winter Olympic Games 	The Winter Olympic Games are a major international multi-sport event held every four years, with the sports taking place exclusively on snow or ice. From skiing to snowboarding, there are fifteen different events for athletes to participate in, in the pursuit of an Olympic medal. The first Winter Olympic Games, the 1924 Winter Olympics, were held in Chamonix, France.
3.	Paralympic Games 	The Paralympic Games are a major international multi-sports competition for athletes with disabilities. All Paralympic Games are governed by the International Paralympic Committee (IPC). The First edition of Summer Paralympics was held at Rome, Italy in 1960. The first edition of Winter Paralympics was held at Omskoldsvik, West Germany in 1976.
4.	Commonwealth Games (CWG) 	Commonwealth Games are a quadrennial multi-sport event of international level in which athletes from the Commonwealth of Nations compete in different sports. It started in 1930 in Hamilton, Canada. Formerly, it was known by different names that include the British Empire Games from 1930-50; British Empire and Commonwealth Games from 1954-66, and from 1970-74 it was called British Commonwealth Games. Thereafter it is known by its current name, Commonwealth Games.



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Physical Education



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Tournaments and Competitions

Sl. No.	Name of the Tournament	Description of the Tournament
5.	Asian Games 	The Asian Games, also known as Asiad, are a world-famous continental multi-sport event held every four years. Asian Games are the second-largest multi-sport event after the Olympic Games. Athletes from all Asian countries participate in the event. Asian Games were first held in 1951 in New Delhi, India. Until 1978, this event was organised by the Asian Games Federation (AGF). However, since 1982, after the breakup of the Asian Games Federation, the Games are organised by the Olympic Council of Asia (OCA). The International Olympic Committee (IOC) has recognized the Asian Games. The symbol of this event is a rising sun with interlocking rings.
6.	SAF Games 	The South Asian Games (SAG or SA Games), formerly known as the South Asian Federation Games (SAFG or SAF Games), is a quadrennial multi-sport event held among the athletes from South Asia. The governing body of these games is South Asia Olympic Council (SAOC), formed in 1983. The first South Asian Games were hosted by Kathmandu, Nepal in 1984.
7.	World University Games 	The FISU World University Games are staged every two years in a different city. This celebration of international university sports and culture draws many thousands of student-athletes together to compete, making it among the world's largest and most prestigious multi-sport events. Embracing the FISU motto of Excellence in Mind and Body, the summer edition of the FISU World University Games incorporates educational and cultural aspects, encouraging student-athletes from around the world to combine high sports performance with their intellectual pursuits.





Note

3.2.3 TOURNAMENTS: National

Beside the major sporting events at the International Level listed above, there are World Championship and Asian Championships in each sport, which are conducted by the respective Federations. At National Level, different national sports bodies/federations conduct National Championship in their respective sport for different age groups. The major sporting events at National Level include National Games, Khelo India Youth Games, Khelo India University Games, All India Inter University sports competitions, School National Games etc.

Their description is as follows:

Sl. No.	Name of the Tournament	Description of the Tournament
1.	National Games 	The National Games of India include a large number of events in which athletes from the different states of India participate against each other. The National Games are modelled after the Olympic Games and include a wide range of sports, including athletics, hockey, wrestling, shooting, swimming, and more. The Indian Olympic Association (IOA) organizes the event, and different states take turns hosting it.
2.	Khelo Bharat Youth Games 	Khelo Bharat Youth Games, formerly Khelo India School Games, are the annual national level multidisciplinary grass root games in India for two categories: namely under-17 year school students and under-21 college students. Khelo Bharat Youth Games were started in 2018 to encourage sports at the grassroots level and to build a strong framework for all sports played in our country. This multi-sport event is aimed at inspiring young talent and providing them with world-class infrastructure and training facilities.
3.	Khelo Bharat University Games 	Khelo Bharat University Games , is also a national level multi-sport event held in India, where athletes from universities across the country compete in different sports disciplines. The inaugural edition was held in Odisha from 22nd February to 1 March 2020. It is organised by Sports Authority of India (SAI) and Ministry of Youth Affairs and Sports along with Association of Indian Universities, Indian Olympic Association and National Sports Federation. It is the largest university level sports competition in India.



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Note

Tournaments and Competitions

Sl. No.	Name of the Tournament	Description of the Tournament
4.	All India Inter University Sports Competitions 	Sports Division, partially funded by the Ministry of Youth Affairs and Sports, functions as Association of Indian University (AIU) for promotion of competitive sports in the university sector. It is aimed at developing sporting excellence. Events are being organized on All India Basis for both men and women sections.
5.	National School Games 	School Games Federation of India (SGFI) is recognized by the Ministry of Youth Affairs & Sports, Government of India to encourage, promote and popularize all recognized sports amongst the boys and girls studying in school of India.



ACTIVITY 3.1

Design a Team Uniform for an International Sporting Event

1. Select a Sport

- Is the team competing in rowing, archery, or another sport?
- Consider the uniform's functionality (e.g., lightweight for running, padded for protection for winter sports).

2. Design the Uniform

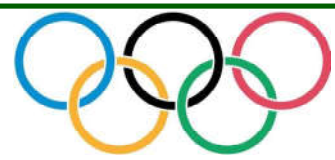
- Colours: You could choose colours from the national flag colors or meaningful shades.
- Patterns & Symbols: Add national emblems, traditional designs, or iconic imagery.
- Fabric & Fit: Think about materials suitable for the sport.

3. Create Accessories

- Will the team wear a special headgear, armband, or shoes?
- Will there be a motto or slogan on the uniform?

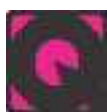
4. Presentation

- Draw or digitally design the uniform.
- Write a short description explaining the design choices.



**DO YOU KNOW**

FIFA, the governing body of world football, was founded in 1904 in Paris with just seven founding members: Belgium, Denmark, France, Netherlands, Spain, Sweden, and Switzerland. England “the birthplace of modern football” initially refused to join, believing they did not need an international governing body. They eventually joined in 1906 but later withdrew and did not participate in the first three FIFA World Cups (1930, 1934, 1938) due to disputes over professionalism in football.

**INTEXT QUESTIONS 3.2****1. Tick (✓) the correct option.**

1. Which of the following trophies is associated with Air Racing?
 - a. King’s Cup
 - b. Federation Cup
 - c. Durand Cup
 - d. Ryder Cup
2. With which sport is the Thomas Cup associated?
 - a. Cricket
 - b. Badminton
 - c. Billiards
 - d. Football
3. In which city was the first edition of the Asian Games held?
 - a. Beijing
 - b. New Delhi
 - c. Tokyo
 - d. Seoul
4. Which sport is associated with the Agha Khan Cup?
 - a. Hockey
 - b. Football
 - c. Tennis
 - d. Polo

**Note**

**Note****Tournaments and Competitions**

5. What is the primary reason why knock-out tournaments are considered more efficient than league tournaments?
- a) They allow every team to showcase their skills multiple times.
 - b) They require less time and expenditure since losing teams are eliminated.
 - c) They ensure that only the strongest teams participate.
 - d) They keep participants and spectators engaged for a longer duration.

3.4 COMPETITION PROTOCOL AND ETHICS IN DIFFERENT GAMES AND SPORTS

3.4.1 Competition Protocol for Opening and Closing Ceremonies

Main elements of the opening ceremony:

Rule 55 of the Olympic Charter outlines the protocol that must be observed at the opening ceremony of the Games, including the opening words to be delivered by the representative of host country. The other important features of the opening ceremony are: 1. Entrance of Head of State (HOS) and International Olympic Committee (IOC) President; 2. Playing of the national anthem; 3. Parade of athletes; 4. Symbolic release of doves; 5. Olympic Laurel Award; 6. Official speeches; 7. Opening of the Games; 8. Raising the Olympic flag and playing the Olympic Anthem; 9. Athletes, judges and coaches' oath; 10. Lighting of the Olympic flame; 11. The artistic programme.

Main elements of the closing ceremony:

A closing ceremony must be organised on the last day of the Games. It must be held in the Olympic stadium, normally after all the events. Here are the protocol elements which are now an integral part of the closing ceremony: 1. Entrance of Head of State (HOS) and International Olympic Committee (IOC) President; 2. Playing of the national anthem; 3. Entry of nations' flag; 4. Parade of athletes; 5. Victory ceremonies; 6. Introduction of the IOC Athletes' Commission's newly elected members and recognition of the volunteers; 7. Moment of remembrance; 8. Playing of the Greek national anthem; 9. Lowering the Olympic flag and flag handover ceremony; 10. Next host artistic segment; 11. OCOG President's speech and IOC President's speech; 12. Extinguishing the Olympic flame.

3.4.2 Ethics

Fairness, integrity, responsibility, and respect are the four essential ethics required by sports ethics.





Note

Fairness:

- Every athlete and coach is required to abide by the rules and regulations specific to their sport.
- Teams that attempt to unfairly outplay their rivals damage the game and undermine the essence of the sport.
- Neither coaches nor athletes are prohibited from playing a sport because of their sexual orientation, cast, or race.
- Referees must be impartial and apply the rules equally to both teams.

Integrity:

Similar to fairness, any athlete who attempts to beat their opponent by using a skill that the game was not intended to test, shows a lack of personal integrity and violates the rules of the game. As an example, a football player is not acting in a respectful manner when they pretend to be hurt or fouled because the sport is not meant to assess an athlete's capacity for failure. Intentionally misleading an official into making an incorrect decision is known as "faking," which damages the official's reputation and ultimately compromises the fairness of the game.

Responsibility:

- To be considered sportsmanlike, players and coaches must accept responsibility for their on-field behaviour and performance. This also applies to their feelings.
- Athletes and coaches frequently offer justifications for their defeat. Blaming the official is the most common incident. Instead, they should focus on what they can control, like performance and areas for improvement.
- Players and coaches must be educated about the latest rules and regulations pertaining to their sport to be considered responsible.

Respect:

- Players and coaches must act respectfully both on and off the field to be considered responsible.
- All athletes should treat their teammates, opponents, coaches, and officials with respect. Similarly, all coaches should treat their players, opponents, and officials with respect.
- Respect for other fans, teams, and officials should be shown by all supporters, but especially by parents.

Sport both shows and encourages character development, which consequently impacts the moral character of the larger community, according to the sportsmanship model. Our individual moral and ethical conduct outside of competition can be influenced by the way we compete in sports.



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Note

Tournaments and Competitions



DO YOU KNOW?

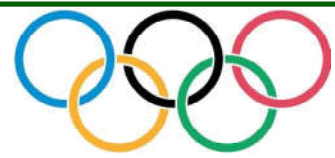
Olympic Games are the biggest multi-sport event.



INTEXT QUESTIONS 3.3

1. Tick (✓) the correct option.

1. Which of the following is NOT a main element of the Olympic Games opening ceremony?
 - a. Parade of athletes
 - b. Playing of the national anthem
 - c. Extinguishing the Olympic flame
 - d. Lighting of the Olympic flame
2. According to Rule 55 of the Olympic Charter, who delivers the opening words at the Olympic Games?
 - a. International Olympic Committee President
 - b. Head of State of the host country
 - c. Olympic torchbearer
 - d. President of the Organising Committee
3. Which of the following is part of both the opening and closing ceremonies of the Olympic Games?
 - a. Raising the Olympic flag
 - b. Victory ceremonies
 - c. Parade of athletes
 - d. Introduction of the IOC Athletes' Commission





Note

4. Why is the symbolic release of doves an important part of the Olympic opening ceremony?
 - a) It represents the freedom of athletes to compete in any sport.
 - b) It symbolizes peace and the Olympic spirit of unity among nations.
 - c) It is a tribute to the host country's cultural traditions.
 - d) It marks the official beginning of the Games.

5. How does the ethics principle of "Integrity" help maintain the credibility of sports?
 - a) It ensures that referees have absolute authority over games.
 - b) It encourages players to deceive opponents strategically
 - c) It upholds honesty and fair play by preventing actions like faking injuries.
 - d) It allows athletes to gain an advantage through any means necessary.

Concept Map



MODULE-1

Physical Education



Note

Tournaments and Competitions



TERMINAL EXERCISE

1. Classify tournaments.
2. Describe some major International Trophies/Cups given in the field of Cricket.
3. Describe major National Trophies/Cups given in the field of Football.
4. What is the protocol for opening and closing ceremonies of the Olympic Games?
5. Discuss the importance of tournaments and competitions.
6. Explain the major types of tournaments in detail.
7. Write a note on Olympic Games.
8. Explain major National tournaments in India.
9. “Ethics play an important role in sports”. Discuss how?



Answer to intext questions

3.1

- 1) i) c) A competition can involve individuals or teams, while a tournament is organized in a series of rounds.
ii) c) Losing twice
ii) c) Increases the cost of organizing events

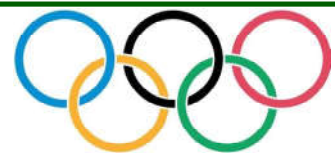
- 2) Knock-out

3.2

- 1) a) King's Cup
- 2) b) Badminton
- 3) b) New Delhi
- 4) A) Hockey
- 5) B

3.3

- 1) c) Extinguishing the Olympic flame
- 2) b) Head of State of the host country
- 3) c) Parade of athletes
- 4) b) It symbolizes peace and the Olympic spirit of unity among Athletes.
- 5) b) It encourages players to deceive opponents strategically.



ASIAN AND OLYMPIC GAMES

Ayan and Mira were reading the newspaper.

“Historic Victory for India at the Olympic Games!”

Paris: India won six medals at the 33rd Summer Olympic Games, including five bronze and one silver. Highlights included Manu Bhaker’s two bronzes in shooting, One with Sarabjit Singh in Mixed team, Swapnil Kusale’s historic bronze in the 50m Rifle 3 Positions, the men’s hockey team securing a bronze, Neeraj Chopra’s silver in javelin, and Aman Sehrawat’s bronze in wrestling. This victory marks a milestone for India, adding to its growing legacy in international sports. Fans and fellow athletes celebrated the achievement, calling it an inspiration for the next generation.

Ayan (flipping through the newspaper): Did you see this? Our country just won six medals, including five bronze and one silver at the Olympics!

Mira (excitedly): That’s amazing! The Olympics bring together the best athletes from all over the world.

Ayan: Yeah! And we also have the Asian Games, where our athletes compete against the best in Asia. Last year, we won a hundred medals!

Mira: I wonder how these events started. Let’s find out!



Learning Outcome

The learner-

- explains the history of Asian Games
- describes the Symbol, Motto and Flag of Asian Games
- describes the Symbol, Motto, Flag, Oath & Anthem of Olympic Games
- analyses India’s performance at the Olympic Games

4.1 ASIAN GAMES

The Asian Games were officially started in 1951. It is also referred as Asiad. The concept of Asian Games is to bring players of Asian Countries together to compete in various multi-sport events. Asian Games are organised every four years like olympic.

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Note



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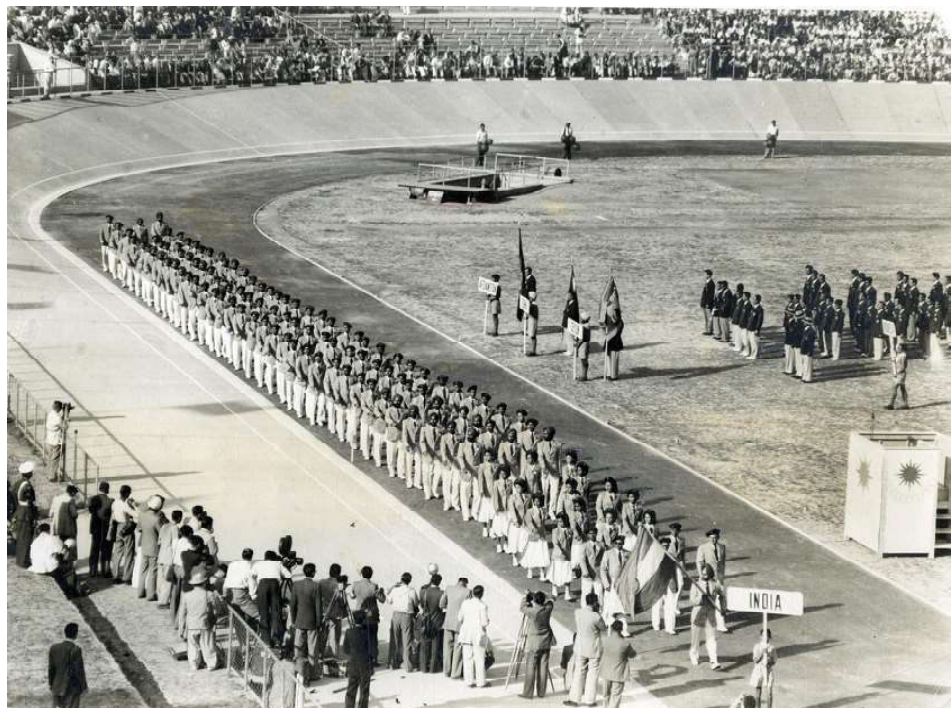


Note

Asian and Olympic Games

From the first Games held in 1951 in New Delhi, India, and till the 1978 Games, Asian Games were in control of Asian Games Federation (AGF). After the breakup of the Asian Games Federation in 1987, Asian games have been organised by the Olympic Council of Asia (OCA). The Games are recognised by the International Olympic Committee (IOC) and provide opportunity to athletes from Asia to compete and show their excellence in sports. Following the Olympic Games, the Asian Games are the second largest multisport event in the world.

The idea for the Asian Games was first introduced in 1948 by Guru Dutt Sondhi, an Indian member of the IOC. The idea was much appreciated, and in 1949 the Asian Games Federation (AGF) was made to plan the event. From March 4 to March 11, 1951, the first Asian Games were held in New Delhi, India. Players came from 11 Asian countries and competed in six different sports. However, since their inception in 1951, they have grown in scale, prestige, and influence, reflecting Asia's rising prominence in global sports. In 1954, the second Asian Games were held in Manila, Philippines. People from 19 countries took part in Manila. With each new Asian Games, the number of countries that took part and games grew. Over the years, the Asian Games have acquired more significance and greater prominence in the region. The Games now host over 40 nations competing in a wide range of disciplines, including both Olympic sports and traditional Asian games like Kabaddi, Sepak Takraw, and Wushu.



First Asian Games (New Delhi 1951)

The Asian Games follow the same sports schedule as the Olympics. Two of the most important sports are Athletics and swimming. Traditional sports like Sepak Takraw,





Note

Kabaddi, and Wushu, that show the different sports cultures of Asia, are also included in the competitions. The Asian Games have contributed greatly towards bringing the Asian countries together to share their cultures, and improve their sports. Asiad continues to be an important sporting event for players and fans alike, as people from all over Asia come together through sports to make friends and work together.



DO YOU KNOW?

The Asian Games were established to heal regional tensions after World War II and provide a platform for Asian athletes to compete at an international level. China joined the Games in 1974 in Tehran (Iran) and has dominated the medal tally since 1982.



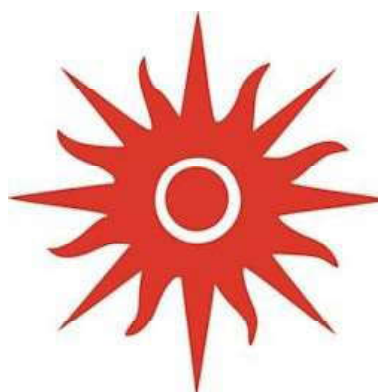
Activity 4.1

Find out a traditional Asian game from India, or from any other participating country, that you think should be included in the Asian Games. Make a presentation about the game, highlighting your reasons as to why it should be included.

4.2 LOGO OF THE ASIAN GAMES

The logo of the Asian Games changes from one event to the next because it highlights the unique characteristics, culture, spirit, and values of the hosting country and place.

The Olympic Council of Asia (OCA) symbol where a bright red sun having sixteen (16) rays and a white ring in the middle is mandatory for designing of logo of Asian Games. In 1949, the Asian Games Federation introduced this iconic symbol.



Following are the logos of different Asian Games organised till date.



MODULE-1

Physical Education



Note

Asian and Olympic Games



Each of the above logos reflects the unique characteristics of the counties hosting the Asian Games.

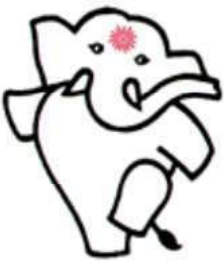
4.2.1 Mascot of the Asian Games

The mascots of the Asian Games are colourful figures that stand for the spirit and culture of the hosting country. Each mascot is carefully made to represent the ideals of the games and is often based on local animals, history, and customs. The first Asian Games to have a mascot was the New Delhi Games held in 1982.





Note

Asian Games 1982 New Delhi: “Appu”  New Delhi 1982	Asian Games 1986 Hidori 	Asian Games 1990 Beijing: “Panpan” 
1994 Hiroshima “Poppo and Cuccu” 	1998 Bangkok Chai-yo 	2002 Busan - “Duria” 
2006 Doha, Qatar “Orry”  2006 Doha, Qatar (15th AG) Orry, the Qatari oryx.	2010 Guangzhou, China “Le Yangyang”  2010 Guangzhou, China (16th AG) Le Yangyang, five Goats	2014 Incheon, Korea “Baram and Chumuro and Vichuon”  2014 Incheon, Korea (17th AG) Vichuon, Baram and Chumuro. Baengnyeong Island's harbour seals



MODULE-1

Physical Education



Note

Asian and Olympic Games

2018 BhinBhin, Kaka and Atung, Jakarta and Palembang



2023 Congcong, Lianlian and Chenchen, Hangzhou



4.2.2 Moto of Asian Games

The official motto of the Asian Games is “Ever Onward.” This motto shows the spirit of athletes and countries participating in the games: constant improvement, hard work, and striving for excellence. It offers a commitment to pushing the limits of sports, overcoming obstacles, and trying to reach higher goals. The motto is a reminder that the purpose of the Asian Games is to promote unity, friendship, and cultural exchange among Asia’s many different countries. It is also meant to encourage athletes to reach their full potential and make a lasting impact in their chosen sports.



ACTIVITY 4.2

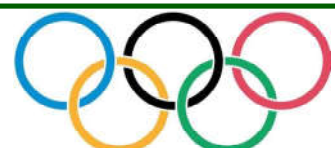
Search the Internet about the Asian Games and complete the list below.

The three traditional games from Asia which are played during Asian Games and NOT in Olympics are

- 1.
- 2.
- 3.

4.2.3 Flag of Asian Games

The Asian Games do not have an official flag of their own. Instead, the flag of the OCA, the regulating organisation of the Asian Games is used as the flag of the Asian Games. The OCA’s flag has a white background with five interlocking Olympic rings in the centre. The rings are coloured blue, yellow, black, green, and red, representing the five continents of the world coming together in the spirit of sportsmanship and international unity. The OCA flag is used during the inauguration and valedictory ceremonies and other official events and venues associated with the Asian Games.



**Note****4.2.4 India's performance in Asiad**

In the 1st edition of Asian Games India was ranked 2nd with a total of 51 medals which include 15 Gold, 16 Silvers and 20 Bronze. In the 2nd edition of Asian game held at Manila in 1954, India won a total of 17 medals and ranked 5 in the medal tally. In Tokyo 1958 Asian games India was on 7th ranked with 13 medals. In the 4th edition of Asain Games which was held at Jakarta 1962 India was 3rd on medal tally with 33 medals. The 5th and 6th edition were hosted by Bangkok in 1966 and 1970, respectively where India positioned at 5th spot in both the edition.

The recent Asian games was conducted at Hangzhou in 2023 where Indian performed very well and won a total of 107 medals and was ranked 4th in the medal tally. For more details you can see following table.

	Edition	Gold	Silver	Bronze	Total Medals	Rank
1 st	New Delhi 1951	15	16	20	51	2
2 nd	Manila 1954	5	4	8	17	5
3 rd	Tokyo 1958	5	4	4	13	7
4 th	Jakarta 1962	10	13	10	33	3
5 th	Bangkok 1966	7	3	11	21	5
6 th	Bangkok 1970	6	9	10	25	5
7 th	Tehran 1974	4	12	12	28	7
8 th	Bangkok 1978	11	11	6	28	6
9 th	New Delhi 1982	13	19	25	57	5
10 th	Seoul 1986	5	9	23	37	5
11 th	Beijing 1990	1	8	14	23	11
12 th	Hiroshima 1994	4	3	16	23	8
13 th	Bangkok 1998	7	11	17	35	9
14 th	Busan 2002	11	12	13	36	7
15 th	Doha 2006	10	17	26	53	8
16 th	Guangzhou 2010	14	17	34	65	6
17 th	Incheon 2014	11	10	36	57	8
18 th	Jakarta 2018	16	23	31	70	8
19 th	Hangzhou 2023	28	38	41	107	4
20 th						
21 st						
22 nd						



MODULE-1

Physical Education



Note

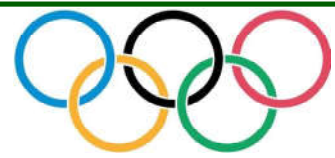
Asian and Olympic Games



Intext Questions 4.1

1. Tick (✓) the correct option.

1. What is the official motto of the Asian Games?
 - a) Ever Onward
 - b) Energy of Asia
 - c) Diversity Shines
 - d) Surging As One
- 2) Which city hosted the Asian Games in the year 2018?
 - a) Beijing
 - b) Tokyo
 - c) Jakarta
 - d) Seoul
- 3) Why did the responsibility of organizing the Asian Games shift from the AGF to the OCA after 1982?
 - a) The AGF wanted to focus on the Olympics.
 - b) The AGF disbanded, leading to the formation of the OCA.
 - c) The International Olympic Committee (IOC) took over the event.
 - d) The AGF was unable to handle the growing scale of the Games.
- 4) How has the significance of the Asian Games evolved over time?
 - a) The Games have remained the same since their inception.
 - b) They have become less important compared to the Olympics.
 - c) The Games have grown in prestige, size, and influence in Asia.
 - d) Participation has decreased due to the inclusion of traditional sports.





DO YOU KNOW?

The ancient Olympics featured a limited number of events compared to the modern Olympics, primarily consisting of athletic competitions such as running, wrestling, boxing, chariot racing, and the pentathlon.



Note

4.3 OLYMPIC GAMES

The Olympic Games are a prestigious international sporting event that command a pre-eminent position in the world's sporting calendar. It is an event where athletes from different nations come together to showcase their skills, compete against each other, and promote the values of unity, friendship, and fair play.

The Olympic Games date back to ancient Greece and have a rich history that spans over two millennia (Millennia is a period of 1000 years). In ancient times, the Games were held in Olympia, Greece, to honour the Greek god, Zeus, who is said to be the father of the Greek gods and goddesses. The festival and the games were held in OLYMPIA, a rural sanctuary site in the western Peloponnesos. They were not only athletic competitions but were also a significant cultural and religious event. The ancient Olympics lasted for over a thousand years before fading away.

The ancient Olympics started in 776 BC in Olympic Valley in honour of Zeus (God of Sky) by his son, Hercules. The games lasted almost 1200 years before Theodosius (King of Rome) banned the Olympic games in 393 AD.

In the beginning, the duration of the ancient Olympic games was five days. They were conducted a gap of four years. The winner of the first Olympic game was "KOROBUS".

At that time, women, prisoners, people who had been punished for any offence, and slaves were not allowed to participate in the Olympic Games. To participate in Olympics the athletes were required to undertake prior training for at least ten months before the commencement of the Games. Also, they were required to spend the last month at the Olympics venue under the control of official judges.

A total of 293 Olympic Games were held from 776 BCE to 393 CE. At the first Games, only one event was held – the stadion foot race, a sprint of about 192 meters. Over time, more events were added the diaulos (400 m race), the dolichos (long-distance race), the pentathlon (a combination of running, long jump, discus, javelin, and wrestling), boxing, pankration (a brutal mix of wrestling and Boxing), and equestrian contests like chariot races.



MODULE-1

Physical Education



Note

Asian and Olympic Games



ACTIVITY 4.3

Search the Internet and complete the following table about the Ancient Olympic games.

The three games which were played during Ancient Olympics were

- 1.
- 2.
- 3.

4.3.1 Modern Olympics

At the end of eighteenth century in the year 1896 the olympics were started again at the Athens, Greece which was known as Modern Olympics.



The IOC was formed on 23rd June 1894. Now IOC consisting of one President, four Vice President and ten Executive Members. The first president of the IOC was Demetius Vikelas. Around 14 countries took part in the first modern Olympic Games. In the beginning all participants were men.





Note

Today, the Olympic Games are the most significant sporting event in the world. The architect of the modern Olympics, Baron Pierre de Coubertin, who played an essential role in the Olympic Games revival and also known as the father of the modern Olympics.

Coubertin was having great interest in education, and firmly believed that the best way to develop the minds of young individual was to build their bodies. He realised that learning and athletics should go together. He put forward the idea for the revival of Olympic Games to further the idea of democracy and international peace. Olympic Games not only develop international fraternity and peace among nations, they also help in developing personality, character, qualities of good citizenship and good habits among sports persons.

As mentioned earlier that the first modern Olympic Games were held in Athens in 1896, where 241 athletes from 14 countries took part in 43 events at Panathenaic Stadium. In 1900, about 997 athletes from 24 countries competed in the Paris Olympics. The 1900 Olympic Games are significant as this was the first time 22 women competed in selected sports. As the games became widespread, many countries joined. In 2020, 11420 athletes from 206 nations participated in 33 sports in Tokyo, Japan.

4.3.2 Olympic Awards

The winners at the Olympic games are awarded medals. The winner gets a gold medal, the runner-up receives a silver medal, and the second runner-up gets a bronze medal in the awards ceremony on the podium. Participants from first to eighth receive a diploma, and all participants receive commemorative medals. The National Anthem of the winner's country is played during the ceremony.





Note

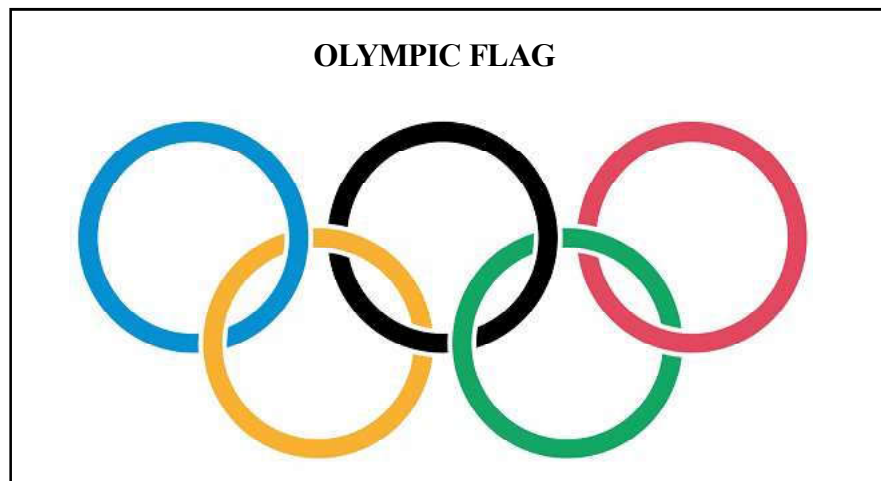


ACTIVITY 4.4

The Olympic Games promote international friendship and unity. Give an example of a real-life situation where the Olympics have helped strengthen diplomatic relations between countries. You may consult the Internet for information.

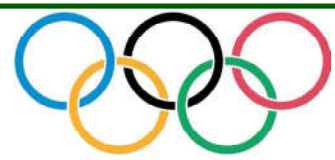
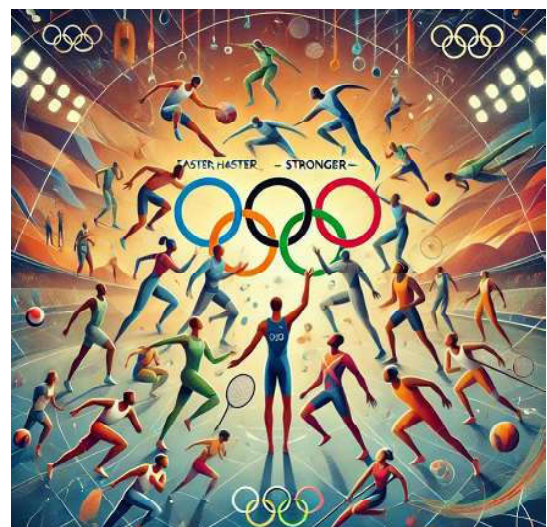
4.3.3 Olympic Flag

The Olympic flag is made-up of five coloured interlaced rings on a white base. These five colours are blue, yellow, black, green, and red. The Olympic flag was designed by Baron Perrie de Coubertin in 1913. It was inaugurated in 1914 in Paris but was first hosted at the 1920 Antwerp Olympics in Belgium.



4.3.4 Olympic Motto

When Pierre de Coubertin created the IOC, he proposed the motto “Citius, Altius, Fortius” which is Latin for “Faster, Higher, Stronger”, which was given by father Henri Didon. It was introduced in the 1924 Paris Olympics and it has been an integral part of the Olympic movement since its inception. In the year 2021 the IOC modified the motto to “Citius, Altius, fortius – Communiter” as the Olympic motto. These are Latin words which mean – “Faster, Higher, Stronger – together”.





Note

Earlier the word together was not there. It was added during the International Olympic Committee's session in Tokyo in 20 July 2021. It expresses the spirit and goals of the Olympic Games, encouraging athletes to constantly strive for improvement, to push their limits, and achieve new heights together in their respective sports.

4.3.5 Olympic Oath

During the Opening Ceremony of the Olympic Games, one athlete and judge from each country take the Olympic Oath on behalf of all the competitors and judges while holding a corner of the Olympic flag. The Olympic oath reads, "In the name of all competitors, I promise that we will participate in these Olympic Games, respecting and adhering to the rules that govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

Victor Boin took the Olympic oath for the first time on behalf of all athletes competing in the Olympic Games in Antwerp, Belgium, in 1920. The official's oath was added in 1972, and the coach's in 2012. The first oath taken by the athletes was initially intended to be a declaration that all athletes were amateurs. The language has changed over time, as being an amateur is no longer a general requirement.

4.3.6 Olympic Anthem

"Olympic Hymn" is the Olympic anthem, played when the Olympic flag is raised. The music of the Olympic Anthem was composed by Greek musician Spiros Samaras and lyrics by Kostas Palamas.

The Olympic anthem was started in 1896 at Athens Olympics but was officially recognised in 1958 by IOC. The lyrics of Olympic anthem are

"O Ancient immortal Spirit, pure ther
Of beauty, of greatness and of truth,
Descend, reveal yourself and flash like lightning here,
within the glory of your own earth and sky.

At running and at wrestling and at throwing,
Shine in the momentum of noble contests,
And crown with the unfading branch
And make the body worthy and ironlike.

Plains, mountains and seas glow with you
Like a white-and-purple great temple,
And hurries at the temple here, your pilgrim,
O Ancient immortal Spirit, every nation."



MODULE-1

Physical Education



Note

Asian and Olympic Games



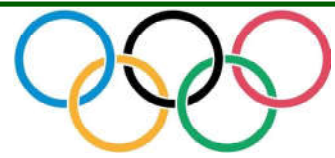
Do You Know?

The Summer Olympics, Winter Olympics, Paralympic Games, and Special Olympics each offer unique opportunities for athletes worldwide to showcase their talents and celebrate the spirit of sportsmanship and inclusion?



Intext Questions 4.2

1. **Tick (✓) the correct option.**
 1. Why was the ancient Olympic Games considered more than just an athletic competition?
 - a) It was used as a training ground for soldiers
 - b) It was a significant cultural and religious event in honour of Zeus
 - c) It was a way to collect taxes from participating states
 - d) It was a form of entertainment organized by the Roman Empire
 2. In which of the year following the first modern Olympic Games held?
 - a) 1886
 - b) 1892
 - c) 1896
 - d) 1900
 3. How often are the Modern Olympic Games held?
 - a) Every two years
 - b) Every three years
 - c) Every four years
 - d) Every five years
 4. How many rings are there in the Modern Olympic flags?
 - a) 3
 - b) 4
 - c) 5
 - d) 6



**Note**

4.4 INDIA'S JOURNEY IN THE OLYMPIC GAMES

India's journey in the Olympic Games spans over a century. India first made its Olympic entry in 1900 at the Paris Games. Norman Pritchard, an Indian-born athlete, won two silver medals in athletics. This marked India's first Olympic success. India's most successful period in the Olympics was from 1928 to 1956 in the sport of field hockey. During this period, the Indian men's field hockey team won gold medals in six consecutive Olympic Games, establishing India as a dominant force in the sport. Legendary players like Dhyan Chand contributed to India's success during this period. While hockey remained India's stronghold, the country also began participating in other sports. Athletics, wrestling, boxing, shooting, badminton, and weightlifting became focus areas. Over the years, Indian athletes have made their mark in individual events by winning Olympic medals. India won 41 Olympic medals in total till 2024 Paris Olympics, including 10 Gold, 10 Silver & 21 bronze.



India in Olympic Games for first time

India's journey in the Olympic Games is a reflection of its rich sporting heritage. Indian athletes have bagged both team and individual successes. The country strives for excellence and hopes to achieve more significant milestones in future Olympics. Government has introduced many new schemes to support athletes' Olympic preparations. As India works towards improving its sports infrastructure, training facilities, and athlete development programmes, through initiatives like the Target Olympic Podium Scheme (TOPS), hopes for future successes have increased. India aims to improve its performance in the Olympic Games further, by focusing on diversifying medal-winning sports and by nurturing talent across various disciplines. Efforts are being made to enhance coaching, infrastructure, and sports science support to help Indian athletes achieve tremendous success on the Olympic stage.

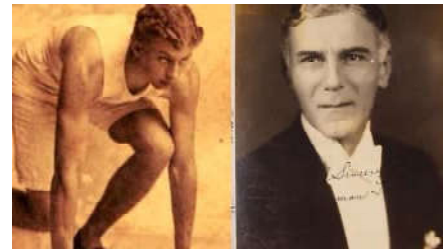
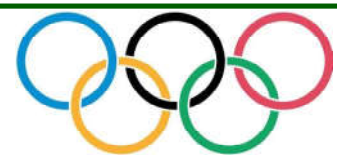


**Note****DO YOU KNOW**

Milkha Singh got fourth place in the men's 400m race (1960 Rome Olympics), known for his inspiring story as the "Flying Sikh." P.T. Usha also got Fourth place in the women's 400m hurdles (1984 Los Angeles Olympics), narrowly missing a medal.

4.4.1 List of prominent Indian athletes who have won medals in the Olympic Games

1. Norman Pritchard – Two Silver medals in Athletes (200m & 200m hurdles) at the 1900 Paris Olympics.
2. K. D. Jadhav - Bronze medal in Wrestling (54 kgs.) at the 1952 Helsinki Olympics.
3. Leander Paes - Bronze medal in tennis (Men's Singles) at the 1996 Atlanta Olympics.
4. Karnam Malleswari - Bronze medal in weightlifting (Women's 69kg) at the 2000 Sydney Olympics.
5. Rajyavardhan Singh Rathore - Silver medal in shooting (Men's Double Trap) at the 2004 Athens Olympics.
6. Abhinav Bindra - Gold medal in shooting (Men's 10m Air Rifle) at the 2008 Beijing Olympics.
7. Vijender Singh - Bronze medal in boxing (Men's Middleweight) at the 2008 Beijing Olympics.
8. Sushil Kumar - Bronze medal in wrestling (Men's 66kg Freestyle) at the 2008 Beijing Olympics and silver medal in wrestling (Men's 66kg Freestyle) at the 2012 London Olympics.
9. Vijay Kumar - Silver medal in Shooting (Men's 25 m rapid fire pistol) at the 2012 London Olympics.
10. Mary Kom - Bronze medal in boxing (Women's Flyweight) at the 2012 London Olympics.

**Norman Pritchard****Vijender Singh****Mary Kom**

11. Gagan Narang - Bronze medal in shooting (Men's 10m Air Rifle) at the 2012 London Olympics.
12. Saina Nehwal - Bronze medal in badminton (Women's Singles) at the 2012 London Olympics.
13. Yogeshwar Dutt - Bronze medal in wrestling (Men's Freestyle 60 kg) at the 2012 London Olympics.
14. P.V. Sindhu - Silver medal in badminton (Women's Singles) at the 2016 Rio Olympics and bronze medal in badminton (Women's Singles) at the 2020 Tokyo Olympics.
15. Sakshi Malik - Bronze medal in wrestling (Women's 58kg Freestyle) at the 2016 Rio Olympics.
16. Mirabai Chanu - Silver medal in weightlifting (Women's 49kg) at the 2020 Tokyo Olympics.
17. Ravi Kumar Dahiya - Silver medal in wrestling (Men's 57kg Freestyle) at the 2020 Tokyo Olympics.
18. Lovlina Borgohain - Bronze medal in boxing (Women's Welterweight) at the 2020 Tokyo Olympics.
19. Neeraj Chopra - Gold medal in Javelin Throw at the 2020 Tokyo Olympics.
20. Bajrang Punia – Bronze medal in wrestling (Men's Freestyle 65 kg) at the 2020 Tokyo Olympics.
21. Manu Bhaker – Bronze in Shooting (Women's 10 m Air Pistol) at Paris 2024.
22. Manu Bhaker & Sarabjot Singh – Bronze in Shooting (Mixed Team 10 m Air Pistol) at Paris 2024.
23. Swapnil Kusale – Bronze in Shooting (Men's 50 m Rifle Three Positions) at Paris 2024.
24. Neeraj Chopra – Silver in Athletics (Men's Javelin Throw) at Paris 2024.
25. Aman Sehrawat – Bronze in Wrestling (Men's Freestyle 57 kg) at Paris 2024.



P.V. Sindhu



Sakshi Malik



Neeraj Chopra

MODULE-1

Physical Education



Note



**Note****4.4.2 Performance of Indian Men's Hockey Team in the Olympic Games -**

1. Gold medal in 1928 (Amsterdam)
2. Gold medal in 1932 (Los Angeles)
3. Gold medal in 1936 (Berlin)
4. Gold medal in 1948 (London)
5. Gold medal in 1952 (Helsinki)
6. Gold medal in 1956 (Melbourne)
7. Silver medal in 1960 (Rome)
8. Gold medal in 1964 (Tokyo)
9. Bronze medal in 1968 (Mexico City)
10. Bronze medal in 1972 (Munich)
11. Gold medal in 1980 (Moscow)
12. Bronze medal in 2020 (Tokyo)
13. Bronze medal in 2024 (Paris)

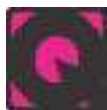


Reliving Indian hockey's glory days: On this day in 1928, India won its first Olympic gold

**Activity 4.5**

Search Picture and performance of athletes who won medals in last Olympics.





Intext Questions 4.3

1. Answer the following questions.

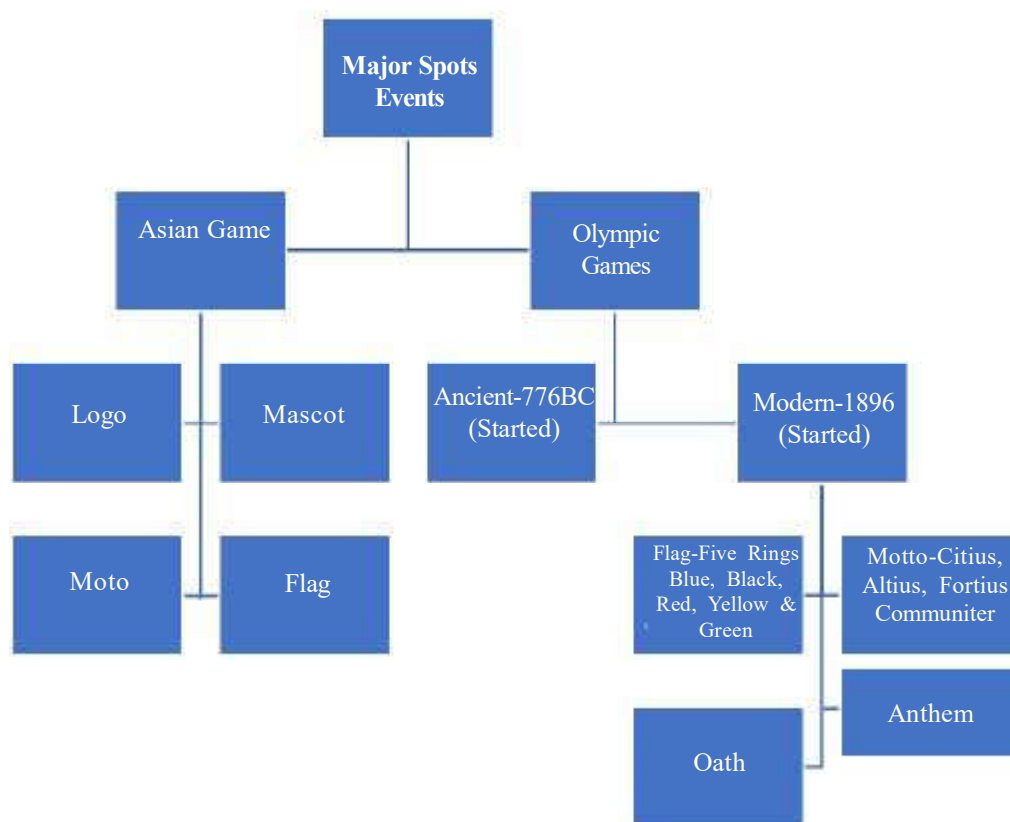
1. How many times has India hosted the Olympic Games?
2. When did India first participate in the Olympic Games?
3. Who is the first Indian athlete to win an individual gold medal at the Olympic Games?



Terminal Questions or Exercises

1. Explain in detail the history of ancient Olympic.
2. Explain the concept of the Olympic flame and its symbolic importance in the Olympic Games.
3. Compare and contrast the modern Olympic Games and the ancient Olympic Games in terms of sports, participating nations, and cultural significance.
4. Discuss the significance of Indian Hockey Team in Olympic Games.

Concept Map



Note



MODULE-1

Physical Education



Note

Asian and Olympic Games



Answer to Intext Questions

4.1

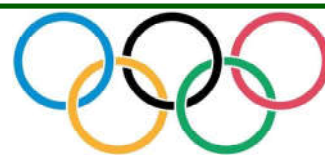
- 1) a) Ever Onward
- 2) c) Jakarta
- 3) b) The AGF disbanded, leading to formation of OCA
- 4) c) The game have grown in prestige, size and influence in Asia.

4.2

- 1) b) It was a significant cultural and religious event in honour of Zeus.
- 2) c) 1896
- 3) c) Every four years
- 3) c) 5

4.3

- 1) 0
- 2) 1900
- 3) Abhinav Bindra





Note

HEALTH CONCEPT

Class X have a PE class. Their teacher, Ms Usha Gaba, is discussing the relationship between physical exercise and well-being.

Ms. Gaba : Good morning, class! Today, we're starting a new unit on Well-being. Let's start with a question—why do you think sports are important?

Alex : (excited) Easy! Sports are fun! I love playing cricket with my friends.

Ms. Gaba : Great! Having fun is definitely a big part of sports. What else?

Mia : I think sports also help with mental well-being. I do yoga, and it helps me feel calm and focused.

Jamal : (shrugs) I don't really play sports. I prefer video games. Does that mean I'm unhealthy?

Ms. Gaba : Not necessarily, Jamal. But staying active is important for both your body and mind. Exercise helps you feel more energetic and even improves concentration in class.

Lily : That's true! I play basketball, but I also make time to relax and get enough sleep. I think balance is important.

Ms. Gaba : Excellent point, Lily. Well-being isn't just about playing sports; it's also about eating well, resting, and taking care of your mind.

Jamal : So, if I start going for a walk every day, does that count?

Ms. Gaba : Absolutely! Any form of movement helps. It could be walking, dancing, or even stretching. The key is to stay active and enjoy what you do.

Alex : I never thought about how sports help with stress. I just play for fun!

Ms. Gaba : And that's the best way to stay active—having fun while taking care of yourself. Now, before we end, let's set a small well-being goal for this week. What's one thing you can do?

Mia : I'll practice deep breathing before tests.

Jamal : I'll walk for 15 minutes after school.



MODULE-2

Health Education



Note

Health Concept

Alex : I'll drink more water during cricket practice.

Lily : I'll make sure I get 8 hours of sleep every night.

Ms. Gaba : Fantastic! Let's work on these goals and check in next week. Remember—sports and well-being go hand in hand!

In this chapter you will read about the concept of health, components of health and factors affecting health & well-being, and significance of health education.



LEARNING OUTCOMES

The learner-

- describes the concept of health and its components.
- identifies factors affecting health and well-being.
- applies the knowledge of health education in daily life.

Health is one of the important components of an individual's life. Therefore, it is essential for every individual to have a good understanding about health and well-being. So, let's understand the concept of health and well-being.

5.1 CONCEPT OF HEALTH

Historically, it was believed that health is the state of being "hale". Hale signifies sound and safe.

5.1.1 Understanding Good Health

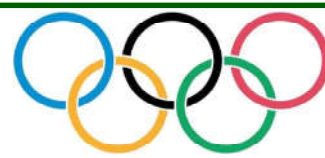
If you look up the definition of health in the dictionary, you will discover entries like – "free of diseases", "the state of being free from illness or injury", "sound of body and mind" or "a condition in which functions of body and mind are duly discharged".

The ancient Indian medical system, Ayurveda, considers health (**Swasthya**) as "a well-balanced metabolism, a happy state of being, the senses and mind".

Swami Vivekanand documented that 'a weak person who has a weak body or weak mind can never be a master of a strong soul.' Centuries ago, the proverb 'a sound mind lives in a sound body' was popularized by Aristotle. This signifies the importance of good health in our life.

In the recent years, health-related studies have broadened the notion of good health to encompass more than just the absence or presence of illness.

According to the World Health Organisation (WHO, 1948) "**health is a state of complete physical, mental, and social well-being and not merely the absence**





Note

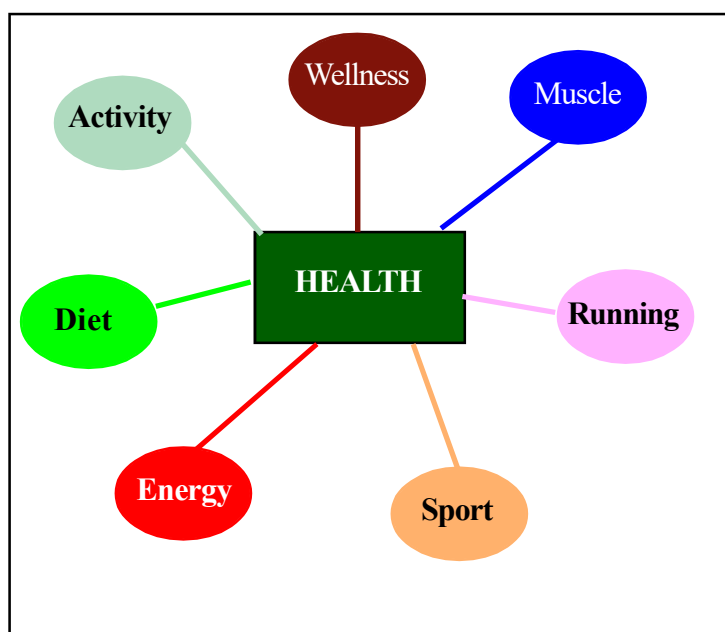
of disease or infirmity". The phrase *"attainment of a level of health that will enable every individual to lead a socially and economically productive life"* has been added to this definition to make it more comprehensive. It seems that although health is hard to describe, understanding it is simpler. The concept of health has evolved throughout time. Many of us describe health as the absence of illness or disability, while others believe it to be a sound mind in a sound body. Thus, we can conclude that health is not only the absence of disease or physical deformity but also a state of being where one is fit to execute one's own task and be happy.

The need for good health is the availability of healthy physical and social surroundings in which people may thrive. Learning about pleasure, achievement, social engagement, and meaningful life is made easier by good health.

So, we may argue that being in an excellent state of health means - the harmonious operation of the physique (the physical components of the body), the chemistry (the chemical processes taking place within the body), and the psyche (harmonious functioning of brain/mind).

Thus, "health is a state of being where a person is physically, cognitively, socially, emotionally, and spiritually healthy; it goes beyond being disease- or bodily deformity-free".

You now understand the concept of health and its meaning. Let's know about definitions of health given by various expert of health education.





Note

Health Concept

5.1.2 Defining Health

According to **D. Oberteuffer**, “Health is the condition of the organism which measures the degree to which its aggregate powers are able to function”.

According to **J.F. Williams**, “Health is the quality of life that enables an individual to live most and serve best”.

Webster Collegiate Dictionary defines health as “The state of being sound in body, mind or spirit, especially freedom from physical disease or pain”.

After reading these definitions, you may conclude that health is not only the absence of illness or any physical abnormality. It is a ‘quality of life’ where a person is in a situation of ‘being sound’ in all areas of her/his being: physical, mental and social, and able to contribute more effectively to the country.



DO YOU KNOW?

The Indian Constitution specifies that state governments, not the central government, shall oversee the health sector. Every state will be held responsible for “improving public health as one of its primary duties” and for “raising the level of nutrition and the standard of living of its people.”

(Part IV- Directives Principles of State Policy. Ar. 47)



Activity 5.1

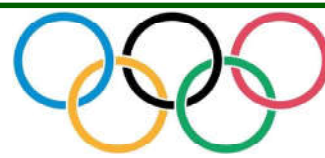
Observe the behaviour of the people that surround you. Note the difference between behaviour that promotes good health and behaviour which may be harmful to health.



Intext Question 5.1

Test your word power.

1. While reading about the concept of health you have come across some new words. Given below are the some of the words used in the above text. Tick (✓) the option closest to the actual meaning of the word.
 - i) **Hale:** (a) Safe and structured (b) Safe and Sound (c) Soundness in body.
 - ii) **Sound Body:** (a) Body with noise (b) Healthy body (c) Strong body.
 - iii) **Sound Mind:** (a) Noisy mind (b) Unstable mind (c) Healthy and control mind.





Note

2. Match the following terms given in the first column with the explanation provided in the second column

Terms	Explanation
a) Physique	i) the chemical processes taking place within the body
b) Psyche	ii) the physical components of the body
c) Chemistry	iii) harmonious functioning of brain/mind

You can now define and describe health. Let us now understand the various components of health.

5.1.3 Components of Health

Health is a multifaceted notion, because it is influenced by biological, social, economic, psychological, and cultural aspects. Experts in the domain of health have identified the three interconnected facets of health: physical, mental, and social health. However, subsequently, a few other components such as - emotional, spiritual, vocational, and educational, have also been introduced.

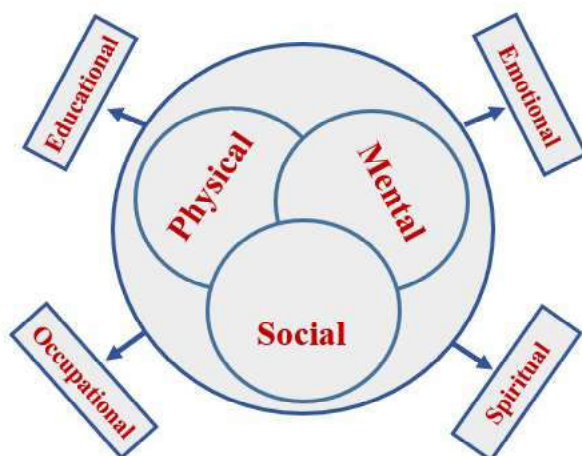


Figure 5.1: Components of Health

5.1.3.1 Physical Component of Health

The correct and effortless operation of the human body's internal and external characteristics is referred to as the physical component of health.

- A. **External:** The external physical component of health includes the appealing appearance of the body, including its shape, texture, and complexion, including its features, body parts and limbs. It also features graceful movement and elegant posture.
- B. **Internal:** The operation of our body's organic systems, including its digestive, circulatory, respiratory, neurological, and excretory and sensory organs to its optimal capacity, is referred to as the internal characteristic of health.



**Note****Health Concept****5.1.3.2 Mental Component of Health**

Mental soundness is referred to as the mental component of health. You must understand that the emotional and mental components of health are distinct, although they are often connected. The emotional component of health relates to the person's behaviour or mood, which is more or less tied to their hormones. On the other hand, the mental component of health is dependant on how the brain functions. The term "mental health" refers to a person's capacity for thought and brain function. This skill helps a person to deal with issues as they emerge, make independent decisions, and establish practical objectives.

5.1.3.3 Social Component of Health

Social health refers to the capacity of an individual to adapt both on a personal level and socially in a group. Having positive relationships with one's family, friends, neighbours, and other members of society is a sign of sound social health. It also involves maintaining a quality of living that is acceptable in society. Our health is greatly impacted when we have healthy social interactions and relationships with other people.

5.1.3.4 Emotional Component of Health

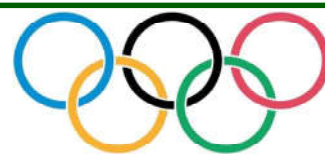
Emotional health, also known as emotional stability is the capacity of a person to understand and demonstrate emotions clearly when called upon to do so. When a person understands his or her emotions and has control over her/his feelings, she/he is said to be emotionally healthy. On the other hand, a person might be described as emotionally imbalanced or emotionally if she/he is unable to control her/his emotions or is overpowered with negative emotions.

5.1.3.5 Spiritual Component

The spiritual aspect of health has its origins in the spirit. An individual's spirit plays a crucial role in realising and fulfilling the meaning and purpose of her/his existence. Our spirit is a crucial factor in the development of ideas, values, beliefs, and ethics. Thus, if a person is spiritually well, she/he will be able to come up with the greatest ideas and have solid values, beliefs, and ethics.

5.1.3.6 Occupational Component

Occupational or vocational component of health is the capacity to meet our personal requirements via our work or company. An individual's ability to earn a living and fulfil her/his financial needs is a determinant of how far she/he may advance. When a person is content in her/his job, she/he experiences emotional stability and mental ease. People who are happy in their jobs help the country by increasing output and wealth on a global scale. Therefore, occupational health is also of paramount national concern.





Note

5.1.3.7 Educational Component

Education is the means of consciously controlling the process whereby changes in behaviour are produced in an individual, and through the individuals in the group. Educational component of health brings about certain changes in one's behaviour and attitude, which enable the individual to understand his/her responsibility to the society and the nation.



Activity 5.2

How you will rate yourself on the following components of health on a scale of 10, where 10 stands for excellent and 1 stand for poor. What strategies would you adopt to improve upon different components.

Component	1	2	3	4	5	6	7	8	9	10
Physical										
Mental										
Social										
Emotional										
Spiritual										
Educational										



Intext Question 5.2

1. Match the Health Components in Column I with their exact meaning in Column II

Health Components	Meaning
a) Physical	i) Helps to know meaning of life
b) Mental	ii) Helps to meet the life expenses
c) Social	iii) Helps in generating Emotional Stability
d) Spiritual	iv) Helps in socialization
e) Occupational	v) Helps in proper functioning of body
f) Education	vi) Helps in brain functioning
g) Emotional	vii) Helps in positive modification of behaviour



**Note****Health Concept**

After studying the components of health, let us study about the factors which may affect your health and well-being.

5.2 FACTORS AFFECTING HEALTH AND WELL-BEING

You have studied that health is a constituent of different components. So, it is evident that different variables affect our health and wellbeing. Individual traits, conduct, and other elements might have an impact on both an individual's health and the health of the community. Additional factors which could affect an individual's health include the following factors.

5.2.1 Individual Traits

Your life's ideas and traits are described by your personal essence, or fundamental nature. It is connected to your worldview, your expectations for life, and your life's purpose. You might argue that your own essence serves as a lens through which you see your life. Your health will suffer if your personal essence and what you seek are not in harmony.

5.2.2 Heredity

Our genes control our health from the moment of conception. Our parents' genes, that we inherit, are fixed and cannot be changed. Our genetic make-up may affect our health to a greater or lesser extent.

5.2.3 Environment

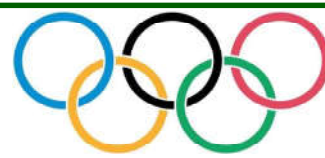
Our health is influenced by our environment. Our internal environment depends upon the health of our internal organs and systems. At the same time, our external environment affects our immediate surroundings. If any organ or system in our body is not functioning well, we are vulnerable to sickness. The same thing occurs if the quality of the air or water in our surroundings is poor.

5.2.4 Lifestyle

One of the most important factors affecting our health is our way of life. Lifestyle may be defined as the way we live. A healthy lifestyle, including appropriate eating habits, a regular sleep schedule, and a habit of exercise, will benefit our health. Our lifestyle is significantly influenced by our culture. Our culture has an impact on how we act and how we behave.

5.2.5 Social Factors

Men are social animals who must engage with other people in order to survive. Socialisation is the process of forming friendly, constructive relationships with other members of society. Our health will improve if we establish kind and pleasant relationships with other people.





Note

5.2.6 Developmental and Gestational Factors

Developmental and gestational factors relate to a person's genetic make-up, conditions that affect the foetus during pregnancy, any birth trauma, and the impact of vaccines. All of the aforementioned elements have an impact on an individual's health.

5.2.7 Socio-Economic Conditions

Socio-Economic conditions include income, education, nutrition, exposure to electromagnetic frequencies, employment and housing. All these factors are responsible for promotion and maintenance of good health.

5.2.8 Health Services

If we want improved health of our citizens, it is essential to spend a lot of money on health care. More expensive and better health services like timely immunisation and access to clean water and air protect us from many diseases. Thus, the government should provide good health service to its citizens.



Activity 5.3

Search five people in your surrounding who are very active in their life and doing good as far as their health is concerned. Then, fill the following table-

Sl. N.	Name of the Person	Age/ Gender	Occupation	Food Habit- Junk food/ healthy food	Sleeping and Wakeup Timings	Involvement in Physical Activity (In hours)/ week
1						
2						
3						
4						
5						



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Health Education



Note

Health Concept



Intext Questions 5.3

Tick the correct option.

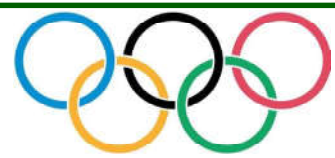
1. Which of the following factors is beyond an individual's control but still affects their health?
 - a) Lifestyle
 - b) Heredity
 - c) Social relationships
 - d) Eating habits
2. How can socio-economic conditions influence a person's health?
 - a) They determine access to education, nutrition, and housing, which impact overall well-being.
 - b) They have no significant effect on health as long as healthcare services are available.
 - c) They only affect mental health and not physical health.
 - d) They are only relevant for individuals living in urban areas.
3. Why is a healthy lifestyle important for overall well-being?
 - a) It improves social status and financial success.
 - b) It helps maintain a balance between culture and environment.
 - c) It promotes physical and mental health through good habits like exercise and proper diet.
 - d) It ensures immunity to all diseases, regardless of other factors.

You have learned about health in the above sections, in the upcoming section you will know about health education in daily life.

5.3 HEALTH EDUCATION IN DAILY LIFE

Health education is educating people about health. It can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health.

Physical Education





Note

The **World Health Organization** defines Health Education as “*comprising of consciously constructed opportunities for learning, involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health.*”

Thus, health education is education that educates people in the matter of health. It is the education given for identifying the population’s health needs and matching them with suitable adaptive behaviour. In simple words, the entire process of involving people in learning about health and disease and making efforts for improving health is health education. Health education also involves facilitating people to act appropriately for overcoming ailments and promoting a positive health,

Health education is needed for all people of all ages, gender, and all classes of the community. Whether they are literate or illiterate, or live in any part of the world, people must receive a good health education. Even in advanced countries, health education has assumed great importance due to ever changing conditions of life.

5.3.1 Definitions of Health Education

“Health education is concerned with the health-related behaviour of people”.

Sophie

“Health education aims at creating such a quality of life as may enable an individual to live most and serve best”.

WHO Expert Committee on Health Education

“Anything that educates anyone in the matter of health is health education. It is concerned with the knowledge of all round healthy habits”.

Thomas Wood

5.3.2 Aims and Objectives of Health Education

The three main objectives of health education are:

- i) Informing people
 - ii) Motivating people
 - iii) Guiding into action
- i) **Informing People:** The first objective of health education is to inform people or to develop knowledge regarding health and well-being by presenting and interpreting scientific health data based on research and discoveries. Such information will help individuals to recognize health problems and to solve them



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Health Education



Note

Health Concept

by utilising this valid information. It will also help in removing ignorance, prejudice and misconceptions regarding health and hygiene.

- ii) **Motivating People:** Merely informing people about health is not enough. They must be motivated to the point that they want to apply this knowledge to everyday living by favourably changing their behaviour patterns, their attitudes, their habits and their way of living. Individuals acquiring such healthful attitudes will tend to transmit this knowledge to their families, communities, society and nation, for healthful living.
- iii) **Guiding into Action:** Knowledge will be of little use unless it ensures good health practices and guides people to adopt and maintain healthy life styles. These healthy practices will determine, to great extent, the health status of the individual. Adopting harmful habits or practices will result in poor health where as beneficial health habits will result in good and positive health.

To sum up, knowledge without incentive or motivation will not ensure desirable health attitudes and health practices. Thus, these three objectives have close relationship and contribute to each other.

5.3.3 Scope of Health Education

Health education is a broad area. There is no limitation to the scope of health education.

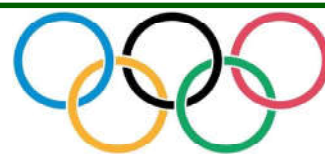
Health education may be divided into three sections.

- i) Healthful living,
- ii) Health Services and
- iii) Health Instructions.

Although these three sections of health education have specific functions, yet all of them serve the general purpose of educating the individuals regarding health education.

- i) **Healthful Living:** Healthful living covers the basic facts of health, hygiene and sanitary aspect of the environment where we live. This implies that environment or atmosphere has to be conducive to physical, social, mental, and emotional health. Factors such as proper lighting, ventilation, proper water supply, adequate furniture and other such facilities at home, in school and at work place should be taken into consideration.
- ii) **Health Services:** Health services comprise the activities designed to determine the health status of an individual. Health services are an important part of any health programme and include health appraisal, counselling, examinations for

Physical Education





Note

disease and disability, protective measures of first aid, emergency care, mid-day meals, vaccinations and inoculations (immunization), and follow up procedures with remedial measures. The objective of health services is to help the individual in conserving, maintaining and improving her/his health. Health services also include periodic health check-ups, keeping of commulative records, and providing medical advice whenever demanded or required.

- iii) **Health Instructions:** Health instructions deal with the materials by which an individual is helped to acquire healthy habits, learn health skills, master health knowledge, and develop healthy attitudes. Health instructions provide knowledge regarding the structure and functioning of human body, the causes and method of preventing certain diseases, the factors contributing to and maintaining good health, and the role of community in health programmes. Such an instructional programme contributes to the development of sound health habits and healthy attitudes. Health instructions promote understating of health and the observance of desirable practices, and play a meaningful role in the lives of all people. Provision of health services and creating an environment for healthful living is not sufficient without health instructions.

5.3.4 Importance of Health Education

Knowledge of health education assumes great importance in India, where most of the people are ignorant about the basic principles of health and hygiene. Because of this ignorance, they are unable to prevent diseases, most of which are preventable. There is an emergent need of health education. Few of them are listed below:

- Health education improves the health status of individuals, families, communities, states, and the nation.
- Health education enhances the quality of life for all people.
- Health education reduces premature deaths.
- By focusing on prevention, health education reduces the costs on medical treatment (both financial and human) that individuals, employers, families, insurance companies, medical facilities, communities, the state and the nation would spend on medical treatment.
- Health education builds students' knowledge, skills, and positive attitudes about health.
- Health education teaches about physical, mental, emotional and social health.
- It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviours.



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Health Education



Note

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- Health education teaches people of all ages about how diet and exercise contribute to a healthy lifestyle.
- Well-designed, well-delivered school-based health interventions can enable students to prevent disease and injury.
- Health education encourages positive changes in behaviour that lower student risks around alcohol, tobacco, and other drugs, injury prevention, mental and emotional health, nutrition, physical activity, prevention of diseases, and sexuality and family life.



Activity 5.4

List the policies/schemes of government for promoting personal health/community health.



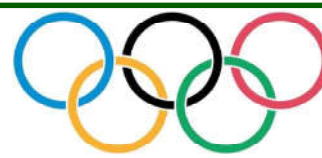
Intext Question 5.4

1. Match aim and objectives of health education given in first column with the same meanings given in second and third columns

Column 1	Column 2	Column 3
A) Informing people	i) Desirable health practices	i) Equip people with skills, knowledge and attitude
B) Motivating people	ii) Health knowledge	ii) Promote the development and proper use of health service
C) Guiding into action	iii) Desirable health attitude	iii) Ensure health is an asset

2. Which of the following is a key reason why health education is essential in India?
 - a. It encourages people to rely on medical treatment only after diseases occur.
 - b. It helps prevent diseases by educating people on basic health and hygiene practices.
 - c. It limits students' understanding of physical, mental, and social health.
 - d. It focuses on treatment rather than prevention.

Physical Education

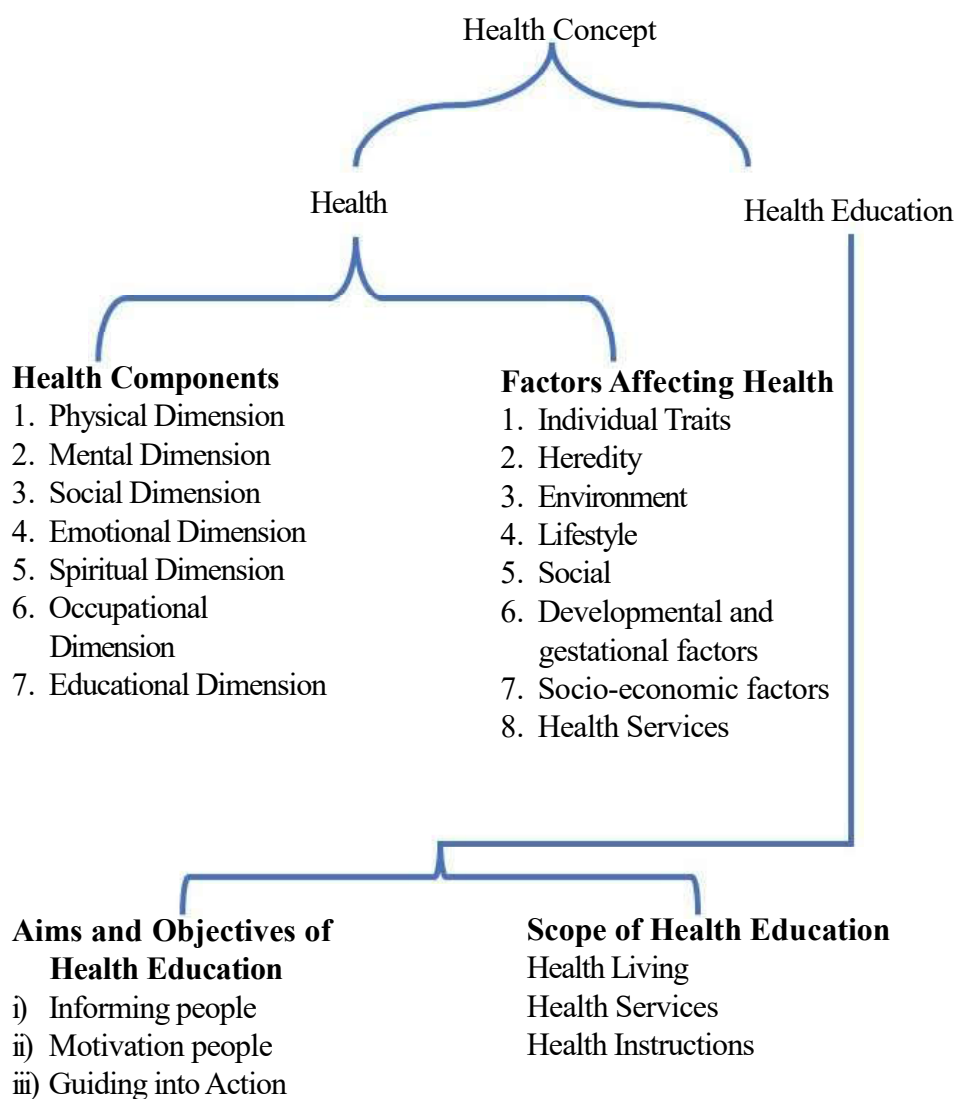




Note

3. How does health education contribute to reducing healthcare costs?
 - a. By increasing the need for medical interventions
 - b. By encouraging individuals to seek expensive treatments
 - c. By focusing on preventive measures, thereby reducing the need for costly treatments
 - d. By limiting health knowledge to specific age groups

Concept Map



MODULE-2

Health Education



Note

Health Concept



TERMINAL EXERCISE

1. Define the term 'health' and explain the factors on which health of an individual depends.
2. What are the different components of health? Explain in details.
3. Which component of health is more influential according to you. Answer with justification.
4. Define health education and explain its scope in our life.
5. What are the aim and objectives of health education.
6. Write a detail note on importance of health education.



ANSWER TO INTEXT QUESTIONS

5.1

1. (i)-(b), (ii)-(b), (iii)- (c).
2. (a)-(ii), (b)-(iii), (c)-(i).

5.2

1. (a)

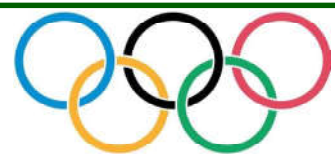
5.3

- 1) B
- 2) A
- 3) C

5.4

- 1) (A) - (2) - (ii), (B) - (3) - (i), (C) - (1) - (ii)
- 2) b
- 3) c

Physical Education



DIETARY CONSIDERATION

Mmm, nothing beats a super-sized burger and a glass of cola! It's pure deliciousness!



Samar, I know those treats taste great, but too many greasy, sugary snacks can really slow you down and harm your health. You must have more salads and fruit.

Really? I always feel energized after a heavy meal of burger or pizza or *pakor*as!



Short-term satisfaction can lead to long-term problems like fatigue and heart issues. A healthy diet is very important! Enjoy your favourites in moderation and add nutritious options to keep your body and heart happy.



LEARNING OUTCOMES

The learner-

- describes nutrition and its components
- explains the need and importance of a balanced diet
- elaborates various factors affecting diet

6.1 MEANING OF NUTRITION AND ITS COMPONENTS

Food can be understood as a substance or material obtained from plants, animals or water. Food is made of nutrients which occur naturally and are metabolized by an organism to grow, sustain and repair vital life processes. The primary function of food is nourishment for an organism. This is furnished by the elements of food. The food we eat provides nourishment to the body and is made up of small units



Note



MODULE-2

Health Education



Note

Dietary Consideration

that the body uses for energy & growth. Good nutrition is essential for good health. However, if our diet provides the important units in incorrect amounts, either very little, or in excess of what is required, it results in an imbalance of nutrients in your body. The condition is responsible for various diseases.

Study about the food and its usage by our body is called nutrition. Nutrition includes food intake, digestion, absorption, assimilation, and excretion of waste. Nutrition can be defined as the interaction of nutrients and other substances present in the food. This ingestion and assimilation of food helps in the maintenance, growth, reproduction and health of an individual.

“Nutrition is science where the process of food intake and utilization of it by our body is studied.”

6.1.1 Nutrients

We have learned that food nourishes our body and helps in its proper growth and functioning. This growth and nourishment happens due to nutrients which are available in the food. Food comprises of all the substances that organisms consume to survive. Nutrition is obtained from different nutrients.

“Nutrients are chemical substances in food which are required by our body for energy, growth and maintenance.”



DO YOU KNOW?

National Nutrition Week is celebrated each year from 1st September to the 7th September in India. The purpose is to increase awareness among the people about importance of nutrition for their health and well-being.

For more information you can visit <https://www.indiacelebrating.com/events/national-nutrition-week/>

Type of the Nutrients

There are mainly two types of nutrients:

- 1) Macronutrients
- 2) Micronutrients

Physical Education



**Note****Macro Nutrients**

The majority of the food that we consume consists of macro nutrients. These are nutrients taken in large amounts. They supply energy, and help in growth and maintenance of the body. Macro nutrients consists of carbohydrates, proteins and fat. Every individual has food requirement of which approximately 55-60% is carbohydrate, 20-30% is protein, and 10-15% is fat. Water does not provide energy but is a very vital nutrient which helps in functioning of metabolic processes and various regulatory functions in the body. Water is required by our body in a large amount thus it is also considered as a macro nutrient.

- A. Carbohydrates** are chains of carbon, hydrogen and oxygen. The main function of carbohydrates is to provide energy to the body. It provides 4 Kcal of energy per gram.
- B. Proteins** are the nitrogen-containing constituent of food. Proteins contain different types of amino acids and have a very complex structure. There are 20 amino acids joined in various sequences to form different types of protein. Nine amino acids which are called **essential amino acids** cannot be formed in our body. Thus, they must be obtained through diet. Other amino acids are called non-essential amino acids which can be synthesized inside the body.

The functions of proteins are growth and maintenance of tissues, formation of essential body compounds, transportation of nutrients, regulation of water balance, maintenance of appropriate pH level, defence and detoxification of the body. Proteins also act as a source of energy. They provide 4 Kcal of energy per gram.

- C. Fats (Lipids)** are made of three elements carbon, hydrogen and oxygen. Fats are more concentrated source of energy than carbohydrates and give 9 Kcal of energy per gram. The presence of different types of fatty acids make fats liquid or solid. Fatty acids are classified as saturated fats or unsaturated fats. Saturated fats are also called animal fats and are associated with health risks. They increase the risk of heart diseases by increasing LDL (bad) cholesterol. Whereas, Monounsaturated and polyunsaturated fatty acids are unsaturated fats. They help to reduce blood cholesterol level and thus lower the risk of heart diseases.

Fats function as energy reserves, and are essential constituents of the membrane of every cell. They help in absorption of fat-soluble vitamins, are regulators of body functions, and work as insulators and protectors of vital organs.

- D. Water** is made of hydrogen and oxygen. It is essential for life and is a major component of our body. 70% of lean body mass is made up of water. It is the medium of all fluids including saliva, blood, digestive juices, urine, faeces, and perspiration. Water is considered a universal solvent and plays an important role in the regulation of body temperature. It bathes the body cells and keeps them moist. It is also an important lubricant for the joints.





Note

Dietary Consideration

Micro Nutrients

Micro nutrients are nutrients which are required by our body in very small amounts. These nutrients are extremely important for the normal functioning of our body. Minerals and Vitamins are included in micro nutrients.

- A. Minerals** are compounds that result from the inorganic process of nature. There are minerals which are required by our body in large amount and are called macro minerals. On the other hand, micro minerals are those minerals which are required by our body in small amounts. Micro minerals are also called Trace minerals.
- a. Macro minerals:** Minerals that are present at levels more than 0.05 per cent in the human body are defined as macro minerals. Calcium, phosphorus, magnesium, sodium and potassium belong to the category of macro minerals.

Functions and sources of Macro-minerals

Minerals	Important functions	Sources
Calcium	Bone formation, tooth formation, growth, required as co-factor and regulator of biochemical reserves, and helps in blood clotting	Milk, cheese, yogurt, eggs, green leafy vegetables etc.
Magnesium	Repairs and maintains body cells, maintains electrical potential in nerves and muscle membranes	Meat, brown rice, beans, whole grain etc.
Phosphorus	Mineralization of bone and teeth, facilitation of energy transaction, absorption and transport of nutrients, regulation of protein activity and regulation of acid-base balance	Rice bran, skim milk powder, soya bean, carrot, cheese, almonds, walnut etc.
Potassium	Major ingredient in intracellular fluid, helps maintain water balance, acid-base balance, glycogen formation, protein synthesis	Fruits, vegetables, legumes, nuts, whole grain meats etc.
Sodium	Major ingredient in extracellular fluid, helps maintain water balance, acid base balance, cell membrane permeability, absorption of glucose	Salt, cheese meat, eggs, carrots, spinach, celery etc.



**Note**

- b. Micro minerals** (Trace minerals): Minerals present at level less than 0.05 per cent in the human body are defined as micro minerals. Some of the micro minerals are iron, zinc, copper, fluorine, chromium, manganese and cobalt.

Functions and sources of Micro-minerals

Minerals	Important Functions	Sources
Chromium	Stimulates insulin activity	Soyabeans, black gram, carrots, tomato, ground nut, bajra, barley etc.
Cobalt	Protects from anaemia	Green leafy vegetable, milk, meat etc.
Copper	Formation of haemoglobin, prevention of anaemia	Eggs, pulses, green leafy vegetables etc.
Fluorine	Protects against tooth decay, imparts stability in bones, prevents osteoporotic fractures	Hard water, sea fish, tea etc.
Iodine	Production of hormones in thyroid gland, regulating growth and development	Iodized salt, fish, sea food etc.
Iron	Transportation and storage of oxygen, co-factor of enzymes and other proteins, formation of red blood cells	Liver, meat, eggs, dry fruits, banana, green leafy vegetables etc.
Manganese	Work as enzyme component in general metabolism	Cereals, whole grains, legumes, soya beans, leafy vegetables etc.
Zinc	Essential for normal growth, development, reproduction and immunity, maintain healthy appetite	Meat, poultry, eggs, nuts, cereals, pulses, vegetables etc.





Note

Dietary Consideration

B. Vitamins are organic substances of food which are required by our body in less amount for the maintenance of health, growth, normal metabolic functioning and state of wellbeing of a person. Vitamins are divided into two categories:

- a. **Fat soluble vitamins:** Vitamins which are soluble in fat are stored in the body cells and are not passed out of body easily. These include Vitamin A, D, E and K.

Functions, sources and Deficiency Diseases of Fat-soluble vitamins

Vitamins	Important Functions	Sources	Deficiency Diseases
Vitamin A (Retinol)	Promoting healthy vision, providing resistance from infections	Cod liver oil, animal liver, egg yolk, milk products, mango, papaya etc.	Night blindness and Keratomalacia
Vitamin D (Calcifluol)	Absorption of calcium and phosphorus, maintaining normal function of parathormone	Sunrays, milk, butter, fish liver oil etc.	Rickets, Osteomalacia
Vitamin E (Tocopherol)	Growth of body organs, works as anti-oxidant	Green vegetables, kidney, coconut oil, butter, maize etc.	Anaemia or low red blood count
Vitamin K (Phylloquinone)	Helps in clotting of blood, prevents haemorrhage and excessive bleeding	Tomatoes, potatoes, spinach, cabbage, eggs, meats etc.	Anaemia

- b. **Water soluble vitamins:** Vitamins soluble in water pass out through kidneys and leaves the body as urine or stool if not used by the body. These include Vitamin C and B complex.



Functions, sources and Deficiency Diseases of Water-soluble vitamins

Vitamins	Important Functions	Sources	Deficiency Diseases
Vitamin B ₁ (Thiamine)	Works as coenzyme-needed for energy metabolism, important for nerve function, needed for DNA and RNA synthesis	Whole-grain cereals, pulses, peanuts and seeds, mushrooms etc.	Skin diseases, headaches, lack of concentration, sleeplessness
Vitamin B ₂ (Riboflavin)	Act as a co-enzyme needed for energy metabolism, important for normal vision and skin health	Milk and milk products, animal products like eggs, liver, kidney, green leafy vegetables etc.	Stunted growth, unhealthy skin
Vitamin B ₃ (Niacin)	Part of a co-enzyme needed for energy metabolism, important for nervous system, digestive system, and skin	Whole-grain cereals, pulses, meat, poultry, fish, vegetables etc.	Indigestion, fatigue
B5 (Pantothenic Acid)	Part of co-enzyme needed for energy metabolism	milk, meat, peanuts, eggs etc.	Fatigue, Insomnia, depression
Vitamin B ₆ (pyridoxamine)	Part of a co-enzyme needed for metabolism of proteins and amino acids and also involved in activity of many enzymes required for metabolism of carbohydrates, fats and proteins, it also helps in making white blood cells and heme in haemoglobin	Meat, poultry, fish, nuts, sunflower seeds, pulses, whole grains, spinach, bananas, potatoes etc.	Unhealthy skin, anaemia
B7 (Biotin)	Functions as co-enzyme in metabolic reactions.	organ meats, liver, kidney, egg yolk, nuts, almonds, peanuts etc.	Impaired growth, muscle strain



Note



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Health Education



Note

Dietary Consideration

Vitamins	Important Functions	Sources	Deficiency Diseases
B9 (Folic Acid)	Part of an enzyme needed for making DNA and new cells, especially red blood cells, formation of neurotransmitters, maintenance of normal blood pressure and reducing risk of cancer	spinach, pulses, oranges, cabbage, cauliflower, broccoli etc.	Loss of leucocytes
Vitamin B ₁₂ (Cobalamin)	Part of co-enzymes needed for making new cells, important to nerve function	Meat, poultry, fish, seafood, eggs, milk etc.	Anaemia
Vitamin C (Ascorbic Acid)	Antioxidant, role in collagen formation hence in wound healing, part of an enzyme needed for protein metabolism, important for immune system, helps in iron absorption	Citrus fruits, fresh vegetables etc.	Scurvy



DO YOU KNOW?

Vitamins, especially water-soluble vitamins, can be lost from food when exposed to heat, light, and/or air. Cooking food, especially if they are chopped up and cooked for long time, reduces their vitamin content.



Activity 6.1

Fill the following information in the given table:

- List the two main dishes you ate in dinner
- Identify the major macro and micro nutrients present in them.

S.No.	Dishes eaten	Nutrients	
		Macro	Micro
1			
2			

Physical Education





Activity 6.2

- Collect any 5 packaged foods and make a Comparative table of energy consumed from them with the help of the tables given at the back of the packets. Also identify the healthiest food out of the five.



Intext Questions 6.1

1. Tick (✓) the correct option.

- What are the main components of nutrition?
 - Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water, and Fiber
 - Carbohydrates, Proteins, Fats, Water only
 - Proteins, Fats, Water, and Fiber only
 - Fats, Water, and Vitamins only
- Why is a balanced diet important for maintaining health?
 - It helps increase fat stores in the body
 - It provides the body with essential nutrients for growth, repair, and energy
 - It helps in reducing weight
 - It prevents all diseases
- Which of the following factors does NOT affect an individual's diet?
 - Age and gender
 - Climate and cultural preferences
 - Media influence and food availability
 - Number of hours spent watching TV
- Match the following nutrients in column I with the sources from which we get it in the column II.

Nutrients

- Carbohydrates
- Fats
- Proteins

Food Sources

- Cheese, Ghee
- Bajra, Potatoes
- Butter
- Paneer, Milk
- Wheat, Rice
- Pulses, Meat

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Health Education



Note



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Health Education



Note

Dietary Consideration

5. Write each of the following vitamins whether they are Water soluble or Fat soluble

Vitamins	Water Soluble	Fat Soluble
A		
B		
C		
D		
E		
K		

After studying nutrition and nutrients you may be able to understand the importance of each nutrient. In the next section we will discuss about the need and importance of balanced diet.

6.2 NEED AND IMPORTANCE OF BALANCED DIET

In nutrition, the sum of food consumed by a person or other organism is called diet. In simple words a diet is everything a person or organism takes in as food. A diet may be healthy or unhealthy. A healthy diet helps to protect against malnutrition in all its forms, as well as against noncommunicable diseases including diabetes, heart disease, stroke and cancer. An unhealthy diet on the other hand can lead to health-related problems. So, to have a healthy life one must eat a balanced diet.

The question that arises is what is balanced diet? A balanced diet refers to a diet which provides all the essential food constituents. A balanced diet may be defined as which includes different types of food items, required in appropriate quantity to fulfill the need of all the nutrients and small provision is made for extra nutrients to withstand the period when body is in deficiency.

In other words, a balanced diet can be defined as one which contains different types of food stuffs in such quantities and proportion that the need of all the nutrients is adequately met and a small provision is made for extra nutrients to withstand the period when adequate food or nutrient is not consumed. The term balanced diet refers to the ultimate proportion of the nutrients resulting from combining different foods.

Health educators claim that a balanced diet can be achieved by taking as varied a selection of food as possible. To consume a balanced diet one has to ensure that

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each and every meal includes foodstuff from all groups like energy giving, body building and protective/regulatory groups.

Differences in age, gender, weight, height, type and level of activity of an individual determine the balance diet. As infant needs more protein as compared to an adult. Similarly, the nutritional requirement of a female is different from that of a male due to their physiological functioning. Each and every factor is important while deciding the nutritional requirements for an individual.

Hence, a balanced diet is the consumption of an appropriate variety and adequate quantity of foods as well as beverages. A balanced diet provides nutrition and energy for the maintenance of body organs and it also helps in the normal growth and development of individual.

“A balanced diet is the foods and drinks which contains the appropriate blend of all nutrients required for normal growth and function of an individual”.



Note





Note

Dietary Consideration



DO YOU KNOW?

Your body will let you know if you are eating correctly. If overfed, you will start putting weight. If underfed, it won't have enough strength to fight disease and recover from illness.



Activity 6.3

- List any three food items that you eat daily and make a table containing nutrients available, functions and health benefits of those items.

6.3 FACTORS AFFECTING DIET

Everybody needs a balanced diet irrespective of their differences but there are certain factors which influence the choices in one's diet. One should consider the following factors while planning a diet for good health and fitness.

6.3.1 Age

Our need for the food and nutrients we must consume varies with age. An infant relies on mother's milk for food but with growing age extra food is required. Extra nourishment is required for adolescents due to their faster growing rate. During this age their food preferences are also influenced by friends and media rather than their nutritional requirement. That is why a proper dietary guidance is required for adolescence. Food can be prepared in the form they enjoy the most. Elders have difficulty in chewing, swallowing and digesting food; they need foods which can be easily digested and are soft.

6.3.2 Gender

The requirement of an individual differs on the basis of gender as well. Till the age of 10 years the requirement of nutrition is same in men and women whereas when they grow older the anatomy and physiology start to change like changes in height, weight and fat cells which leads to different nutritional requirements for men and women. Females need more iron due to blood loss during menstruation, and failure to take in enough iron can lead to problems like anaemia. Requirement of nutrition also changes for pregnant women and lactating women.



**Note**

6.3.3 Physical Activity

Requirements of nutrients and energy vary according to the physical activity of an individual. People with a sedentary lifestyle need less energy as compared to people with a heavy physical work lifestyle. People who indulge in physical activity require more energy. Intensity and duration of activity also affects the requirement of energy and type of diet. A person running a marathon will have a different diet requirement as compared to a sprint runner. An athlete competing in a body building competition will require more protein as compared to hockey players. Thus, it can be stated that physical activity determines the diet of an individual.

6.3.4 Physiological State

Physiological state of an individual also determines the type of diet an individual must take. Requirements of food for infants, during childhood and adolescence, for pregnant and lactating women are high due to the higher rate of growth and development. For example, a sedentary women need 1900 kcal of energy whereas, a lactating women will require between 2420 kcal to 2500 kcal of energy for healthy functioning. A person with high blood sugar levels will have to avoid foods that contains high amounts of sugar. Careful selection of food helps in prevention of obesity, malnutrition and illness. Food preferences of an individual are also affected by physiological state.

6.3.5 Economic Considerations

The price of the food may also vary from place to place. The cost of food items can also affect their selection. Some foods are more expensive than others despite having similar nutritional benefits. Seasonal and local food should be preferred.

6.3.6 Time and Skill

The dishes that are prepared in a diet depends on the skill of the cook and the availability of time for cooking. Lack of any of these can affect the quality of the meal. Lack of time may lead to a meal prepared in a hurry which might affect the taste as well as the nutritional value of the food. Lack of skill while preparing a meal may lead to loss of nutrition from the food while preparing it.

6.3.7 Region, Religion and Culture

Eating habits are affected by the region one belongs to and so are the dishes that are prepared in the diet. In Uttar Pradesh, for example, chapatis are more commonly consumed than rice while in Kerala rice and coconut are staple ingredients in a diet. Food habits are also influenced by religion. Some communities do not eat onion, garlic, eggs etc. Foods are also associated with festivals and every region and community has specific food choices.



**Note****6.3.8 Food Preferences of Individuals**

When it comes to a diet an individual takes, food preference play a very vital role. The dishes made are dependent on the preference of the individual. People from north India can occasionally enjoy idli sambar but on a regular basis they prefer to have dal roti. A non-vegetarian will prefer different food items than a vegetarian. If the preferred food is not given to an individual for a long period of time it may lead to under-eating, malnutrition, and other related problems.

6.3.9 Sensory Appeal

Senses play a very important role in selection of food for the diet. Aromatic and tastefully presented food is liked by everyone. Taste, flavour, texture, temperature, all are factors affecting the food acceptance of an individual. Sometimes sound of food also attracts an individual like popping of popcorn or crunchy sound of papad. All these are meant to satisfy our sensory organs i.e., tongue, nose, eyes and ears.

6.3.10 Media and Advertisement

Advertisement and media plays a very vital role in our choices. We eat what we see and that affects our whole diet. Media advertises food in such a way that it attracts many people. People tend to follow the diets that are advertised. Recently food blogging has increased the consumption of fast foods as they present the food in very attractive manner.

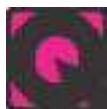
6.3.11 Accessibility and Transport

Foods that are easily accessible are frequently selected for the meal. Natural disasters like heavy rainfall, cyclones and droughts also affects the food supply which limits the food choices. Home delivery and online purchases have improved access to food in cities but in villages people have to eat whatever is currently accessible to them.

**Activity 6.4**

- Note down the foods that you have started to eat because you got attracted by an advertisement. Write a note on what attracted you in the advertisement.
- Make a list of foods that are prepared specifically for a festival.





Intext Questions 6.2

1. Tick (✓) the correct option.

1. How does age influence dietary needs?
 - a. Nutritional requirements remain the same throughout life
 - b. Adolescents require less food than infants
 - c. Elders may need food that is easier to chew and digest
 - d. Infants and elders require the same type of food
2. Which of the following factors affects diet based on physical activity?
 - a. People with sedentary lifestyles need more energy
 - b. Athletes require fewer proteins compared to non-athletes
 - c. Physical activity level determines energy and nutrient needs
 - d. Physical activity has no effect on dietary requirements
3. How do media and advertisements influence food choices?
 - a. They have no impact on people's diet
 - b. People are more likely to consume foods they see advertised attractively
 - c. Media prevents people from making unhealthy food choices
 - d. Advertising reduces the importance of food preferences



TERMINAL EXERCISE

1. Define, nutrition and elucidate on its components.
2. Write a detailed note on nutrients and its types.
3. Explain the concept of balanced diet.
4. Write three main functions of water.
5. What is the basic difference between macronutrients and micronutrients?
6. The nutritional requirements of each of your family members would be same or different? Give reasons.



Note





Note



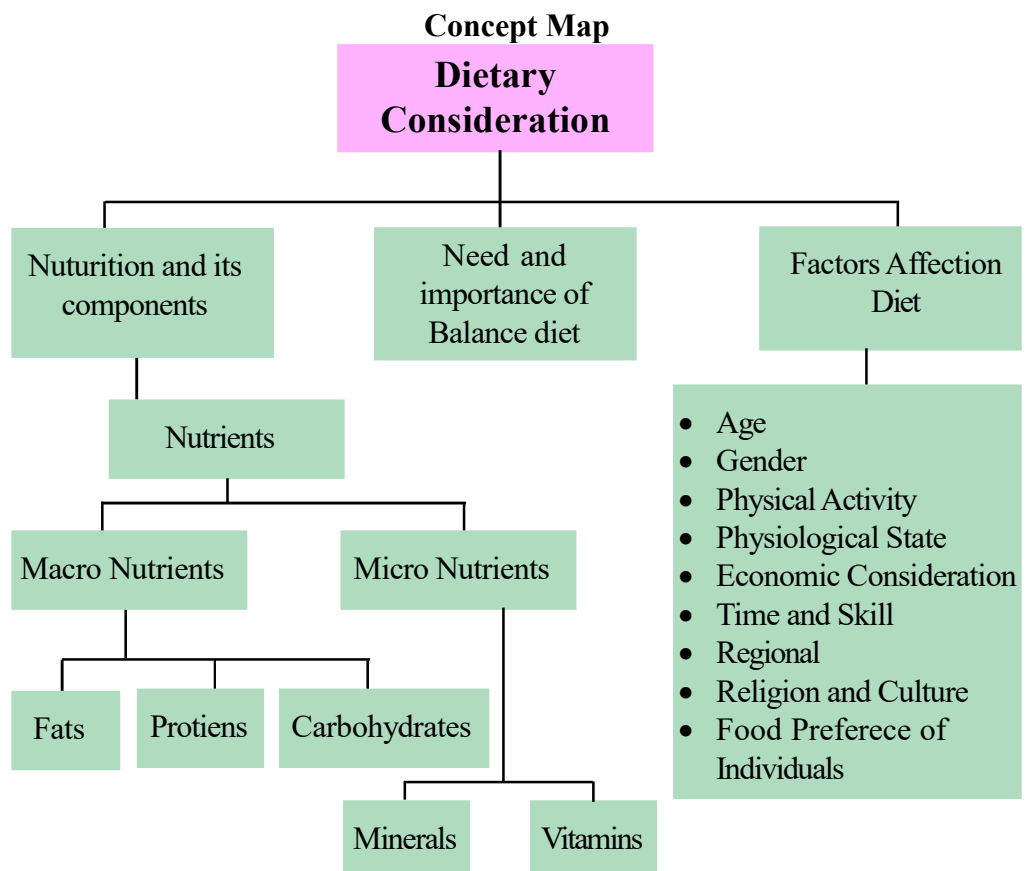
ANSWER OF INTEXT QUESTIONS

6.1

- 1) a) Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water, and Fiber
- 2) b) It provides the body with essential nutrients for growth, repair, and energy
- 3) d) Number of hours spent watching TV
- 4) a-ii & v, b- i & iii, c- iv & vi.
- 5) A-Fat soluble, B- Water soluble, C- Water soluble, D- Fat soluble, E- Fat soluble, K- Fat soluble

6.2

- 1) c Elders may need food that is easier to chew and digest
- 2) c. Physical activity level determines energy and nutrient needs
- 3) b. People are more likely to consume foods they see advertised attractively





Note

7

DISEASES

Teacher: (Holding up the newspaper) Good morning, class! Today, we'll discuss something important about communicable diseases. Look at this newspaper article.

The city is experiencing a sharp rise in influenza cases, with local hospitals reporting a 30% increase in patients over the past two weeks. Health officials warn that the outbreak may continue if preventive measures are not followed. Dr. Ananya Rao, Chief Medical Officer, stated, "The flu spreads easily through coughing, sneezing, and contact with contaminated surfaces. We urge citizens to wear masks, wash hands frequently, and stay home if they feel unwell." Symptoms of the flu include fever, cough, sore throat, body aches, and fatigue. While most cases are mild, the elderly and young children are at higher risk.

Health authorities are setting up free vaccination camps at public health centers. Residents are encouraged to get vaccinated to reduce the severity of the illness.

- Akshay : It talks about an increase in flu cases in the city. That means the flu is a communicable disease, isn't it?
- Mrs Kumar : That's right!
- Ruhani : How does it spread?
- Mrs Kumar : A person coughing and sneezing without covering her/his mouth. Or, by touching surfaces that have the virus on them! Now, do you know what symptoms the flu causes?
- Yuvan : Fever, cough, and sore throat.
- Saira : And body aches!
- Mrs Kumar : Right! But why are young children and the elderly more at risk?
- Masood : Because their immune systems are weaker?
- Mrs Kumar : Yes! That's why it's important to take preventive measures. What does the article say we should do?
- Yuvika : Get vaccinated!
- Rohan : Wash hands often!





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Satvik : Stay home if we're sick!

Mrs Kumar : Wonderful! Today, we've learned that infectious diseases can spread quickly, but we can prevent them with good hygiene and vaccines. Let's all do our part to stay healthy!



Learning Outcomes

The learner-

- explains the communicable and non communicable diseases, its causes and preventions.
- differentiates between communicable and non-communicable diseases;
- lists the communicable and non-communicable diseases.

7.1 DISEASE

Good health is the prime asset for all living things on the earth. Promoting good health includes helping people to increase control over, and to improve, their physical, mental and social well-being. A healthy individual works to capacity, without spending resources on medical care. Good health is, therefore, not merely the prime objective for an individual, but also a complete concept which takes care of the proper use of personal and social resources and ensures the optimum utilisation of physical capabilities.

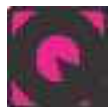
Disease is a state of discomfort in which the normal functioning of the body is affected. Disease causes an individual's health to deteriorate, and, in extreme cases, even leading to death. In simple terms, an individual is said to be suffering from a disease when his/her body is incapable of dealing with day-to-day routine work or assignments. As a result, he/she may find himself/herself in a situation where he/she is unable to perform his/her daily tasks according to his/her own free will. Diseases may be caused by an attack of foreign harmful bacteria/virus inside the body that has attacked the body's immune or defence system, or they may be a result of faulty eating and living habits.

Thus, we can say that health can be endangered by the attack of various diseases such as common cold, sneezing, coughing or any chronic illnesses. Among these diseases, some are infectious in nature which can easily spread from one individual to another while some take time. On the other hand, there are some diseases that are not infectious and are not spread from one person to another. That's why, it is



important to understand the different types of diseases which can affect the health of the people. Broadly, diseases can be divided into two categories viz communicable and non-communicable diseases.

We can understand the type and nature of diseases through their symptoms. In this chapter, we will discuss about the different diseases in detail with their broader classification and their causes, prevention, symptoms and effects.



Intext Questions 7.1

1. Mark the following statements as true or false:

1. Disease can be caused by both harmful microorganisms and faulty living habits.
2. Non-communicable diseases can easily spread from one person to another.
3. Health only refers to the absence of disease.

7.1.1 Communicable Diseases



Communicable diseases are caused by very tiny organisms called bacteria, fungus, virus or any other parasites that may attack our bodies. These germs are present everywhere- in air, water, soil, etc. On entering a healthy body, germs multiply and upset the normal functioning of the body. The body, then, gets diseased. These diseases are spread through direct contact, or from one person to another. If a healthy individual comes in close contact with a person who is suffering from the



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Diseases

disease, by shaking hands or sitting close to a person suffering from a disease, the healthy person may also get the disease. Communicable diseases may also spread through indirect contact, which may be through using anything that an individual suffering from an infectious disease may have used or touched. These micro-organisms can be transmitted from the infected person to healthy person through water, biting of insects, blood transfusion, unprotected coughing or sneezing or even by sexual contact.

Some common communicable diseases include:

1. Malaria
2. HIV/AIDS
3. COVID-19
4. Common cold
5. Flu (Influenza)
6. Hepatitis
7. Tuberculosis
9. Chickenpox
10. Poliomyelitis (Polio)

7.1.2 Prevention

An old proverb says that prevention is better than cure. It is of utmost importance that every individual should be aware of the methods of prevention of disease for their personal health and have the clear understanding of taking necessary precautions when he/she comes in close contact with an infected person. The different means for prevention are:

1. Proper Sanitization

The space or place where we work or spend our leisure time should be cleaned properly and sanitized. Sanitization may be done by sprinkling of natural pesticides and cleaning by using disinfectants. .

2. Practicing Hygiene

Every Individual should have the habit of taking a bath on a regular basis, cutting their nails, washing hands before and after eating, wearing clean and washed clothes, and avoiding eating street food and stale food etc.



**Note****3. Personal Protection**

It refers to the individual's attention and care towards his/her body. If you are going to a public place then you should wear a mask. Wearing of gloves and use of the sanitizer is also helpful in ensuring adequate personal protection.

4. Vaccination

In view of the quick spread of various diseases, health industries are focusing more on the prevention of disease through vaccination which provides the body immunity for a certain period to fight the bacteria/virus of a particular disease. Timely vaccination is helpful in combating disease.

Example Covid-19 was quickly controlled in our country because of the effective vaccination of the public by the government.

5. Regular Health Check-ups

Regular health checkups help the individual to detect the disease at an early stage and help control it before it becomes serious. Checking of fever is one of the ways of assessing your health. Also regular cough for more seven days could be the indicator of tuberculosis.

6. Developing Strong Immunity

It has been seen that same surroundings and environment may affect different individuals to a different extent. A person with weak immunity gets infected quickly as compared to a person with strong immunity. Various exercises and good food habits helps in improving immunity.

7. Regular Physical Activity

This is one of the strongest preventive techniques to get rid of many probable diseases. A person involved in regular physical activity is less likely to fall ill less as compared to a lethargic person. Physical activity boosts the immunity and also activates all the physical and physiological systems of the body.

8. Avoiding Close Contact with Diseased Person

Communicable diseases are spread from an infected person to a healthy person. If you maintain proper distance from an infected person and do not come in close contact with him, then automatically the chances of getting infected is are reduced.



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Health Education



Note

Diseases



DO YOU KNOW?

Safe distance from the person suffering from communicable disease approximately 2 meters



Activity 7.1

- Identify the communicable diseases that occur due to bacteria and virus.
Make an activity chart of your hygiene practices

7.1.3 Non-communicable Disease (NCD)

Non-Communicable diseases are caused due to various factors like unhealthy lifestyle, heredity, environmental factors etc. These diseases take time to develop and cannot be spread from one infected person to another. The person suffering from the disease takes a long time to get cured. Early detection of the disease will help in effective treatment.

To understand lifestyle diseases, first let us understand what we mean by lifestyle. A lifestyle is the pattern of living that we follow - how we work, what and when we eat, how and when we sleep, how much physical activity we do and whether we smoke or consume alcohol. These conditions cause dysfunction in the body and impair the quality of life. They may also lead to death. These diseases usually develop relatively slowly over long periods. In the beginning there may not be any symptoms but after the disease sets in there may be a long period of impaired health.

Some common non-communicable diseases include:

1. Cancer
2. Diabetes
3. Chronic heart disease (CHD)
4. Lungs disease
5. Alzheimer's disease
6. High BP (Hypertension)
7. Asthma

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8. Obesity
9. Mental health disease
10. Arthritis
11. Depression
12. Epilepsy
13. Insomnia
14. Psoriasis

7.1.4 Prevention

Non Communicable Disease can be prevented much more easily as compared to communicable disease. However, hereditary diseases are difficult to prevent but can be controlled to the maximum. The effective preventive measures are:



DO YOU KNOW?

Non-Communicable Diseases kill 41 million people every year which is equivalent to 74% of all the deaths occurring globally.

1. Knowledge of Non-Communicable Diseases

It is important to spread the knowledge of Non-Communicable Diseases to the people at large. Spreading awareness among the members of the community regarding the causes and symptoms of Non-Communicable Diseases should be encouraged. This will help the people become aware about the ill effects of these diseases and help them adopt a healthier lifestyle.

2. Screening of Non-Communicable Diseases

Healthcare professional and the civil authorities should take care of the process of screening persons at risk of falling victim to Non-Communicable Diseases. Such screening centres should be made accessible to the common man and made available at public places.

3. Detection of Non-Communicable Diseases

It is important to detect Non-Communicable Diseases and their type on the basis of screening drives undertaken by the health centres and the government.



Note





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Once the disease is detected, it is easy to diagnose and remediate the diseased person because sometimes, the diseased person himself/ herself is unaware about suffering from such a disease.

4. Medical Treatment

Non-Communicable Diseases can be treated by expert medical professionals. It is important to provide the requisite medical facilities to the person suffering from a disease to help him out recover. Early medical intervention will help in minimizing the bad effects on the health of the victim. Also, timely and requisite medical treatment will help in reducing the death rate from such diseases.

5. Healthy Lifestyle

These days almost everyone has a knowledge about healthy lifestyle, but a very few people make it a practice in their daily life. Once, a person falls victim to a disease, he/she realizes the importance of a healthy lifestyle. But by then, it may be late. It is necessary, therefore, that people should adopt a healthy life style without looking upon it as a burden. Actually, the availability of luxuries and technology in the life of the common man has made his/her choosing a healthy lifestyle quite difficult.

6. Physical Activity

Research has proved that the people engaged in regular physical activity are less prone to the impact of unfavourable lifestyle conditions and remain healthier as compared to the people leading a sedentary life.

7. Say No to Tobacco and Alcohol

The use of tobacco and alcohol have a detrimental effect on our health. Especially, our lungs get weakened and diseased because of smoking and liver gets affected badly due to alcohol. Tobacco causes lung cancer and other respiratory problems. On the other hand, alcohol ruins the liver and causes diseases like cirrhosis.

8. Stay Away from Pollution

Pollution is also one of the chief causes for increase in the incidence of Non-Communicable Diseases. Air pollution due to industrial smoke, vehicular fumes, improper disposal of waste, burning of leaves or garbage etc has been increasing at a very rapid speed. This causes asthma and other respiratory diseases. Other forms of pollutions, like water pollution, causes intestinal problems, and even colon cancer etc. Noise pollution may give rise to mental problems like depression, anxiety etc.





Note

9. Metabolic Syndrome Management

Metabolic syndrome is linked to heart disease and diabetes. In this disease, there is a rise in blood pressure (130/85 mmHg) and lowering of HDL (<40mg/dL in Men and <50mg/dL in women), Triglycerides (150mg/dL or High). Increase in waist size (40' in Men and 35' in Women) results, which makes the person more susceptible to various Non-Communicable Diseases. Hence, medical intervention at an early stage is important to help the person remain healthy and fit.

10. Balanced Diet

Every individual should take a balanced diet on a regular basis. Normally, a healthy adult requires between 2000-2500 calories daily. But, occupation and nature of activities and engagement decides the actual individual calorie requirement. Also, the diet should contain all nutrients, vitamins, minerals along with roughage (fibre). There should be a balanced proportion of carbohydrates, protein, fats in the form of cereals, pulses, fruit, vegetables etc.



DO YOU KNOW?

Maximum deaths occur due to non-communicable disease between 32 to 69 yrs.

A healthy life style is the best preventive measure for non-communicable diseases



Activity 7.2

1. Perform 20 minutes physical activity on a daily basis, and write a report about the changes that you have observed in your body.
2. Make an awareness campaign poster for pollution control or Say No to Tobacco and Alcohol.



Intext Questions 7.2

1. Tick (✓) the correct option.
1. Which of the following symptoms is commonly seen in individuals with non-communicable diseases like diabetes?



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Diseases

- a. Persistent fatigue and frequent urination
 - b. Shortness of breath and fever
 - c. Skin rash and nausea
 - d. Vomiting and headache
2. Which of the following is a non-communicable disease?
- a) Malaria b) Tuberculosis c) Diabetes d) Influenza
3. Which lifestyle modification is most effective in preventing non-communicable diseases like heart disease?
- a. Regular physical activity and a balanced diet
 - b. Increased sugar intake
 - c. Prolonged sitting
 - d. Avoiding sunlight exposure

7.2 DIFFERENCE BETWEEN COMMUNICABLE AND NON-COMMUNICABLE DISEASES

Communicable Diseases	Non-Communicable Diseases (NCD)
They spread from one person to another	Not
They spread very easily and are highly infectious and acute in nature	Not
They are caused by viruses or bacteria that spread from one person to another through contact with contaminated surfaces, bodily fluids, blood products, insect bites, or through water and air.	Not
Not	They can be caused due to any allergy, malnutrition, illness due to internal factors.
Not	They may occur due to changes in the surroundings or exposure to unwanted substances and unhealthy lifestyle.

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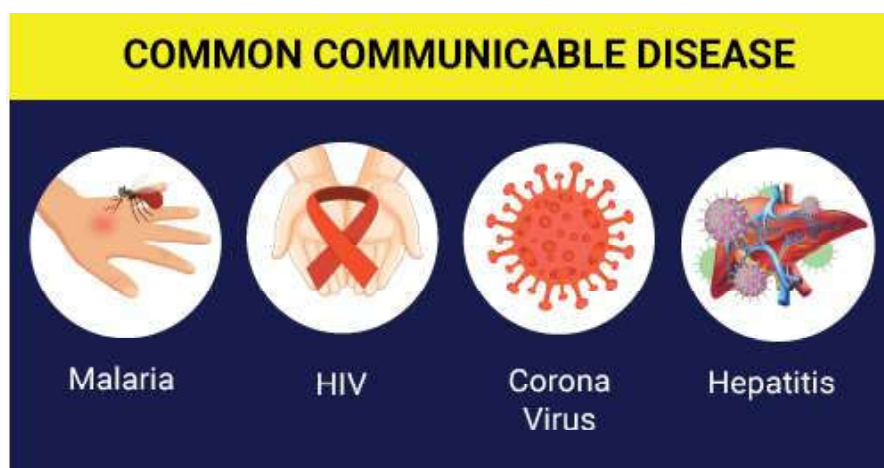




Note

Communicable Diseases	Non-Communicable Diseases (NCD)
Not	These diseases take time to develop hence they are chronic in nature
Not	These diseases can be transferred from one generation to another
Traditional therapy or drugs can help in treating the disease	Specialised treatment is required and surgery may be needed in worse cases
Vaccination will also be helpful in preventing the disease	Healthy lifestyle and early detection will be helpful

7.3 COMMON COMMUNICABLE DISEASE



Malaria

Disease	Transmission	Symptoms	Effects
Malaria - It is caused by a single celled parasite of plasmodium genus. This disease is caused by the bite of infected mosquitoes. It is common in tropical and subtropical regions.	1. Transmitted by bite of an infected mosquito 2. It can be transmitted from mother to unborn child 3. It can be transmitted through blood transfusion 4. It can be transmitted through sharing of common needle with infected person	1. High grade fever 2. Headache 3. Vomiting and nausea 4. Increased heart rate 5. Rapid breath 6. Cough 7. Muscle pain, joint pain and abdominal pain 8. Fatigue 9. Diarrhoea	1. Cerebral Malaria 2. Pulmonary oedema (difficulty in breathing) 3. Anaemia 4. Low blood sugar (hypoglycaemia) 5. Organ dysfunction- kidney, liver, spleen 6. Coma or death



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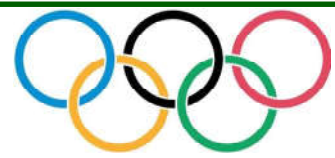
Note

Diseases

HIV/AIDS

Disease	Transmission	Symptoms	Effects
HIV /AIDS - It is Acquired Immuno Deficiency Syndrome which can damage the immune system of the body. HIV is the virus (Human Immuno Deficiency virus) which reduces the ability of the body to fight disease and infection.	1. It can be transmitted through sexual contact 2. It can be transmitted through sharing of needle with diseased person 3. It can be transmitted from mother to unborn child during pregnancy 4. It may even be transmitted from mother to unborn child during birth 5. It can be transmitted from mother to child during breastfeeding 6. It can be transmitted through transfusion of blood of diseased person to healthy person	1. Fever 2. Swollen lymph nodes 3. Weight loss 4. Pneumonia 5. Fatigue 6. Herpes zoster (painful Rash) 7. Fungal infection of tongue and cheeks 8. Diarrhoea	1. Pneumocystis pneumonia -A fungal infection that leads to severe illness 2. Tuberculosis 3. Inflammation and thick white colour layer on tongue, mouth or vagina 4. The Herpes virus becomes active and causes damage to different organs like eye, lungs etc 5. Inflammation in brain and spinal cord 6. Cancer in neck or groin 7. Tumour in lungs or intestines 8. Cervical cancer 9. Kidney inflammation 10. Liver disease like Hepatitis B or C 11. Neurological disorders

Physical Education



Corona Virus

Disease	Transmission	Symptoms	Effects
Corona Virus - This disease caused by the virus namely SARS-COV-2. It is also known as covid-19. People with old age or weak immune system are badly affected by it. Best way to prevent is to stay at least 2 m away from the diseased person	Main method of transmission is through the droplets of the infected person to the common person through 1. Cough 2. Sneeze 3. Speak 4. Sing 5. Breathe 6. Touch 7. Hug 8. Sex 9. Any other close contact	1. Cough and cold 2. Fever 3. Fatigue 4. Shortness of breath 5. Sore throat 6. Muscle pain 7. Chest pain 8. Vomiting and nausea 9. Conjunctivitis 10. Rashes on skin	1. Heart problems 2. Pneumonia 3. Breathing problem 4. Acute respiratory disorder 5. Kidney injury 6. Blood clots 7. Loss of taste 8. Loss of smell 9. Additional infections



DO YOU KNOW?

Covid-19 various names is – SARS – COV-2



Activity 7.3

Prepare a list of people in your vicinity suffering from Non-communicable Diseases especially obesity, diabetes, arthritis, insomnia.

Hepatitis

Disease	Causes/Transmission	Symptoms	Effects
Hepatitis - This disease occurs due to infection in liver tissues by a virus. There are different viruses -hepatitis A, B, C, D and E.	1. Infection through virus (Transmission of virus through saliva, sex and blood) 2. Excessive intake of alcohol 3. Use of drugs 4. Intake of toxic chemicals 5. Fatty liver	1. Vomiting and Nausea 2. Indigestion 3. Loss of appetite 4. Intense fatigue 5. Diarrhoea 6. Jaundice 7. Dark urine 8. Yellowish skin and eye	1. Skin problems 2. Blood Disorders 3. Weight loss 4. Thyroid problem 5. Damage to Liver tissues 6. Liver failure 7. Liver cancer 8. Cirrhosis 9. Death



Note



MODULE-2

Health Education



Note

Diseases



Intext Questions 7.3

1. Tick the correct option.

1. Which of the following situations can lead to the transmission of both HIV/ AIDS and Hepatitis?
 - a) Sharing food with an infected person
 - b) Hugging an infected person
 - c) Sharing needles during drug use
 - d) Touching infected person's clothes
2. A person suffering from Malaria develops severe breathing difficulties. Which of the following effects is most likely responsible for this condition?
 - a) Pulmonary oedema
 - b) Pneumonia
 - c) Cirrhosis
 - d) Blood clot
3. During the Covid-19 pandemic, a person maintained physical distance but still got infected. What could be the possible reason?
 - a) Touching contaminated surfaces and not sanitizing hands
 - b) Sharing a meal at a distance of 2 meters
 - c) Talking over the phone with an infected person
 - d) Drinking bottled water

7.3.1 Common Non Communicable Diseases (NCD)



Physical Education



**Note****Cancer**

Disease	Causes	Symptoms	Effects
Cancer - It is a group of diseases which occur due to abnormal growth of cells in one or other part of the body. It can start in one part of the body and can travel to another part and develop in another area thereafter.	- Excessive use of tobacco - Excessive use of alcohol - Exposure to various radiation - Obesity - Insufficient intake of fruits and vegetable - Intake of very stale food - Chronic infection from hepatitis B and C virus or any other virus	- Fatigue - Excessive sweating in night or during sleep - Sudden weight loss - Bleeding during cough - Difficulty in swallowing food - Loss of appetite - Change in voice - Persistent cough - Change in shape and size of chest or breast including nipples - Change in skin colour - Vaginal bleeding or blood in urine	- Hair loss - Vomiting and nausea - Memory loss - Severe pain - Blood clotting - Loss of neutrophils (White blood cells) - Excessive swelling due to blocked lymph nodes - Mood change - Reduced sex drive - Frequent infection in the body

Heart Disease (CHD)

Disease	Causes	Symptoms	Effects
Heart Disease (CHD) - In this disease, wax type substance, known as plaque, builds up or gets deposited inside the coronary arteries. These arteries supply oxygenated blood to the heart muscles. Over a period of time, due to deposition of	- Age - Sex - Heredity - Race - Hypertension - Smoking - Obesity - Diabetes - Physical inactivity - Emotional imbalance	- Severe chest pain and constant pain in the upper body and limbs - Indigestion - Heartburn - Sweating - Nausea - Shortness of breath - Sense of vomiting	- Anxiety - Emotional distress - Behavioural disturbance - Depression - Weakening of heart muscles - Heart failure - Difficulty in breathing - Angina - Disruption in the functioning of heart valve



MODULE-2

Health Education



Note

Diseases

Disease	Causes	Symptoms	Effects
plaque, the arteries become hard. This plaque forms tiny clots which cause a blockage in the supply of blood. This causes irregular of insufficient supply of blood through arteries which results in chest pain (angina) or heart attack.	11. Environmental factors 12. Unhealthy diet	8. Colourless face 9. Restlessness	10. Swelling in legs, feet or belly etc 11. Arrhythmia 12. Stiffness or thickening of heart muscle 13. Heart infection



DO YOU KNOW?

The waxy substance deposit in the arteries of heart that makes them hard is known as plaque

Diabetes

Disease	Causes	Symptoms	Effects
Diabetes - It is a metabolic disorder where the sugar level of the blood increases as the required insulin secreted by the pancreas is not sufficient. It is hereditary in nature but several other factors are also responsible for development of this disease in people.	1. Heredity 2. Age 3. Lack of physical activity 4. Smoking 5. Over stress or depression 6. Over sleeping 7. Insomnia 8. Medicinal effect of some other disease	1. Frequent urination 2. Feeling thirsty 3. Improper vision/ Blurry vision 4. Injuries or wound not heal in stipulated time 5. Numbness in feet and hands 6. Repetitive yeast infection 7. Irritable behaviour 8. Feeling of lethargy	1. Vision impairment 2. Wound bleeding for longer period 3. Repetitive infection with small breaks 4. Indigestion 5. Lack of sexual response 6. Delay in pregnancy 7. Develop CHD 8. Kidney failure 9. Fainting

Physical Education





Activity 7.4

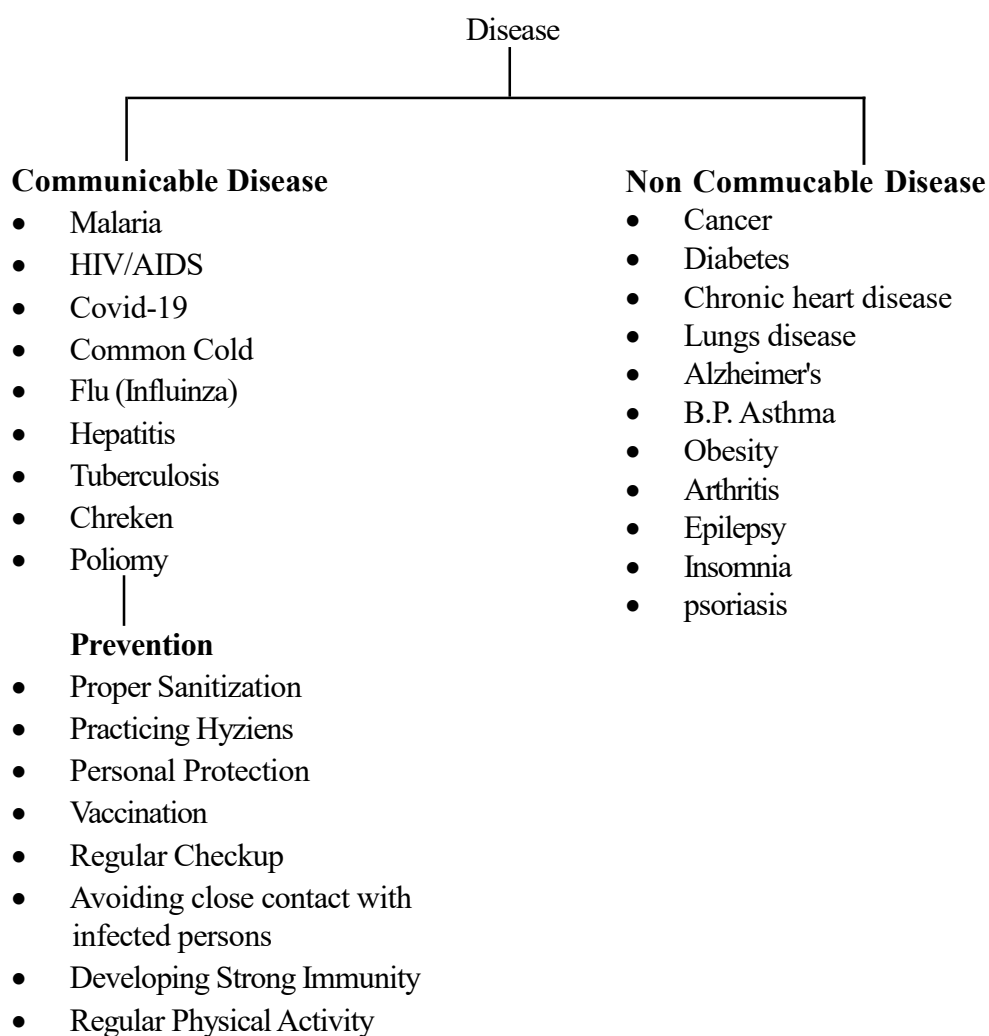
Organize a health check up camp in your society or group.



Terminal Exercise

- 1) Write down the difference between communicable and non-communicable diseases?
- 2) Explain about the measures used for prevention of NCD?
- 3) Write down the causes and symptoms of any two Communicable diseases?
- 4) Write in details about the effects of any two NCD on human body?

Concept Map



Note



MODULE-2

Health Education



Note

Diseases



Answers to Intext Questions

7.1

- 1) True,
- 2) False,
- 3) False

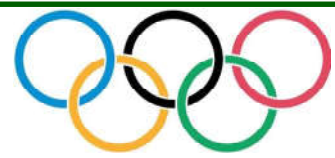
7.2

- 1) a) Persistent fatigue and frequent urination
- 2) Diabetes
- 3) a) Regular physical activity and a balanced diet

7.3

- 1) c) Sharing needle during drug use
- 2) a) Pulmonary Oedema
- 3) a) Touching Cotaminated Surfaces and not sanitizing hands.

Physical Education





Note

SAFETY MEASURES

- Saurabh : “Hi Anita, Why are you limping?”
- Anita : I hurt my knee while playing football.
- Saurabh : How did that happen?
- Anita : I twisted my knee as soon as I ran with the ball.
- Saurabh : Oh no! Did you warm up before playing?
- Anita : No, I was in a hurry and skipped it.
- Saurabh : Warming up is very important. It helps prevent injuries.
- Anita : You are right! I’ll never skip a warming up session again.
- Saurabh : Take care and get well soon!



Learning Outcomes

The learner-

- enumerates safety measures in the vicinity of home, school, and playground
- describes first-aid and its importance during common injuries
- explains the preventive measures essential for prevention of common injuries.

8.1 SAFETY MEASURES AT HOME

Safety is the most important concern of parents for their children. However, it is not only children or teenagers, who are at risk of getting injured. People at any age are at risk of injury whether at home, school, workplace, or in the playground. Learning more about safety measures requires learning cognitive and psycho-motor skills that help prevent injuries in potentially dangerous situations. Knowledge of safety measures also provides adequate opportunities to enjoy a large number of activities without any fear. Following points should be taken into consideration when we talk about safety at home.



MODULE-2

Health Education



Note

Safety Measures

1. **Proper Ventilation** – Proper ventilation is very important for a healthy living environment and reducing the risk of respiratory disease. Therefore, it is important to open doors and windows for proper ventilation in order to let fresh air in at home.
2. **Spacious Rooms** - There should be spacious rooms in homes so that the furniture and other large articles could be arranged properly and family members can move around in room freely.
3. **Hygienic Floors and Furniture**- Ensure that the floors and furniture are maintained in a hygienic condition. This helps in protecting the individuals from seasonal diseases and infections.
4. **Avoid Iron or Steel Infrastructure**- Stop using sharp and pointed iron or steel infrastructure within the room. It can injure the individual and can be a source of infections.
5. **Avoid Use of Glass or Porcelain Crockery** - Stop using glass crockery when children are under the age of 12 since children of this age group are careless and not able to handle breakable goods properly. It increases the chance of injury.
6. **Clean Bathrooms**- Bathrooms should be kept clean and dry. There should be no water leakage from the taps. This will reduce the chances of slipping or falling in the bathroom. Sanitary items should be kept out of reach of children.
7. **Electric Wiring**- Ensure that electric wiring is not exposed or hanging loose. This can lead to a short circuiting of the wires or may cause someone to receive an electric shock. Be sure to cover unused sockets with safety plugs otherwise there is a chance kids or young adults may insert a finger in the socket.
8. **Kitchen**- Kitchen is the most accident-prone place in the house. Avoid placing the inflammable substances like kerosene oil, match box, lighter etc. near the gas stove. Electric appliances like the toaster, mixer etc. should have the wires checked regularly.
9. **Railing or Fencing**- Install proper railings or fencing on balconies and stairs. It will prevent children, young adults and old people from falling and help them climb stairs safely.
10. **Never Leave Children Alone** - We should never leave children alone in the house. They can harm themselves if left unattended. Guided supervision is required when children are using the internet, watching TV or using a mobile device. Medicines, poisonous substances & sharp objects should be kept out of reach of children.

Physical Education





Note

Safety At Home



Don't put your finger
in the socket



Don't play in the
kitchen



Don't use a knife



Don't eat medicine
without asking.



Don't play with
mosquito to sprays



Don't play with iron



Don't play with
matchstick



Don't use foot stool to
climb in the balcony



Always work with an adult
in the kitchen





Note

Safety Measures

- 11. Observe the Behaviour and Activity of the Child** - We should observe the behaviour of children or teenagers regularly to notice signs of trauma or distress. Proper observance will help to protect them and also ensure remedial arrangements in case of any assault or undesirable situation arising.



DO YOU KNOW?

Fire extinguishers contain different substances depending on the type of fire they are used for. The best fire extinguishers for domestic use are Dry Powder Extinguishers as they can be used in case of most types of fires, including gas and electrical fires.

The first fire extinguisher was invented by George William Manby in 1818 in England. His extinguisher contained potassium carbonate (liquid) under pressure to put out fires. Modern fire extinguishers have improved a lot since then and are very helpful in protecting lives and property.



Activity 8.1

Draw a simple picture of your home. Then, label three areas where you can install safety features (like a smoke alarm, safe electrical outlet cover, or keep a first-aid kit).

8.1.1 Safety Measures – School

School has always been the second home of the child. It is the place where children spend a large part of their day. Parents cannot be around the child during school hours and have to entrust the safety of their child in the hands of teachers, school management and staff. Safety measures in School include the following points.

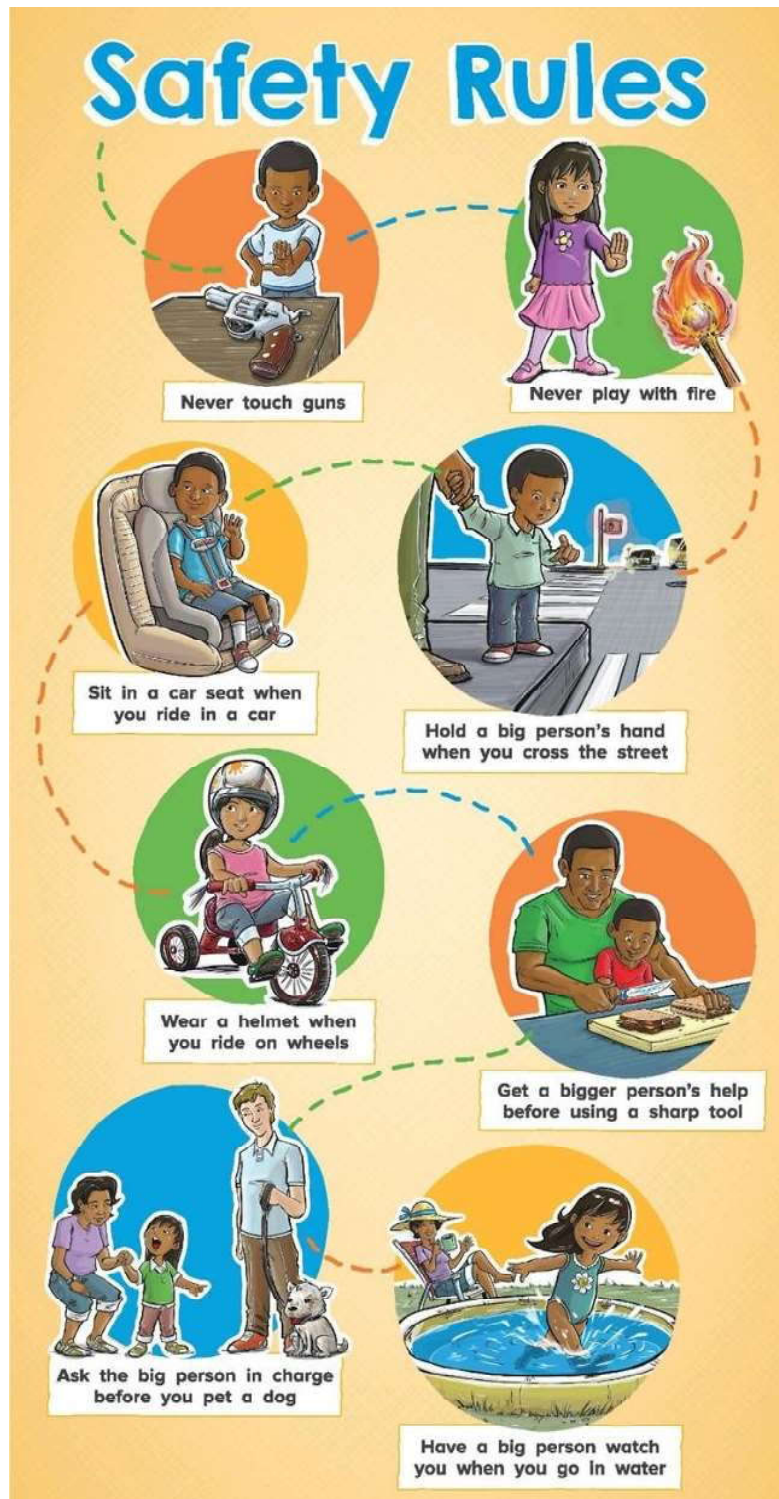
- 1. Knowledge of Safety Threats-** There should be proper knowledge of safety threats. Until and unless proper knowledge is provided, the threats cannot be understood or visualized.
- 2. Safe Transportation-** Ensuring safe transportation is the prime task of the school management. The driver of the school vehicles like — bus, taxi, van etc. should have police verification. Moreover, the vehicle should be properly maintained and inspected on a regular basis.
- 3. CCTV Surveillance** - There should be installation of CCTV surveillance on the campus. This helps to monitor the movement of the children and staff. It also enables the security personnel to take proper note of strangers and other visitors to the school.



4. **Medical Facilities-** Proper medical facilities should be provided in case of any injury or emergency medical situation. There should be a proper medical room with a certified and competent medical staff along with necessary medicines and first aid kit.



Note





Note

Safety Measures

5. **Washrooms and Laboratories-** Monitoring of washrooms, laboratories and dark corners within the school premises is essential. Usually, bullying or undesirable acts of harassment or violence happen in these places. That is why it is essential to keep additional housekeeping staff or guards in these places.
6. **Teaching Staff-** Ensure proper background verification for teachers before placement. For the safety of the students, it is important to have a sensitive and qualified teaching staff who can handle the students with utmost care, affection and love.
7. **School Staff-** School staff like drivers, cleaners, peons etc. must undergo thorough verification before being hired.
8. **Gate Security-** Effective security measures at the gate must be implemented. Breaching of school entrance gate can cause several unwanted situations and compromise the safety and security of children.
9. **Monitoring Visitors and Record Keeping-** There should be proper monitoring and maintenance of records of visitors. It is important to make a proper entry and exit record of the visitors and no stranger should be allowed to enter the school premises at any cost.
10. **School Infrastructure-** Ensure that the school infrastructure and building plan adhere to government guidelines. Students and staff should be trained to respond to the emergency protocol in case of emergencies like fire, earthquake or any other natural disaster or emergency caused by human actions.
11. **Fire Safety Equipment-** The fire safety equipment should be placed at different places which can be assessed or reached with ease. Proper training for using fire safety equipment should be should be given to the students and staff.
12. **Anti-ragging and Anti-bullying-** The school should have a zero tolerance policy towards ragging, bullying and misconduct. The school administration should be strict while handling cases of indiscipline and bullying. They should have a strict policy for compliance and same should be conveyed in advance to all the students.
13. **Emergency Response Protocols-** Promoting awareness of emergency response protocols is essential to ensure safety of students and staff. Students and staff should be trained to respond to the emergency protocol to cope with any emergency.
14. **Information About the Child-** It is essential to be vigilant about checking the child's identity card and obtaining their contact details to meet any emergency situation. The school must ensure restrictions on a child's movement outside the premises in case he/she is alone to prioritize their safety and well-being.
15. **Feedback Box-** A feedback box should be placed at different accessible locations for students to provide their feedback on issues that concern them.





Activity 8.2

“Practice with friend what you would do if you heard the fire alarm at school”.
(Enlist your actions and then share with the class).



Note

8.1.2 Safety Measures- Playground

Playground is the place where children can express themselves in a most natural manner. However, the playground is also the place where chances of sustaining injuries increases. This is especially true if children engage in unsupervised activities. The following safety measures can minimize the injuries or the severity of injuries.

1. **Proper Sports Attire-** Wearing appropriate sports attire on the sports field is necessary. Sports attire is different for different games. It helps not only to protect the athlete from injury but also enhances performance.
2. **Sports Shoes-** Wearing proper sports shoes is essential. Different playing fields require different types of sports shoes. For example, on a badminton court, non-marking shoes are required, while spikes are required for track and field events and studs are required on the football field.
3. **Sports Equipment-** It is important for players to use standard sports equipment. Standard sports equipment helps in increasing the performance and also reduces the chances of injuries which occur due to wear and tear of substandard equipment.



MODULE-2

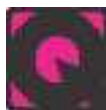
Health Education



Note

Safety Measures

5. **Playfield-** The playfield should be clean, smooth and levelled and free from stones or garbage. Stones and garbage on the field may cause injury to the athlete.
6. **Water logging-** Excessive water logging may cause deterioration of the field and leave it unfit for playing.
7. **Select Age-appropriate Activity-** Consider the age appropriacy of any activity to be assigned to a group while selecting sports activities. Games like boxing, wrestling etc. have a lot of impact because of different age groups.
8. **Supervision of an Expert-** Sports should be played under close supervision of an expert. Experts may advise the players on the spot regarding their mistakes and also help them train safely, helping prevent injuries on the field.
9. **Obey Rules and Regulations-** It is important to obey the rules and regulations of the particular sport. Every game or sport has specific rules which need to be followed without any alterations.
10. **Do Not Get Over-excited During Play-** It is essential not to get overly excited during the play. Excitement leads to carelessness while playing, or trying to extend one's limits far beyond one's potential and body limitations. This ultimately leads to injury.
11. **Fitness and Skill Competency-** It is important to know your fitness level and skill competency in any activity. Every individual is different as to their fitness and competency. This must be kept in mind while choosing a particular game.
12. **Proper Supervision** – There should be proper supervision by the teacher at the time of entry and exit from the ground
13. **Interest:** Activities must be chosen as per interest of the student.



Intext Questions 8.1

1. **Tick the correct option.**
 1. What is the primary benefit of ensuring proper ventilation at home?
 - a) Reducing noise pollution
 - b) Providing fresh air circulation
 - c) Saving energy costs
 - d) Preventing electrical hazards

Physical Education





Note

2. Why is it recommended to avoid using porcelain or glass crockery around children under 12?
 - a) It is difficult for them to hold
 - b) It is breakable, causing potential injury
 - c) They may damage the crockery, leading to high costs
 - d) They are not familiar with using glass items
3. Which of the following safety measures is essential for ensuring children's safety on a playground?
 - a) Wearing appropriate sports attire and footwear
 - b) Limiting physical activity time to under 30 minutes
 - c) Only allowing children above 10 years of age
 - d) Restricting water consumption during play
4. In schools, what is the purpose of CCTV surveillance?
 - a) To monitor visitors and unauthorized access
 - b) To control classroom activities
 - c) To ensure proper teaching methods
 - d) To restrict student movement
5. Which statement about kitchen safety is correct?
 - a) Inflammable substances should be stored close to the gas stove for easy access.
 - b) The toaster and mixer should be placed and wired carefully to avoid accidents.
 - c) Children should be encouraged to handle kitchen appliances independently.
 - d) Sharp objects should be placed openly in the kitchen.



DO YOU KNOW?

The first traffic signal was installed outside the Houses of Parliament in London in 1868. This gas-lit signal was manually operated and was designed by John Peake Knight, a railway signals engineer.

Around 1912, Lester Wire, an American police officer and inventor, developed an electric traffic signal system, and by 1914, the first electric traffic signal was installed in Cleveland, Ohio.



**Note****Safety Measures**

Later, in 1923, Garrett Morgan patented a three-position traffic signal. His design introduced a “caution” phase (in addition to the stop and go signals), which is considered a precursor to the modern traffic light system.

8.2 FIRST AID

First aid has a very important role in the management of any common injury. It is the immediate help provided to the injured person before treatment by the medical experts. According to St. John Ambulance Association, first aid is a knowledge of the principles of practical medicine and surgery by which a trained person may give skilled assistance in case of an accident or sudden illness. Or, stated more simply, it is the immediate help that can be given to an injured or sick person. In case of an unforeseen and unfortunate accident or mishap, this immediate response is essential to stabilise the injured person, and reduce the chance of permanent damage. It is not necessary that only a trained professional can provide first aid, but general knowledge of first aid is necessary for ensuring the first aider is equipped to take charge. Otherwise, the effect of the first aid loses its importance and the injured person may be harmed further.

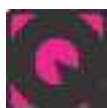
**8.2.1 Benefits of First Aid**

1. **Life-saving:** The prime benefit of first aid is that it may help save the life of the victim in case of an accident or major injury. It has been researched that the first aid provided to the victim of an accident, the Platinum Ten Minutes and the Golden Hour are of utmost importance to help the person to a great



extent in situations like management of blood loss, protection of the injured part etc.

2. **Minimizing the Loss:** If immediate first aid is provided to the victim, further damage to the affected injured part maybe minimized. For example; an accident victim may bleed to death in case no first aid is given. Or, the fracture may worsen or there may be a chance of multiple fractures during transportation or even loss of limbs.
3. **Pain Management:** During the injury, the first impact is severe pain. First aid helps the person get relief from the severe pain just after the accident. Once the pain is settled or reduced, the victim's condition can be assessed in a better way. The victim may then be better managed or moved for medical help in a more effective manner.
4. **Promotes Recovery:** It is quite understandable that first aid has its own limitations, but immediate help promotes recovery. Firstly, the victim gets a kind of assurance that the injury is manageable and, first aid helps him or her due to prevention of aggravation of the injury.
5. **Protects Choking:** In several cases, the victim of an accident goes into shock due to blockage of air pipes because of injury or due to wrong body posture. The prime purpose of first aid is to ensure that the victim's nasal/ mouth passage should not be blocked or hindered and the air should be breathed in and out with ease.
6. **CPR or Cardiopulmonary Resuscitation:** CPR is artificial breathing or the passive breathing administered to the victim by the first aider. Though administering CPR requires proper knowledge and training, efforts to give CPR to the unconscious person or the victim who is unable to breathe, surely helps in the revival of the victim.
7. **Medical Care:** First aid is a type of medical care which is provided to the victim in order to make him or her healthy. It helps the person to get fit and active even without taking help of the medical expert. For example; first aid given in case of minor cuts, burns or as a result of a fall etc.



INTEXT QUESTIONS 8.2

1. **Tick the correct option.**
1. What is the primary purpose of first aid?
 - a. To replace medical treatment by experts

MODULE-2

Health Education



Note



MODULE-2

Health Education

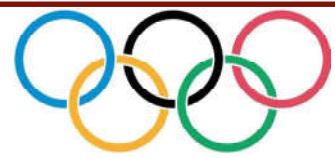


Note

Safety Measures

- b. To delay medical intervention
 - c. To provide immediate help to an injured or sick person before expert treatment
 - d. To diagnose illnesses
2. Which organization defines first aid as “a knowledge of the principles of practical medicine and surgery”?
 - a. American Red Cross
 - b. World Health Organization (WHO)
 - c. St. John Ambulance Association
 - d. National Safety Council
3. How does first aid contribute to minimizing severity of injury?
 - a. By curing the injury completely
 - b. By stopping the need for medical professionals
 - c. By preventing further damage to the injured area
 - d. By ignoring minor injuries to focus on major ones
4. Which of the following benefits of first aid helps in restoring breathing in cases of blocked airways?
 - a. Pain management
 - b. Protecting from choking
 - c. Reducing blood loss
 - d. Minimizing injury
5. What is CPR in the context of first aid?
 - a. A technique to manage fractures
 - b. A type of pain-relieving medication
 - c. Artificial or passive breathing given to a victim
 - d. A method to prevent infections

Physical Education



**Note**

8.3 PREVENTIVE MEASURES FOR COMMON INJURIES

Injuries may lead to trauma. Sometimes, small injuries may create major problems. Even if the injuries are not handled properly, it may lead to a serious loss to the injured person. Medical treatment may affect the recovery differently for different persons. Moreover, an injury may have not only a physical impact on the victim; it may have serious mental and psychological consequences. Physical injuries will heal over a certain period of time, but the mental and psychological impact leaves a deep impression on the personality of the individual. That is why it is important to take preventive measures to avoid the common injuries. Few of these measures include the following.

- **Clothing:-** It is important to wear proper clothes at proper place. If you are engaged in an activity where risk of fire is involved, avoid wearing polyester or nylon clothes and wear cotton clothes instead.
- **Use of Protective Gear:-** Individuals should be careful to take adequate protection to avoid the injuries. For example, using the seat belt while driving the car, wearing helmet while riding a two-wheeler, using masks in public places etc.
- **Following Rules and Regulations:-** One should always follow the rules and regulations as per the law of land. Following the traffic signal while driving, being careful about sign boards for turns, using stairs instead of the lift in case of fire, avoiding swimming in restricted water bodies etc helps prevent accidents.
- **Health Check-ups:-** Every individual should undergo a health check up on a regular basis. It will help in assessing the condition of the body and help in detection and diagnosis of any critical disease in its early stage.
- **Fitness Test:-** Every individual should take a fitness test on a regular basis. This will help him/her find out about his/her fitness condition. Sometimes, excessive exercise or strenuous activities may cause an injury.
- **Diet:-** It is important that every individual takes a balanced diet as per his/her occupation and activities. Sometimes, teenagers or young adults take a very limited diet to lose weight. Dieting without any supervision may affect nutritional levels which may hamper overall health.
- **Environment:-** People should be aware of the climatic conditions and environment of their surroundings. Whenever there is change in the environmental conditions, it will directly affect the health of the individual.



MODULE-2

Health Education



Note

Safety Measures

- **Warm-up:-** All athletes and sportspersons must ensure proper warm-up before engaging in physical activities.



INTEXT QUESTIONS 8.3

1. Tic the correct option.

1. Which of the following is an important factor to consider when choosing clothing to prevent injuries?
 - a) Wearing the latest fashion trends
 - b) Avoiding cotton clothes at all times
 - c) Wearing clothes suitable for the activity, such as cotton near fire
 - d) Choosing bright-colored clothing
2. Why is regular health check-up recommended as a preventive measure for injuries?
 - a) To stay updated with the latest medical advancements
 - b) To diagnose any critical disease or assess body condition early
 - c) To avoid paying high medical bills
 - d) To meet the minimum health requirements for insurance
3. Which of the following is NOT an example of a protective gear?
 - a) Helmet
 - b) Seat belt
 - c) Cotton clothes
 - d) Masks
4. What is one of the psychological effects of injuries as mentioned in the text?
 - a) Longer physical recovery time
 - b) Increased physical strength



- c) Long-lasting mental and psychological impact
 - d) Improved cognitive skills
5. Why is it important to warm up before engaging in physical activities?
- a) To increase strength instantly
 - b) To reduce the risk of injuries
 - c) To feel more energetic
 - d) To burn calories quickly



TERMINAL EXERCISE

- 1) Explain the safety measures required to be adopted by the School for the better safety of students.
- 2) Write in details about the measures to prevent Common injuries?
- 3) Write down the role of First Aid to minimize the Injuries?
- 4) Write a note about the safety concerns in Home for Children?



Answer of Intext Questions

8.1

- 1) b) Providing fresh air circulation
- 2) b) It's breakable, causing potential injury
- 3) a) Wearing appropriate sports attire and footwear
- 4) A) To monitor visitors and unauthorized access
- 5) b) The toaster and mixer should be placed and wired carefully to avoid accidents

MODULE-2

Health Education



Note



MODULE-2

Health Education



Note

Safety Measures

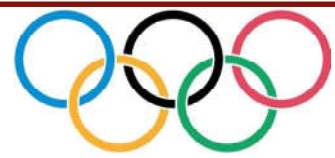
8.2

- 1) c To provide immediate help to an injured or sick person before expert treatment
- 2) c St. John Ambulance Association
- 3) c By preventing further damage to the injured area
- 4) b Protecting from choking
- 5) c Artificial or passive breathing given to a victim

8.3

- 1) c) Wearing clothes suitable for the activity, such as cotton near fire
- 2) b) To diagnose any critical disease or assess body condition early
- 3) c) Cotton clothes
- 4) c) Long-lasting mental and psychological impact
- 5) b) To reduce the risk of injuries

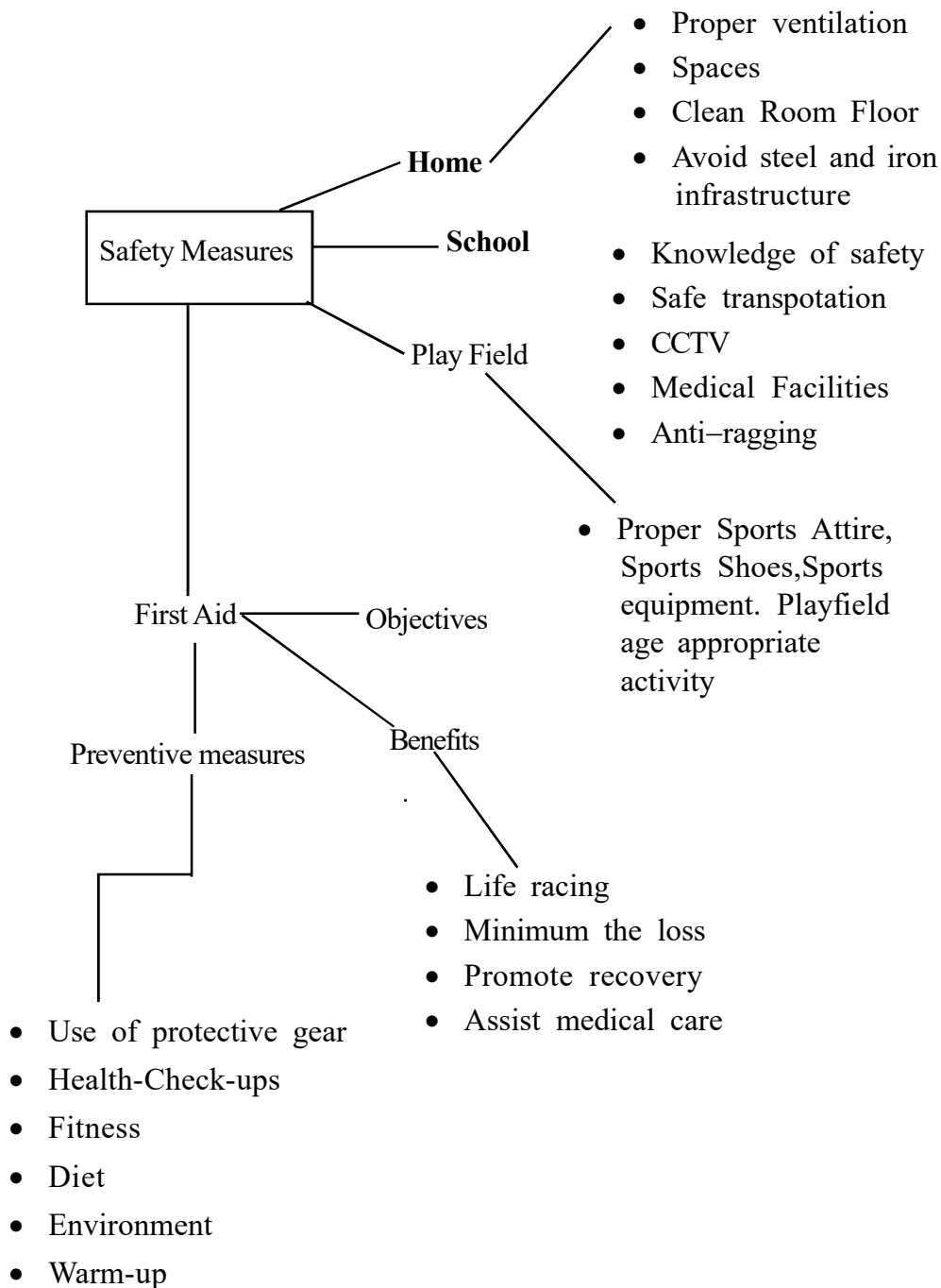
Physical Education





Note

Concept Map



**Note****INCENTIVES AND AWARDS**

Dear Diary,

A Day to Remember

I can hardly believe what happened today! Our school football team played in the finals against Green Valley High School. We had practiced so hard for this day! But the Green Valley Team was the District Champions last year. As we sat in the Sports Room before the match started, I could feel my heart pounding. The whistle blew, and the game began.

I gave my best — running, passing, and cheering for my team. The final score was 2-1... We had WON. I felt tears of joy stinging my eyes. My Coach patted my shoulder and said, “You played really well.”

My Coach’s words made me realize that winning is about not giving up. It is about the effort, teamwork, and belief in oneself.

Tomorrow, we’ll start practicing again — because success means working hard!!

— Yuvaan

Have you ever noticed, the awards given to sports person at national and international level? How do players achieve those awards? After winning those you may have noticed the happiness on their faces, the joy in their eyes. People feel very special at that time. This is the time when their hard work gets rewarded.

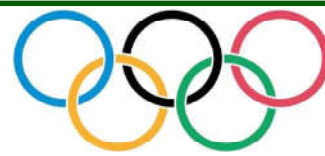
What is the criteria for these awards being given to players? And what are the names of those awards?

All these things are what we will be discussing in this chapter.

**LEARNING OUTCOMES**

The learner-

- describes the role of incentives and awards in sports performance.
- lists various awards given by Government in the field of sports.
- enumerates various Government incentive schemes for sports promotion in India.



**Note**

9.1 INCENTIVES AND AWARDS

Awards and incentives in sports performance play a big role in motivating athletes to do their best through recognition of their achievements. They give athletes something to aim for, set clear goals, and create a competitive environment. They also provide appreciation for players, boost their self-esteem, and attract talented athletes to the sport.

Incentives

Incentives are given to individuals or groups in order to push them to do, act, or achieve something better like perks, motivation and rewards. Incentives are used to inspire people to work in a certain way or reach specific goals.

Incentives also include money, praise, prizes, special access, bonus, and other physical or intangible benefits. The goal of incentives is to encourage people to take specific actions that will help them achieve certain targets.

Incentives may be applied in business, economy, education, healthcare, social settings, and other places, to modify behaviour, improve performance, boost productivity, get people to follow the rules or laws, encourage creativity and new ideas, or get individuals or groups to act better.

Effectiveness of incentives often relies on how valuable they are seen to be? how relevant they are? how far they are, and how they motivate the person receiving the incentive? Also, careful observation to any unintended changes in behaviour as a result of the receiving of incentives is required.

Awards

The term “awards” refers to forms of recognition, accolades awards, or honours given to individuals, teams, or organizations for their achievements, contributions, or excellence in a particular field or endeavour. Awards may be in the form of trophies, certificates, medals, plaques, titles, money, or prizes, and are often given by authoritative bodies, institutions, or organizations.

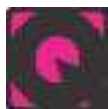
Awards are given to acknowledge and celebrate outstanding performance, innovation, talent, or dedication. They serve as a means of honouring individuals or organizations for their achievements. Awards motivate others to strive for excellence, and provide recognition for noteworthy contributions or accomplishments.

Awards help in boosting morale, self-esteem, and professional reputation of the person which may have significant impact on recipient. They often serve as milestones in their careers, helping to differentiate and elevate them within their respective fields. Additionally, awards can bring visibility and prestige to the recipients. In short, we can say, awards open doors to new opportunities, collaborations, and increased public recognition.





Note



Intext Questions 9.1

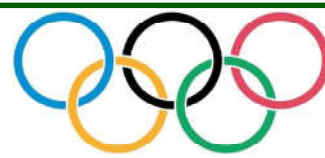
Match the following sports awards with their correct description.

Award	Description
a) Gold Medal	1. Given to the best player of the match or tournament
b) Trophy	2. Awarded for the highest position in a competition
c) Certificate	3. A document recognizing participation or achievement
d) Player of the Match	4. Given to the winning team in tournaments

In sports, incentives are rewards or benefits given to players or teams to get them to do, perform, or achieve the desired results. These incentives are in different forms and may be used for various purposes.

Advantages of Incentives

1. Financial incentives: Money is one of the popular way to motivate people in sports. Athletes may be given incentives in the form of prize money, or contracts based on their success to reach specific goals or milestones. These incentives can be used as real rewards and give players an apparent reason to do their best.
2. Scholarships incentives: Players performance may be appreciated by awarding scholarships or other rewards. These benefits motivates athlete to in continue participation in sports.
3. Training and equipment incentives: Specialised training programmes may be rewarded to athletes which may include access to advanced training with specialised coaches, or top-of-the-line equipment. These rewards can help players improve their skills, do better, and get ahead in the competition.
4. Incentives for travel and lodging: Cost of their travel and accommodation may be expensive thus athletes who attend tournaments, competitions, or training camps may be given help with travel and lodging. These incentives help athletes with their finances and let them focus on their success without worrying about other problems.
5. Endorsement deals and sponsorship opportunities: Endorsement deals and sponsorships are offered to elite atheletes. As a result, they can focus on their sport without worrying about money. Endorsements can also allow players to get recognised and validated for their actions.



6. Career advancement incentives: This could include being made captain, being offered a leadership role, or getting more playing time based on how well they do.

Incentives help athletes to stay motivated, and help them grow as responsible sportsperson as they go through their sports careers.



DO YOU KNOW?

The oldest sports trophy in the world is the Carlisle Bells, a horse racing trophy dating back to 1559 and was first awarded by Elizabeth I. The race has been run for over 400 years in Carlisle, Cumbria, United Kingdom.

9.1.1 AWARDS AND INCENTIVES IN SPORTS PERFORMANCE

Awards and incentives play a significant role in motivating athletes, recognizing their achievements, and fostering a competitive spirit. They serve as powerful tools to inspire athletes to demonstrate their powers in their respective sports. Following are the some key aspects of the significance of awards and incentives in sports performance enhancement.

Role of Awards and Incentives in Sports Performance

1. Motivation: Players are motivated to push at their best. Knowing that their efforts can be rewarded with recognition, trophies, or monetary incentives, which can fuel their drive to succeed.
2. Goal-setting: This helps in setting clear goals and benchmarks for athletes to work towards. These goals provide a sense of direction and purpose. Thus, athletes are able to focus their training and efforts effectively towards a desired goal.
3. Competitive spirit: The presence of awards and incentives in sports cultivates a competitive environment. The desire to win awards can create healthy competition among athletes, as they are inspired to continuously raise their standards.
4. Recognition and validation: Awards and incentives offer public recognition and validation for an athlete's hard work, talent, and achievements. This recognition not only boosts an athlete's self-esteem and confidence but also is an acknowledgement of their dedication and perseverance.



Note



MODULE-3

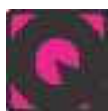
Sports Education



Note

Incentives and Awards

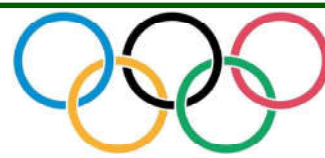
5. Talent development and retention: Incentives and awards play a crucial role in attracting and retaining talented athletes. Athletes are given the promise of scholarships, financial rewards, endorsement deals, or the opportunity to compete at prestigious events.
6. Psychological impact: When athletes win an award, it can instill a sense of pride and accomplishment, reinforcing their belief in their abilities. Furthermore, the pursuit of awards can create a positive competitive mindset. This pushes athletes to continuous improvement, enabling them to surpass their previous performances.
7. Sponsorship and media attention: The presence of awards and incentives in sports attracts sponsors and media attention. Sponsors are more likely to invest in athletes and events that have a significant impact and garner public interest. The media coverage surrounding awards and incentive-based competitions increases the visibility of athletes, their sports, and can attract a wider audience.



INTEXT QUESTIONS 9.2

1. Tick the correct option.

- 1) Which type of incentive in sports is directly tied to an athlete's performance metrics, such as goals scored or points earned?
 - A. Monetary Incentives
 - B. Recognition and Awards
 - C. Performance-Based Incentives
 - D. Team Performance Incentives
- 2) What is the primary role of awards in sports?
 - A. To create a competitive spirit among fans
 - B. To motivate athletes by recognizing their achievements
 - C. To offer scholarships to all participants
 - D. To replace financial incentives
3. Mark the following statements as true or false.
 1. Monetary incentives are the only type of incentives offered in sports.
 2. Athletes in team sports do not receive individual incentives; rewards are only given to the entire team.



**Note**

9.2 NATIONAL SPORTS AWARDS GIVEN BY GOVERNMENT OF INDIA

National Sports Awards are the highest honour that sportsperson in the Republic of India can get for how she/he performs in national and international competitions. The goal is to encourage and inspire athletes to perform better. Rewards motivate other athletes, too, to take up sports as a career. There are six categories of awards given by the Government of India in the field of sports (Source: Yas.gov-in).



Major Dhyan Chand Khel Ratna Award

The Dhyan Chand Khel Ratna Award is a prestigious sports honour in India. Established in 1991-92 as Rajiv Gandhi Khel Ratna Award, it was renamed as Major Dhyan Chand Khel Ratna Award on 6th August 2021. It is conferred by the Ministry of Youth Affairs and Sports. It recognizes outstanding athletes for their exceptional achievements and contributions to sports. “Major Dhyan Chand Khel Ratna Award is given for the spectacular and most outstanding performance in the field of sports by a sportsperson over the period of the previous four years.” The prestigious award has a medal, certificate and cash prize of 25 lakhs. It is awarded to the winners of various sports, including individual and team sports. It also recognizes exceptional para-athletes who have achieved remarkable feats in para-sports.



Dhyan Chand Khel Ratna Award is significant in Indian sports. It motivates athletes to strive for excellence and thus, helps to inspire future generations. It plays a pivotal role in promoting sports in the country.

Arjuna Award

The Arjuna Award is a prestigious sports honour given by the Government of India to recognize outstanding achievements in sports. Established in 1961, it is named after the legendary archer Arjuna from the Indian epic, Mahabharata. The award is presented annually to athletes for consistently performing well over four years.



MODULE-3

Sports Education



Note

Incentives and Awards

Key features of the Arjuna Award include recognition and selection criteria. The award is given to multiple awardees, and for a wide range of sports. The recipients receive a bronze statuette of Arjuna, a certificate, and a cash prize, which was revised to 15 lakh in 2018.

The award promotes sportsmanship and fair play, recognizing athletes who uphold values of integrity and ethics in their sporting endeavours. The Arjuna Award holds significant value in the Indian sports community and serves as a motivation for athletes to excel and achieve greater success. It highlights the dedication, talent, and hard work of sportspersons across various sports, contributing to the growth and development of sports in India.



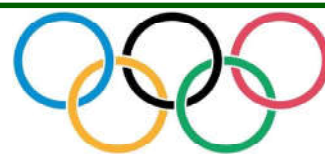
Dronacharya Award

The Dronacharya Award is a prestigious honour presented by the Government of India to outstanding coaches for their significant contributions to sports. The award, established in 1985, is named after Dronacharya, the legendary Guru from the Indian epic, Mahabharata. The award recognizes coaches who have demonstrated exceptional skills, knowledge, and achievements in “producing medal winners at prestigious international events.” The awardees are evaluated based on their coaching achievements, athletes’ performance, contribution to sports development, and coaching career span. The award is presented in two categories, including regular and lifetime achievement.

Recipients receive a bronze statuette, a certificate and a cash prize of Rs.15 lakh for the lifetime category and Rs. 10 lakh for regular category. The award promotes coaching excellence and emphasizes the importance of coaching in the overall development of sports, encouraging aspiring coaches and promoting the profession of coaching in India. The Dronacharya Award covers a wide range of sports disciplines, recognizing coaches from both individual and team sports. The award holds immense value and prestige in the coaching community, as it recognizes and honours the tireless efforts of coaches in shaping the careers of athletes. It serves as an inspiration for coaches and encourages the continued pursuit of excellence in coaching, ultimately contributing to the growth and success of Indian sports.

Maulana Abul Kalam Azad (MAKA) Trophy

The Maulana Abul Kalam Azad (MAKA) Trophy is a rolling trophy presented annually by the Government of India to recognize the “overall top performing University in sports and promoting competitive sports in University” over the preceding



year in Inter-university, National and International sports competitions. Introduced in 1956-57, the trophy acknowledges the university's sports excellence, selection criteria, evaluation criteria, and overall excellence. The award carries cash prizes of rupees Rs. 15 lakh, Rs. 7.5 lakh, Rs. 4.5 lakh for Winner, 1st Runner-up and 2nd Runner-up universities respectively and trophies for their sporting achievements. The MAKATROPHY promotes a robust sports culture, providing opportunities for students to excel in sports alongside academics. The MAKATROPHY recognises the university's achievements in sports and the importance of sports in holistic student development. The award encourages healthy competition among universities across the country and recognizes the significance of sports in the holistic development of students.



Note

Tenzing Norgay National Adventure Award

The Tenzing Norgay National Adventure Award is a prestigious honour bestowed by the Government of India. It is given to individuals and organizations for their exceptional achievements in adventure sports and outdoor activities. The award is named after Tenzing Norgay, the renowned Sherpa mountaineer who, along with Sir Edmund Hillary, was the first to reach the summit of Mount Everest. The award recognizes individuals and organizations who have made significant contributions to the field of adventure sports. The award encompasses various activities such as mountaineering, trekking, rock climbing, skiing, river rafting, paragliding, wildlife exploration, and more. The selection criteria considers an individual's or organization's outstanding achievements, leadership, innovation, exploration, and promotion of adventure sports in India. Recipients receive a cash prize of Rs. 15 lakh, a bronze statuette and a certificate of recognition from the Government of India.



The award also serves as a platform to promote adventure sports and outdoor activities, encouraging enthusiasts to explore and excel in various disciplines. The Tenzing Norgay National Adventure Award serves as inspiration for future adventurers. It recognises individuals and organizations that have set exemplary benchmarks in adventure sports and in raising awareness about the importance of outdoor activities and exploration in India.



**Note****Rashtriya Khel Protsahan Puruskar**

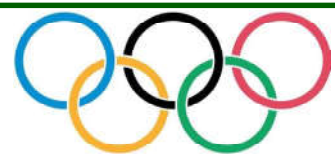
The Rashtriya Khel Protsahan Puruskar is a yearly award given by the Government of India to “corporate entities (both in private and public sector), Sports Control Boards, NGOs, including sports bodies at the State and National level, who have played a visible role in the area of sports promotion and development.” The award was started in 2009 to get people involved in sports to enhance the sports environment in India. The most important contribution of the Rashtriya Khel Protsahan Puruskar is that it recognises the importance of promoting sports because it encourages sports institutions and organizations which employ multiple categories and selection criteria. It fosters sportsmanship and sports infrastructure. It also gives out cash prizes and awards. The award recognises the critical role that organisations, institutions, and corporates play in supporting and promoting sports through sponsorships, grants, and other means. The award winner gets a cash prize and a certificate. The Rashtriya Khel Protsahan Puruskar is very important because it recognises and encourages people, groups, and institutions to promote sports in India. This encourages others to get involved in building a solid and successful sports culture.

**Other Sports Awards in India**

In addition to the awards already mentioned, there are some special awards given by the Government of India to medal winners in international sporting events. Some state governments also honour the athletes through their state level awards. In general, governments give some prize money for winning medals or cups at International Championships, Olympic Games, World Cup or World Championships, Asian and Commonwealth Games or Championships.

**Intext Questions 9.3****1. Tick the correct option.**

1. MAKA trophy is awarded to –
 - a. Best player of year
 - b. Outstanding University
 - c. Best Indian player at international level
 - d. Best dancer



2. Prize money given to Arjun awardee.
 - a. 10 lakhs
 - b. 15 lakhs
 - c. 21 lakhs
 - d. 37 lakhs
3. RKPP was established in ..
 - a. 2001
 - b. 2004
 - c. 2009
 - d. 2010

9.3 GOVERNMENT SCHEMES FOR PROMOTION OF SPORTS

The Government of India has implemented several schemes to promote sports at various levels and encourage the development of sports infrastructure, talent identification, training, and participation. Some of the prominent government schemes for sports promotion in India are:

1. Khelo India – National Programme for Development of Sports

Launched: 2016 (operational till 2025–26).

Objective: To strengthen the sports ecosystem by integrating talent identification, competition structure, sports education, infrastructure, and financial support.

Components:

- Annual sports competitions including the Khelo India Youth Games and University Games.
- Talent identification and scholarships.
- Support for sports infrastructure at the district and state levels.
- Fitness initiatives in schools under the Fit India Movement.

Background: It subsumed three earlier schemes—Rajiv Gandhi Khel Abhiyan (RGKA), Urban Sports Infrastructure Scheme (USIS), and National Sports Talent Search Scheme (NSTSS).

MODULE-3

Sports Education



Note



**Note****2. Target Olympic Podium Scheme (TOPS)**

Launched: 2014, under the National Sports Development Fund.

Objective: To support India's elite athletes and medal prospects for the Olympics, Asian Games, Commonwealth Games, and World Championships.

Support Provided:

- Funding for advanced training, foreign exposure, equipment, and sports science support.
- Monthly out-of-pocket allowance for athletes.

Extension: From 2018 onwards, a junior category has also been added to groom young talent for future Olympics.

3. Sports Authority of India (SAI) Training Schemes

- National Centres of Excellence (NCOE): Provide specialized, residential training to medal prospects.
- SAI Training Centres (STC): Cater to talented boys and girls (12–18 years) through residential and non-residential coaching.
- Special Area Games (SAG): Identify and nurture talent from tribal, coastal, hilly, and rural regions.
- Army Boys Sports Companies (ABSC): Run in collaboration with the Indian Army to train boys (8–16 years) with assured career opportunities.
- Come & Play Scheme: Opens SAI facilities to community youth for training under expert coaches.

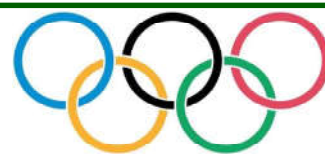
4. Scheme of Assistance to National Sports Federations (NSFs)

Objective: To provide financial support to recognized federations for conducting national championships, organizing international events in India, foreign exposure of athletes, and engagement of coaches.

5. National Sports Development Fund (NSDF)

Established: 1998.

Purpose: To mobilize resources for sports development through contributions from government and private entities.





Note

Utilization: Training of athletes, infrastructure development, and support for TOPS.

6. Pension to Meritorious Sportspersons Scheme

Introduced: 1994, revised in 2017.

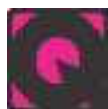
Eligibility: Sportspersons who have won medals at the Olympic Games, Asian Games, Commonwealth Games, World Championships, and World Cups. Pension becomes available after 30 years of age or retirement.

7. Pandit Deendayal Upadhyay National Welfare Fund for Sportspersons (PDUNWFS)

Established: 1982, revised in 2017.

Objective: To provide one-time financial assistance to outstanding sportspersons facing financial hardship or health issues.

Coverage: Medical treatment, injuries sustained during training/competition, welfare support, and assistance to dependents of deceased sportspersons.



Intext Questions 9.4

1. NSTSS was implemented by.
 - a. Government of India
 - b. Prime Minister's Office (PMO)
 - c. Sports Authority of India (SAI)
 - d. Maulana Abul Kalam Azad (MAKA)
2. The Dronacharya Award is given to recognize excellence in which category?
 - a) Sports coaching
 - b) Sports journalism
 - c) Sports administration
 - d) Sports medicine



MODULE-3

Sports Education



Note

Incentives and Awards

3. Answer the following question.

What is the full form of TOPS?



Activity 9.1

Fill the following table with the National Sports Awards.

Major Dhyan Chand Khel Ratan Award	Dronacharya Award	Arjuna Award
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.



DO YOU KNOW?

List of State Award	
State	Sports Award
Maharashtra	Shiv Chhatrapati State Sports Award
Madhya Pradesh	Vikram Award, Vishwamita Award Coaches, Eklavya Award
Uttar Pradesh	Laxman Award, Rani Laxmi Bai Award
Karnataka	Eklavya Award
Punjab	Maharaja Ranjit Singh Award
West Bengal	Khel Samman Award, Banglar Gourav Award, Krira Guru Award, Life Time Achievement Award, Special Award

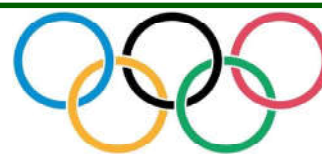


Activity 9.2



List any 3 sports state awards.

- 1.
- 2.
- 3.





Terminal Questions/Exercise?

1. List three awards given to sportsperson in India?
3. What is the significance of the Arjuna Awards in recognizing and promoting sporting talent in India?
4. What are the major sports awards in India, and what criteria are used to select the recipients?
5. What are the main objectives of the government sports incentive schemes?
6. How do government sports incentive schemes support grassroots sports development and participation?
7. Explain any 3 schemes for sports from government of India.

Concept Map



Note



MODULE-3

Sports Education



Note

Incentives and Awards



Answer to Intext Questions

9.1

a-2, b-4, c-3, d-1

9.2

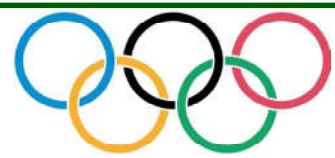
1. C) Performance-Based Incentives
2. B) To motivate athletes by recognizing their achievements
3. True & False
 1. False
 2. False

9.3

1. b) Outstanding University
2. d) 15 lakhs
3. d) 2009

9.4

1. c) SAI
2. a) Sports coaching
3. Target Olympic Podium Scheme



**Note**

GROWTH AND DEVELOPMENT

Look at the pictures of the boy?
Can you see the difference in the
shape and size of the child.

Now think why there is a
difference in their size and shape.

Growth refers to an increase in size, number, or capacity of a being. In humans, growth is often seen in physical changes such as height, weight, and the development of body structures. However, there are other changes that the boy experiences. He does not only grow bigger in size, he also undergoes changes that include improvement in skills, abilities, and behaviours, such as learning to speak, think, and interact with others. In this chapter we will discuss about the growth and development that takes place as an individual grows from infancy through childhood to adulthood.



LEARNING OUTCOMES

The learner-

- explains the concepts of growth and development.
- differentiates between growth and development
- lists the characteristics of growth and development in different age groups.
- describes the factors affecting growth and development.

10.1 TO GROWTH AND DEVELOPMENT

Growth and development are changes that take place in a person's body, mind, emotions, and relationships throughout life. It includes all the different steps and changes that an individual goes through from childhood to adulthood and beyond.



**Note****Growth and Development**

Quantitative changes in a person's body is termed as growth. It is measured and often observed by changes in size, weight and physical Skills. This includes getting taller, gaining weight, building muscles. The rate of growth is at its fastest during infancy. As the individual enters adulthood, growth slows down and finally stops.

While, growth is quantitative development is qualitative. It includes the physical, mental, emotional, and social changes. As you know, different skills, abilities, and talents develop and improve over time. The individual experiences developmental processes which include learning new things, getting better in handling problems, learning a new language, controlling emotions, thinking about right and wrong, and making friends.

Genes, forwardings, culture, social relationships and individual events are same of the factors which may affect the development process. Nature (genes) and culture (environment) work together in a interactive way to shape how a person grows and develops.

Growth and development occurs in a particular order: it involves physical and psychological changes throughout infancy, childhood, and adolescence, affecting overall well-being and capabilities.

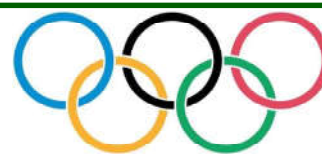
10.1.1 Growth

Growth is the process of increasing in size, that can be seen, measured, or counted. It means that something is getting bigger or better in a certain way, like getting taller, heavier, or having more cells.

During growth, cells often divide and grow. This causes the body to get more prominent, organs to develop, and the body to reach full maturity. Change occurs in many additional ways, such as intellectual, emotional, social, economical, or physical changes.

Growth is usually a slow, steady process that happens over time. However, the growth rate and pattern differs for different people. It includes quantitative or numeric changes, such as increase in the size of the body.

In short, growth is the process of growing or getting more prominent, either in size or in a way that can be measured.



**Note****10.1.2 Development**

Development is a continuous and multidimensional process. Change gradually observed among individual in a planned way over time. Development is a qualitative includes learning, improving, and combining different physical, mental, emotional, and social skills and abilities.

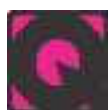
How people grow, mature and adapt to their surroundings is an ongoing and lifelong process. Genes, environment, family, education, society, and social interactions, all affect a person's growth and change.

Development is a dynamic process throughout a person's life. However, the pace and pattern of development can be different at different times and for different people.

Development means learning new skills, abilities, and information, and at the same time, adapting to the needs and challenges of the environment.

10.2 DIFFERENCE BETWEEN GROWTH AND DEVELOPMENT

Growth	Development
1. Growth is quantitative.	1. Development is qualitative.
2. Growth includes height, weight and size.	2. Development talks about improvement in skills and functions.
3. Growth is measurable and visible.	3. Development is only observed through mature behaviour and is invisible.
4. Growth is temporary. That is, up to a certain age.	4. Development is continuous process.
5. Growth is not influenced by past or new learning.	5. Development is influenced by past and new learning.

**Intext Questions 10.1****1. Tick the correct option.**

1. Which term refers to the increase in physical size, measurable changes, and maturation of the body?
 - a) Development
 - b) Growth
 - c) Evolution
 - d) Transformation



**Note**

2. Which of the following is a qualitative aspect of human development?
 - a) Increase in height
 - b) Increase in weight
 - c) Development of problem-solving skills
 - d) Increase in muscle mass
3. Which factor primarily influences human growth and development?
 - a) Genetics
 - b) Social media
 - c) Television
 - d) Junk food

2. Mark the following statement as in True or False.

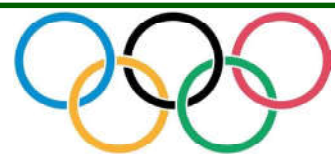
Do you think growth and development are two interchangeable terms and can be used interchangeably?

10.3 CHARACTERISTICS OF GROWTH AND DEVELOPMENT IN DIFFERENT AGE GROUPS

When you look at the growth and development traits, you can see the patterns and processes people go through as they move through different stages of life. As a person goes through various stages of life, they grow and change in different ways. Here are some of the most important ways people change and grow as they get older.

1. Infancy (0-2 years)

- Physical growth happens rapidly, with significant changes in height, weight, and head size.
- There is development of motor skills, such as, rolling, crawling, and walking.
- The infant experiences exploration through the senses and growth of basic thinking skills.
- Language learning takes place as the child learns first to babble and then forms simple words and sentences.



**DO YOU KNOW**

The brain grows quickest in the initial stages. It develops most quickly before birth and in the first 2 years of life. During this time, good health, proper nutrition, and care are essential. Eighty percent of human brain structure develops between birth and 0-3 years of age, and 90 percent of brain structure develops from birth to 5 years of age.

**Note****2. Early Childhood (2-6 years):**

- Children, at this stage, continue to grow physically.
- They get better at doing things like drawing, cutting, and serving themselves.
- Language growth is rapid. The child develops a more extensive vocabulary and achieves better construction and greater variety in the structure of sentences.
- This stage is marked with the beginning of imaginative play and thought in symbols.
- There is development of social skills, such as sharing, taking turns, and playing with others.

3. Childhood (ages 6 to 12):

- There is a steady growth in size and strength, focusing on improvement in motor skills and gaining balance.
- The child achieves continued cognitive growth, such as learning academic skills, solving problems, and thinking logically.
- This stage is marked by a expanding social connections, including more interactions with friends and a growing sense of self.
- As children mature mentally, they learn how to control themselves and their emotions.
- They are now able to do more jobs and activities independently and take more responsibility for themselves.

4. Adolescence (12-18 years):

- A number of changes occur as the child reaches puberty. These changes include fast physical growth and sexual development.



MODULE-3

Sports Education



Note

Growth and Development

- There is rapid cognitive growth, including thinking about things abstractly, reasoning, and solving complex problems.
- There is emotional development and the child develops a sense of identity, explores personal values, builds a more complex sense of self, and looks for independence.
- She/He get to know her/his interests, job goals, and sense of self.
- This is, in fact, the start of more profound and more complicated interactions.

5. Early Adulthood (18-40 years):

- By the age of 18, people hit their adult height and weight, and their bodies stop growing.
- Cognitive development, however, keeps growing, focusing on higher schooling, career-related knowledge, and professional growth.
- They become more emotionally stable and mature, and learn more about themselves and others.
- Their focus is now on building a career, making long-term friends, and starting a family.
- In short, this is a period of personal and career growth, setting long-term goals, and making important decisions in life.

6. Middle Adulthood (40-65 years):

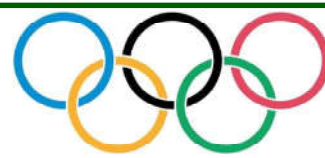
- Changes in the body that come with ageing include decrease in mobility and slowing down of the different senses.
- With more knowledge and experience, cognitive skills stay stable.
- Being emotionally stable, well-adjusted, and able to deal with changes in life, the individual's life becomes more meaningful.
- The focus now is on moving up in one's job, caring for one's family, and making a difference.
- This period of life is marked by thinking about what one has done and achieved and how one might change when one leaves.



DO YOU KNOW

The body begins to decline after the onset of early adulthood. Skin elasticity, muscle strength, and the efficiency of internal organs decreases. As one ages,

Physical Education



certain diseases become more prevalent, such as cardiovascular disease and diabetes. The process of aging is relatively slow, and most individuals remain active well into their 70s and 80s.

7. Late Adulthood (65+ years):

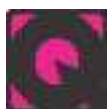
- Continued physical changes that come with getting older, such as a possible loss of strength and movement mark this period of life.
- Some parts of a person's mind may worsen, but the information and wisdom one has gained over time will stay with them.
- Maintaining social connections and doing valuable things, along with emotional health, become increasingly important.
- People look back at life and think of how to leave a mark.
- They retire from their jobs and get used to and possible health problems.

It's important to remember that these age groups and traits are generalisations, and each age group has unique people. Growth and development can happen at different times and in other ways for each person, depending on their genes, surroundings, culture, and experiences.



DO YOU KNOW

Adolescence begins with the onset of puberty, when certain hormones are activated. Increased secretion of sex hormones (testosterone in men and oestrogen and progesterone in women). Puberty transitions into adolescence around age 10, and adolescence usually lasts until age 19. Significant physical and psychological changes occur during this phase. However, the timing of these changes varies from person to person.



Intext Questions 10.2

1. Tick the correct option.

- At what stage do individuals typically begin to develop social skills such as sharing, taking turns, and playing with others?
 - Infancy (0-2 years)
 - Early Childhood (2-6 years)
 - Adolescence (12-18 years)
 - Late Adulthood (65+ years)



Note



MODULE-3

Sports Education



Note

Growth and Development

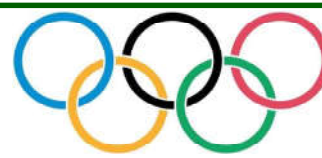
2. Which of the following best describes the focus of development during middle adulthood (40-65 years)?
 - a) Physical growth and the beginning of language skills
 - b) Establishing social skills and developing friendships
 - c) Career advancement, family responsibilities, and self-reflection
 - d) Exploration of abstract thinking and identity
3. Which stage is associated with physical changes due to aging, such as reduced mobility and potential loss of strength?
 - a) Adolescence (12-18 years)
 - b) Early Adulthood (18-40 years)
 - c) Middle Adulthood (40-65 years)
 - d) Late Adulthood (65+ years)



Activity 10.1

There are some secondary sexual characteristics of adolescence are given in this table. Place a check mark in the appropriate place in each column to complete the following table.

Sl. No	Changes	Girl's	Boy's	Both	Don't know
1	Increase in height and weight				
2	Menstruation				
3	Change in voice				
4	Growth of hair on private parts				
5	Development of breast				





Note

**Points to remember**

- Regular bathing and proper washing are important to prevent infections, especially during menstruation.
- Change underwear regularly (at least once a day) and avoid synthetic clothing.
- During menstruation, towels, cloth pads or napkins should be changed every 4-6 hours to avoid infection. You can also use the sanitary pads to manage your menstrual hygiene.
- Many girls and women also make sanitary napkins at home from old fabrics and cotton. When making sanitary napkins at home, use only clean, soft cotton cloth. Do not use old fabrics that may contain metal or plastic parts. This can injure you or cause an infection.
- If the cloth is to be reused as a pad, wash it well with soap and dry it in the sun before using it again, as sunlight is an excellent disinfectant. Do not use dirty or damp cloths as they can cause infection.

**Activity 10.2**

Write 5 personal hygiene activities?

**Do You Know?**

We all have compared our-self with others which leads us to on the path of stress, anxiety, depression, low self-esteem, lack of self-confidence, etc. If we don't get the correct solution at the right time the things will get worse.



**Note****Growth and Development**

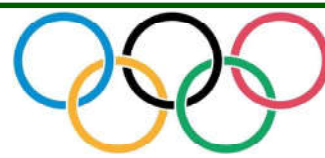
According to **Stanley Hall**, “Adolescence is the period of great stress and strain, storm, and strife.”

According to **Sadler**, “Adolescence is that period in which a child tries to be capable of doing everything by himself.”

10.4 FACTORS AFFECTING GROWTH AND DEVELOPMENT

There are several factors that can influence growth and development, and they can be broadly categorized into biological, environmental, and socio-cultural factors.

1. **Genetic Factors:** Genetic factors inherited from parents influence the growth and development of an individual. Genes carry the blueprint for physical characteristics such as height, body structure, and facial features. In addition, they influence cognitive abilities, temperament, and susceptibility to specific health conditions.
2. **Hormonal Factors:** Hormones are numerous chemical messengers produced by certain glands in the body. They are essential for growth and development. For instance, growth hormone (GH) secreted by the pituitary gland stimulates bone and tissue growth. Thyroid hormones regulate the metabolism and development of the brain. Sexual hormones like oestrogen and testosterone affect sexual maturation and reproductive growth.
3. **Nutritional Factors:** Proper growth and development require adequate nutrition. The body's cells, tissues, and organs are constructed from nutrients obtained from food substances. Deficiencies in essential nutrients, including protein, vitamins, and minerals, can result in stunted growth, delayed development, and impaired physical and cognitive functions.
4. **Brain Development:** Throughout childhood and adolescence, the brain undergoes significant development. The formation of neural connections, the strengthening of synapses, and the building of neural pathways are a result of this development. Nutrition, environmental stimulation, and early experiences influence cognitive abilities, language acquisition, and emotional regulation during brain development.
5. **Parenting and Family Environment:** A child's growth is greatly affected by the level of care, attachment relationships, and family environment. Children grow differently depending upon parenting styles that are supportive and nurturing. Children to grow emotionally, cognitively, and socially healthy through consistent discipline, and a secure attachment.





Note

6. **Socio-economic Status:** A family's income, education level, and job status can affect a child's access to resources, chances, and the quality of their living conditions. Children from a higher socioeconomic status is often receive better nutrition, health care, educational opportunities, and a supportive environment. All of this helps growth.
7. **Education and Schools:** The level of education and environment of a school can significantly affect an individual's intellectual, social, and emotional growth. Children develop positively if they have access to good early childhood education, caring teachers, and stimulating learning settings. This contributes to their chances for academic growth and social interaction.
8. **Community and culture:** A person's growth is affected by the community and culture in which they grow up. Cultural ideals, traditions, and beliefs shape who a person is, how she/he sees the world, and how she/he learns to get along with others. Access to health care, recreational facilities, and social support networks also greatly affect physical and social growth.
9. **Physical Environment:** The physical environment affects not just physical, but also mental growth. This includes having access to clean air and water, safe housing, and green areas. Exposure to toxins in the environment, noise pollution, or living in a place that is too busy can hurt health and development.
10. **Cultural Beliefs and Values:** A person's cultural beliefs and values affect how they see the world, how they see themselves, and how they treat others. Cognitive, social, and emotional development is significantly affected by cultural norms and standards, behaviour, gender roles, and socialisation practises.
11. **Family Structure and Dynamics:** Family structure and dynamics play a critical role in development. The functions, tasks, and interactions within a family unit are affected by the family set up, such as living in a large or small family unit. Different cultures have different ways of raising children, disciplining them, and awarding them the specified amount of freedom that they should have. This affects their cognitive, social, and emotional growth.
12. **Media and Popular Culture:** Media and popular culture significantly shape values, attitudes, and behaviour. Exposure to media affects how people socialise, how they see their self-image, and how they adopt national norms and ideals. To deal with the influence of media in a positive manner, you need to know how they work and be able to think critically.



**Note****Intext Questions 10.3****1. Mark the following statements as true or false.**

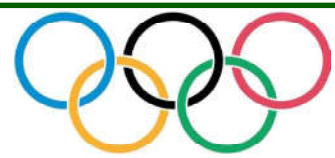
1. Brain development is complete by the end of infancy, and later life experiences do not influence it.
2. Environmental toxins, such as air and water pollution, can have a negative impact on both physical and mental development.

2. Tick the correct option.

1. Which of the following factors is considered an example of a socioeconomic influence on growth and development?
 - a) Genetics
 - b) Physical activity
 - c) Parental income and education
 - d) Climate
2. Which of the following factors is directly related to genetic influence on growth and development?
 - a) Family income
 - b) Education level
 - c) Inherited traits like height and body structure
 - d) Access to recreational facilities
3. Which factor primarily influences an individual's intellectual, social, and emotional growth through access to structured learning and social interaction?
 - a) Socio-economic Status
 - b) Parenting and Family Environment
 - c) Education and Schools
 - d) Physical Environment

Terminal Questions

1. Explain the concept of growth and development.
2. What are the effects of nutrition and exercise on growth and development in children?
3. How do cultural and societal factors influence the development of identity in adolescents?



4. What are the effects of peer relationships and peer pressure on the development of children and adolescents?
5. How do genetics and environment factors affect an individual's growth and development?
6. How do cultural and societal factors influence the development of identity in adolescents?



Answer to Intext Questions

10.1

1.
 1. b) Growth
 2. c) Development of problem-solving skills
 3. a) Genetics
2. False

10.2

1. b) Early Childhood (2-6 years)
2. b) Career advancement, family responsibilities, and self-reflection
3. d) Late Adulthood (65+ years)

10.3

1.
 1. False
 2. True
2.
 1. c) Parental income and education
 2. c) Inherited traits like height and body structure
 3. c) Education and Schools

MODULE-3

Sports Education



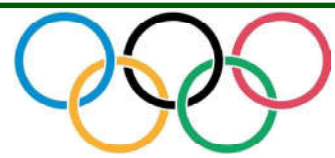
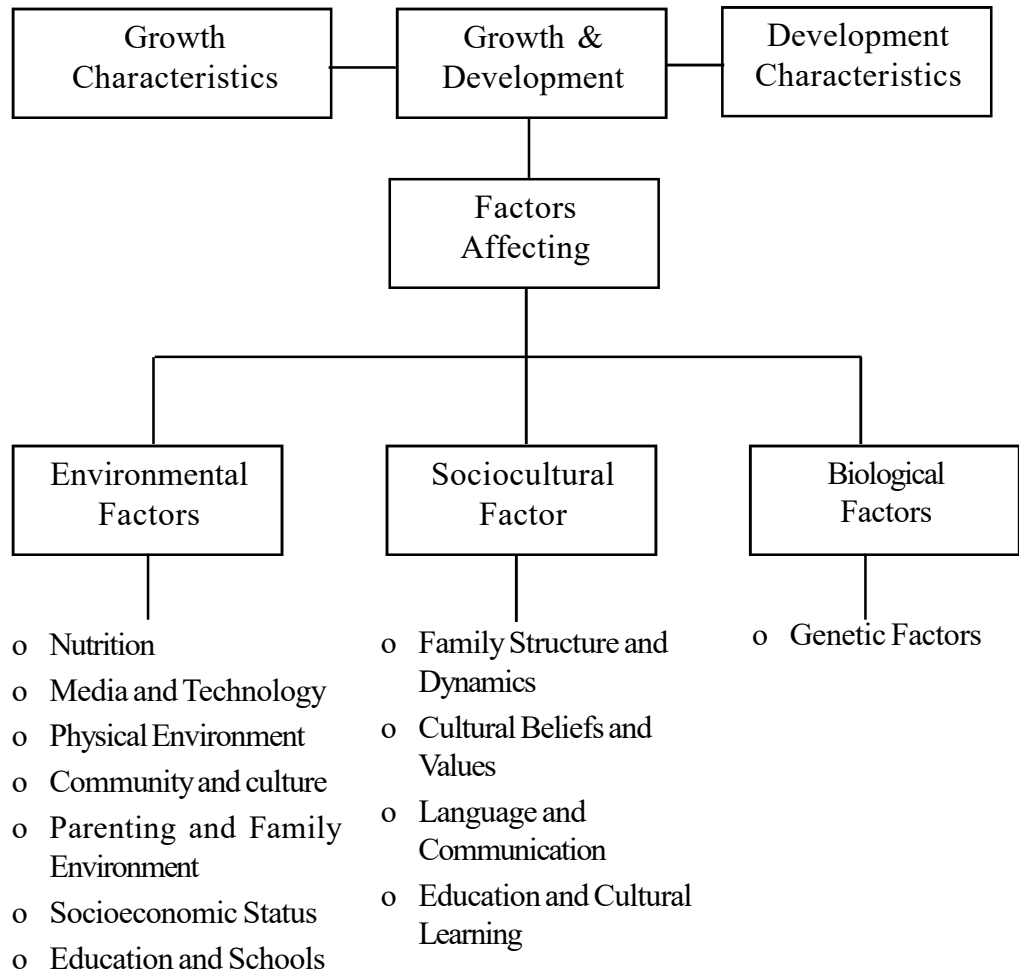
Note





Note

Concept Map





Note

11

PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS (CWSN)

Education is for everyone and this means that all students participate equally in the learning process. With the introduction of the Right to Education, education became a fundamental right for all children between the ages of 6 and 14. They have the right to attend schools and develop skills through the educational process. Improvement in learning of students is therefore the duty of every school.

Do you ever think about children with special needs or divyang? How do they enjoy their life? Do they participate in tournaments or competitions? If yes, then which are the tournaments organised for them at national and international level?

In this chapter, we will discuss about all these aspects.



Learning Outcomes

The learner,

- describes different sports for CWSN
- enumerates different organisations promoting sports for CWSN
- applies the etiquette and code of conduct in sports for CWSN

11.1 SPORTS FOR CHILDREN WITH SPECIAL NEEDS (CWSN)

Sports are essential for children with special needs (CWSN) due to their numerous physical, mental, and social benefits. Engaging in sports improves physical fitness, motor skills development, social interaction, self-confidence, emotional and mental well-being, cognitive development, inclusion, and acceptance. Physical activities develop cardiovascular endurance, muscle strength, flexibility, coordination, and





Note

motor skills, promoting a healthy lifestyle, reducing obesity risk, and overall well-being. Motor skills development is crucial for children with special needs, as sports provide opportunities to practice fine and gross motor skills, enhancing their daily activities. Social interaction and inclusion also benefit CWSN, as they foster friendship, teamwork, and a sense of belonging.

Self-confidence and self-esteem are also enhanced through sports, as they help CWSN to achieve personal goals, learn new skills, and overcome challenges. Cognitive development is also supported through sports, as it promotes attention span, decision-making skills, and sensory stimulation. Sport events and competitions challenge stereotypes, promote inclusion and acceptance and showcase abilities. Thus, a more inclusive society is fostered. Regular physical activities bring about long-term health benefits and enhance the overall quality of life as children transition into adulthood. Engaging in sports promotes growth, happiness and overall success. Thus, it deeply impacts the lives of CWSN.

Various Sports for CWSN

Sports for CWSN (Children with Special Needs) are designed to provide inclusive opportunities for participation. They promote physical activity, social interaction and overall well-being. The following are some sports, commonly adapted for CWSN:

1. **Boccia:** Boccia is a precision ball sport similar to bowls or pétanque. It is primarily designed for athletes with severe physical disabilities. Participants aim to throw or roll their coloured balls to a white target ball as close as possible.
2. **Wheelchair Basketball:** Wheelchair basketball is played by individuals with physical disabilities, particularly those who use wheelchairs. It follows the same rules as traditional basketball but with adaptations to accommodate wheelchairs.
3. **Goalball:** Goalball is a team sport designed for visually impaired athletes. Players try to throw a ball, with bells inside, into the opponent's goal, whereas opponents defend their goal by listening to the ball's sound and use their body to block it.
4. **Para-Swimming:** Para-swimming is adapted for individuals with physical disabilities or visual impairments. Swimmers may use different strokes and techniques, and they may also use adaptive equipment such as floats or starting blocks.





Note

5. **Sitting Volleyball:** Sitting volleyball is a modified version for individuals with lower limb impairments. Players must remain seated on the ground while playing, and the net is lower than the traditional volleyball.
6. **Powerlifting:** Powerlifting is a strength-based sport with three main lifts: squat, bench press, and deadlift. It is open to athletes with physical disabilities, with adaptations such as using specialized equipment like lifting chairs or prosthetic limbs.
7. **Athletics (Track and Field):** Athletics events are adapted for CWSN, allowing individuals with a wide range of disabilities to compete. Events include sprints, long jump, shot put, discus throw, and wheelchair racing.
8. **Wheelchair Tennis:** Wheelchair tennis is similar to regular tennis, but players use wheelchairs to move around the court. The rules remain the same, and the game can be played in singles or doubles formats.
9. **Polybat:** Polybat is a table tennis adaptation for individuals with physical disabilities or limited mobility. Using a lightweight racket to hit a larger and slower ball across a table, with modified rules and playing techniques.
10. **Goal-All:** Goal-All is a team sport that combines elements of soccer, handball, and hockey. It is designed for individuals with physical disabilities who may have limitations in running but can use wheelchairs. Players aim to score goals by hitting the ball into a goal using their hands or adapted sticks.

These are just a few examples of the many sports and activities available for CWSN. The sports chosen often depend on the specific abilities and interests of the individuals, ensuring they can actively participate and enjoy the benefits of physical activity.

Sports for individuals with intellectual disabilities

Many games can be modified or adapted so that people with intellectual disabilities can participate. People with intellectual disabilities often enjoy sports like track and field, swimming, basketball, football (soccer), tennis, golf, table tennis, bocce, badminton and unified sports. They bring people with and without disabilities together on the same team.

We must remember that the adaptations and modifications may differ for each participant on the basis of their needs and abilities. Changes can be made to the rules, equipment, or use of visual aids or directions to ensure everyone can participate and have the same chance. There are various organisations and events whose sole purpose is to promote and set up sports programmes for people with intellectual disabilities.



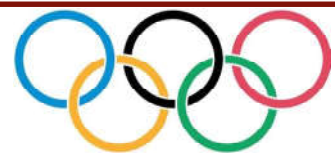
Sports Education



Boccia, Wheelchair Basketball, Goalball, Para Swimming, Sitting Volleyball, Powerlifting, Athletics (Track and Field), Wheelchair Tennis, Polybat, Goal-All. Wheelchair Rugby, Wheelchair Racing, Para Table Tennis, Para Cycling, Blind Cricket, Sled Hockey, Snowboarding/Skiing for individuals with physical disabilities, Wheelchair Fencing, Para-Archery, Wheelchair Badminton, Wheelchair Softball, Wheelchair Dance, Adapted Karate, Wheelchair Rugby League, Goalkeeper Football (Soccer) for individuals with physical disabilities, Blind Football (Soccer), Handcycling, Adapted Martial Arts, Wheelchair Curling, Wheelchair Athletics.



Person with locomotion	Person with locomotion	Person with vision impairment
1	2	3





Intext Questions 11.1

1. Which sport involves the use of a wheelchair and is adapted for children with mobility impairments?
 - a) Swimming
 - b) Basketball
 - c) Gymnastics
 - d) Powerlifting
2. Which sport can be modified to include children with sensory sensitivities?
 - a) Swimming
 - b) Gymnastics
 - c) Cycling
 - d) Golf
3. Enlist any five that sports can be adapted for children with intellectual disabilities?

11.2 PROMOTION OF SPORTS AND PHYSICAL ACTIVITIES FOR CWSN

Organisations promoting sports and physical activities for children with special needs (CWSN) have important role in promoting inclusion, physical health, social interaction, skill development, and personal achievement. These organisations create opportunities for children with special needs to participate in sports alongside their peers without disabilities. This helps to break down barriers and promotes a more inclusive society. Regular participation in sports enhances physical fitness, cardiovascular endurance, motor skills and weight management. It reduces the risk of chronic health conditions and brings about an overall sense of well-being. Sports also provide significant psychological and emotional development by building self-confidence, self-esteem and resilience.

Organisations for CWSN create opportunities for social interaction and relationship building. They helps children with special needs to develop social skills, form



Note



**Note**

friendships and build a sense of belonging within a supportive sports community. Coaching, training and practice offer skill development and a sense of personal achievement. This improves athletic abilities, coordination and specific sports skills.

It is important to advocate and raise awareness for CWSN regarding their rights and inclusion. This would challenge stereotypes and promote a more inclusive society. To ensure their safe and proper participation in sports activities, education and resources are provided for coaches, parents and caregivers. Thus, organisations promoting sports and physical activities for CWSN play a crucial role in promoting inclusion, social interaction, skill development, physical health and personal achievement.

11.2.1 Organisations Promoting Sports and Physical Activities for CWSN

Numerous organisations around the world are dedicated to promoting sports and physical activities for CWSN. Some prominent organisations are:

Special Olympics

Special Olympics is an international organisation that offers year-round sports training and competition for individuals with intellectual disabilities. Founded in 1968 by Eunice Kennedy Shriver, the organisation aims to create inclusive opportunities for individuals with intellectual disabilities to showcase their abilities, improve physical fitness, and experience the joy of participation. Special Olympics operates in over 190 countries with a global reach, providing sports training and competitions at local, regional, national, and international levels. The organisation offers various sports, including athletics, basketball, football (soccer), swimming, gymnastics, tennis, powerlifting, cycling, golf, bowling, and more.



Special Olympics promotes inclusion and unified sports, fostering understanding and friendships between individuals with and without intellectual disabilities. Unified sports programs allow athletes with and without intellectual disabilities to compete on the same teams, emphasising teamwork, acceptance, and equality. The organisation also recognises the importance of health and wellness for individuals with intellectual disabilities, offering free health screenings, education on healthy lifestyles, and resources to support overall well-being.



**Note**

Special Olympics encourages athlete leadership and empowerment, providing opportunities for athletes to take on leadership roles, serve as advocates for inclusion and contribute to decision-making processes. Volunteerism is vital to deliver quality sports programs and foster an inclusive and supportive environment. Special Olympics has deeply impacted the lives of individuals with intellectual disabilities, promoting their physical and emotional well-being, nurturing social connections and empowering them to reach their full potential.

International Paralympic Committee (IPC)

Founded in 1989, the International Paralympic Committee (IPC) is the global governing body for the Paralympic Movement. Its mission is to enable para-athletes to achieve sporting excellence and inspire the world. The IPC works closely with the International Olympic Committee (IOC) to organise and oversee the Paralympic Games, held in conjunction with the Olympic Games. The IPC comprises National Paralympic Committees (NPCs) from countries worldwide, responsible for developing and promoting Paralympic sports within their respective countries. The IPC oversees a broad spectrum of para-sports, including athletics, swimming, wheelchair basketball, wheelchair rugby, para-cycling, para-equestrian, para-rowing, and wheelchair tennis.



The IPC establishes rules and regulations for each sport and ensures fair competition. The IPC implements a classification system that groups athletes with similar impairments into specific sports classes, creating a level playing field for athletes with various disabilities. The IPC is committed to developing and educating para-athletes, coaches, officials, and administrators, providing support and resources to NPCs and promoting the growth and accessibility of Paralympic sports worldwide. The IPC advocates for the rights and inclusion of persons with disabilities through various initiatives, raising awareness about para-sports, challenging stereotypes, and promoting a more inclusive society that recognises and respects the abilities of individuals with disabilities. Through the Paralympic Games and other initiatives, the IPC inspires individuals with disabilities and contributes to the overall promotion of sport as a powerful tool for social change.



**Note****International Blind Sports Federation (IBSA)**

The International Blind Sports Federation (IBSA) is the global governing body for blind and partially sighted sports, founded in 1981. Its mission is to promote and develop sports for blind and visually impaired athletes worldwide, providing opportunities for participation, physical fitness, and social inclusion. The IBSA oversees various sports, including athletics, judo, powerlifting, swimming, football (soccer), chess, goalball, and more, setting rules and regulations for fair competition. The IBSA implements a classification system to ensure fair competition among blind and visually impaired athletes, allowing them to compete against others with similar functional vision levels.

The IBSA organises and oversees various international competitions, including World Championships and regional championships, in different blind sports disciplines. The IBSA is committed to developing and educating blind and visually impaired athletes, coaches, and officials, providing support, resources, and training programs to member organisations and individuals involved in blind sports. The IBSA also advocates for the rights and inclusion of blind and visually impaired individuals in sports, collaborating with international sports organisations, national governments, and disability advocacy groups to promote inclusive sports and equal opportunities for blind athletes.



Now, think what are the goals of Special Olympics...

Other Organisations Promoting Sports and Physical Activities for CWSN

1. **Challenged Athletes Foundation (CAF):** CAF provides support and resources to individuals with physical disabilities, including grants for adaptive sports equipment, coaching, and participation in sports events. They aim to enhance the quality of life and promote independence through sports.
2. **National Sports Center for the Disabled (NSCD):** The NSCD is based in the United States and offers adaptive sports and recreational programs for individuals with disabilities. They provide opportunities for skiing, snowboarding, kayaking, rock climbing, and other activities.



**Note**

3. **BlazeSports America:** BlazeSports America is a nonprofit organisation that promotes adaptive sports and physical activity for individuals with physical disabilities. They provide coaching, training, and sports opportunities for CWSN in various sports, including basketball, track and field, swimming, and more.
4. **Disabled Sports USA (DSUSA):** DSUSA offers adaptive sports programs and events for individuals with disabilities across the United States. They provide resources, training, and support for a wide range of sports, including skiing, snowboarding, cycling, water sports, and team sports.
5. **CP Sport:** CP Sport is a UK-based organisation that focuses on promoting sports and physical activities for individuals with cerebral palsy. They offer coaching, competitions, and training opportunities in sports such as athletics, football, swimming, and table cricket.

These organisations play a vital role in creating inclusive sports environments, organising events, and providing resources and support to CWSN, enabling them to participate and excel in sports.

**Activity 11.2**

Collect information about two Paralympics athletes who have participated in Olympics and fill the following table (there's no table given here)

	1	2
Name of the Athletes		
Event		
Highest Medal		
World Ranking		



**Note****11.2.2 Tournaments and Competitions for Children with Special Needs (CWSN)**

There are several tournaments and competitions specifically organised for children with special needs (CWSN) across various sports. These tournaments provide a platform for CWSN to showcase their skills, compete with their peers, and experience the joy of sports. Here are some notable tournaments for CWSN:

The Special Olympics World Games

The Special Olympics World Games is a global sporting event that celebrates the athletic abilities of individuals with intellectual disabilities. Held every two years, the event attracts athletes from various countries and regions, creating a vibrant unity and cultural exchange atmosphere. Key features of the World Games include participating athletes from different age groups, backgrounds, and skill levels, competing in various sports disciplines, and hosting on a global scale. The opening and closing ceremonies begin with a grand opening ceremony, followed by performances, the lighting of the Special Olympics Flame, and the passing of the flag to the next host city.

The World Games are hosted in cities worldwide, with multiple venues dedicated to specific sports. Unified sports, which involve teams of athletes with and without intellectual disabilities, foster social inclusion, teamwork, and friendship between individuals of all abilities. Cultural and educational programs are also featured, encouraging understanding, respect, and appreciation for different cultures.

The World Games leave a lasting legacy in the host city and country, helping create inclusive communities, raise awareness about the capabilities of individuals with intellectual disabilities, and advocate for the rights and dignity of all people. The event serves as a powerful catalyst for promoting inclusion, acceptance, and unity on a global scale.

The Paralympic Games

The Paralympic Games is a major international multi-sport event held after the Olympic Games, dedicated to athletes with disabilities, including physical, visual, and intellectual impairments. The games feature a wide range of sports, including athletics, swimming, wheelchair basketball, sitting volleyball, para-cycling, para-archery, para-table tennis, wheelchair rugby, and more. The Paralympics showcase elite competition, with athletes at the top of their respective sports demonstrating exceptional physical prowess, skill, and determination, challenging the perception of what people with disabilities can achieve.





Note

Organised by the International Paralympic Committee (IPC), the Games are a global event that fosters cultural exchange, understanding, and unity among nations. They are closely linked to the Olympic Games, sharing the same host city, and organising committee, promoting inclusivity, accessibility, and equal recognition for athletes with disabilities.

The Paralympic Games receive extensive media coverage, raising public awareness about para-sports and challenging stereotypes surrounding disability. The stories and achievements of Paralympic athletes inspire millions around the world and provide role models for individuals with disabilities.

The Paralympic Games leave a lasting legacy by promoting accessibility, inclusion, and social change, contributing to shifting attitudes towards disability, breaking down barriers, and advocating for the rights and opportunities of people with disabilities in society. Through the Paralympics, the world witnesses the incredible power of sport to empower, unite, and transform lives.

The Deaflympics

The Deaflympics, also known as the World Deaf Games, is an international multi-sport event for deaf athletes, offering a diverse range of sports disciplines similar to the Olympic Games. The event allows deaf athletes to showcase their abilities and compete at the highest level. The sports program aims to provide a comprehensive platform for deaf athletes to excel in various sports.

International representation is another crucial feature of the Deaflympics, with deaf athletes worldwide representing their countries. The Deaflympics make accommodations to ensure equal opportunities for all participants, using visual cues, signals, and specialized technology to facilitate communication between athletes, coaches, and officials.

The Deaflympics have a rich history dating back to 1924 when the first International Silent Games were held in Paris. Since then, the event has grown in size and significance, symbolizing the achievements and capabilities of deaf athletes worldwide.

The Deaflympics are sanctioned by the International Committee of Sports for the Deaf (ICSD) and receive support from national deaf sports federations and other organisations. The event aims to raise awareness about the abilities of deaf athletes, challenge misconceptions, and advocate for equal opportunities in sports.

The Deaflympics leave a lasting legacy by promoting inclusivity, empowerment, and social change. They inspire deaf individuals, provide role models for young athletes, and contribute to the broader deaf community's visibility and recognition. The event celebrates the unique talents and achievements of deaf athletes while promoting understanding and inclusion in the world of sports.



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)



Activity 11.3

Write down the difference between Special Olympic, Paralympic and Deaflympics.



Intext Questions 11.2

1. Which organisation aims to provide inclusive sports opportunities for individuals with intellectual disabilities?
 - a) Special Olympics
 - b) International Paralympic Committee
 - c) Challenged Athletes Foundation
 - d) Disability Sports Organisation
2. Which organisation focuses on creating inclusive sports programs that allow children with special needs to participate alongside their peers without disabilities?
 - a) Special Olympics
 - b) International Paralympic Committee
 - c) Challenged Athletes Foundation
 - d) Disability Sports Organisation
3. Match the following organisations with their primary focus or mission:

Column A	Column B
a) Special Olympics	1) Provides support to athletes with disabilities through funding
b) International Paralympic Committee	2) Organises year-round sports training and competitions for individuals with intellectual disabilities
c) Challenged Athletes Foundation	3) Governing body for Paralympic sports worldwide
d) Disability Sports Organisation	4) Supports the development of sports programs for individuals with disabilities, covering a range of impairments



**Note**

11.3 ETIQUETTE AND CODE OF CONDUCT IN SPORTS FOR CWSN

Teaching etiquette and a code of conduct is essential in fostering a positive and inclusive environment for all students, including Children with Special Needs (CWSN). Etiquette guides other students on respectful and supportive behaviour towards CWSN peers in an inclusive class, promoting understanding, patience, and inclusivity. These guidelines help all participants appreciate diversity, enhancing both individual and group experiences in sports and beyond.

First, ensure everyone can participate, learn, and have fun in a safe and respectful environment. To ensure everyone has a good time, we've set up rules and guidelines that everyone should follow.

1. **Respect and Dignity:** Treat all individuals with dignity and kindness. Avoid any bias, bullying, or talking badly about other people. Accept and value the unique skills and difficulties that each participant brings.
2. **Person-First Language:** Use person-first language when referring to individuals with disabilities. Please focus on the person, not their condition, to show their uniqueness. Use “a child with autism” instead of “an autistic child.”
3. **Inclusivity and Support:** Create an inclusive environment that welcomes and supports CWSN. Encourage participation and make sure that everyone, no matter their skills, feels valued and included. Help people when they need it, but don't take away their independence.
4. **Patience and understanding:** People who need more time or help to engage may need your patience and understanding. Allow for differences in how people talk, move, and their skill levels. Don't rush people or push them out of their comfort zones.
5. **Communication:** Use ways of talking that are clear and polite. Use clear, concise language, speak at the right volume, and think about other communication methods, like visual aids, gestures, or assistive devices, based on what the participants need.
6. **Security and health:** Make the safety and well-being of everyone a top priority. Make sure that sports facilities and tools are safe and easy to use. Give the right amount of control and follow safety rules. Make any necessary changes or adjustments to meet the goals of CWSN.



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)

7. **Fair Play and Good Sportsmanship:** Tell people to play fair, be honest, and act like good players. Focus on teamwork, respecting the other team, and following the game's rules. Create a friendly and welcoming place where people can learn, grow, and enjoy the sport.
8. **Confidentiality and Privacy:** Don't talk about CWSN or their families behind their backs or tell anyone what they do. Get permission before sharing personal information or picture. Keep their personal and medical information secret at all times and protect it.
9. **Sensory Considerations:** Be aware of the potential sensory sensitivities of participants and make appropriate accommodations. Try to stay away from things that might set you off, like loud noises or bright lights. Talk to the players and their caretakers to determine their needs and wants.
10. **Celebrate Achievements:** Recognise and celebrate the accomplishments and progress of all participants. Applaud their efforts, progress, and personal successes. Make a good, encouraging environment that boosts self-confidence and self-worth.

By following these rules, you can create a safe and respectful sports setting for CWSN, which will help them feel good about themselves and enjoy sports more.



DO YOU KNOW?

Disability: refers to a condition or impairment that may limit an individual's physical, sensory, cognitive, or developmental functioning.

Disorder: refers to a medical or psychological condition that disrupts normal physical, mental, or emotional processes.

Dyslexia: specific learning disorder that affects reading and language skills. It is characterized by difficulties in accurate and fluent word recognition, decoding, and spelling abilities.

Intellectual disability: intellectual developmental disorder or cognitive impairment, refers to a condition characterized by significant limitations in intellectual functioning and adaptive behavior.





Intext Questions 11.3

1. Which of the following is a key principle of etiquette and code of conduct in sports for children with special needs?
 - a) Winning at all costs
 - b) Disrespecting opponents
 - c) Fair play and sportsmanship
 - d) Cheating to gain an advantage
2. Who plays a role in teaching and reinforcing appropriate etiquette and code of conduct in sports for children with special needs?
 - a) Coaches and instructors
 - b) Parents and caregivers
 - c) Peers and teammates
 - d) All of the above
3. What is the purpose of establishing and enforcing etiquette and code of conduct guidelines in sports for children with special needs?
 - a) To promote fairness and inclusivity
 - b) To discourage participation of children with special needs
 - c) To create a highly competitive environment
 - d) To focus solely on individual performance
4. Which organisation collaborates with schools and educational institutions to promote sports and physical activities for children with special needs?
 - a) Special Olympics
 - b) International Paralympic Committee
 - c) Challenged Athletes Foundation
 - d) Disability Sports Organisation



Note



MODULE-3

Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)

5. Identify suitable adapted sports for different disabilities.
- Physical impairment
 - Wheelchair users
 - Cerebral palsy
 - All of the above



Activity 11.4

Write down the standard tournament for the following:
type of disabilities.

Retarded body parts	
Mentally retardedness	
Wheelchair user	
Cerebral palsy	
Blindness	



TERMINAL QUESTIONS

- How can etiquette and code of conduct guidelines help children with special needs develop social skills, self-confidence, and a sense of belonging in the sports community?
- Can you elaborate on the role of the International Blind Sports Federation (IBSA) in advocating for the rights and inclusion of children with visual impairments in sports at a global level?
- How does the International Paralympic Committee (IPC) contribute to promoting sports and physical activities for children with special needs on a global scale?





Note

4. What are the key objectives and strategies employed by the Special Olympics organisation to promote inclusive sports and physical activities for children with special needs?
5. How does the International Blind Sports Federation (IBSA) promote and facilitate sports opportunities for children with visual impairments?
6. How do etiquette and code of conduct guidelines address the unique challenges or considerations that may arise when children with special needs participate in sports, such as communication barriers or sensory sensitivities?



Answer to Intext Questions

11.1

- Ans 1. b) Basketball
- Ans 2. a) Swimming
- Ans 3. Unified Sports, Bocce, Yoga and Mindfulness, Sensory-Friendly Activities and Bowling.

11.2

- Ans.1 a) Special Olympics
- Ans.2 a) Special Olympics
- Ans.3 a) Special Olympics - 2
b) International Paralympic Committee - 3
c) Challenged Athletes Foundation - 1
d) Disability Sports Organisation - 4

11.3

- Ans. 1 c) Fair play and sportsmanship
- Ans. 2 d) All of the above
- Ans. 3 a) To promote fairness and inclusivity
- Ans. 4 a) Special Olympics
- Ans. 5 d) All of the above



MODULE-3

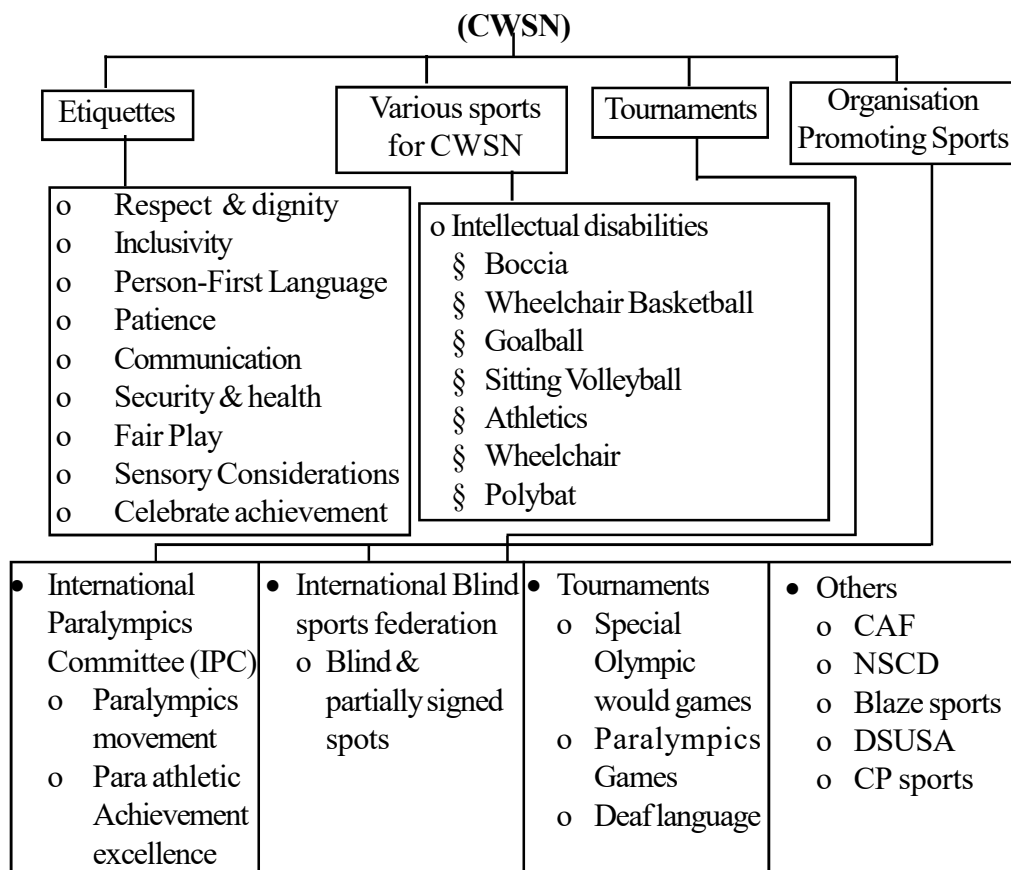
Sports Education



Note

Physical Education and Sports for Children with Special Needs (CWSN)

Concept Map





Note

12

EFFECTS OF PHYSICAL ACTIVITY

In the evening, four friends—Sukhvinder, Aslam, Mohan, and Merry—visited a nearby park for different activities along with other children. They noticed a group of children playing under the supervision of a physical instructor. The instructor invited them to join the game and informed them that if they continued to play for a longer period, they would gain many benefits from engaging in games and sports.

In the following chapter, we will discuss the benefits of physical activities. All of you likely participate in some form of physical activity in your daily lives. But have you ever thought about the effects of these physical activities? In this chapter, we will explore both the short-term and long-term effects of physical activity on the major organ systems of the human body.



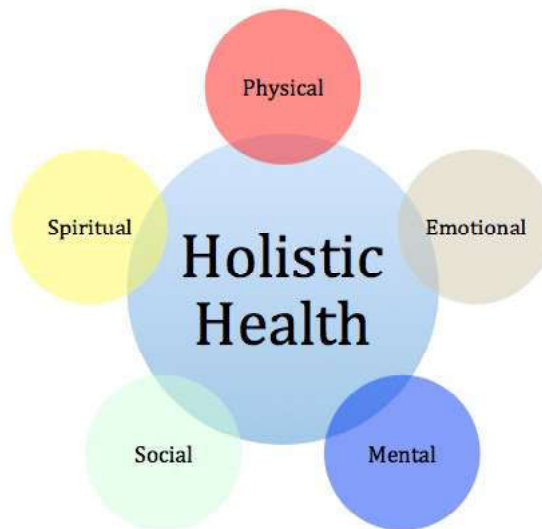
Learning Outcomes

The learner-

- describes the benefits of physical activities.
- explains the effects of games, sports and physical activities on various body systems.
- enumerates the role of Fit India Movement and Khelo India Campaign for promoting physical activities among youth.

It is well understood that healthy people have a healthy mind residing in a healthy body. When the body's various organ systems are working in harmony, such harmony is achieved. Food provides the energy required for exercise and other activities. Physical activity requires movement and coordination which is under the command of the brain, a part of the nervous system.



**Note****Activity 1**

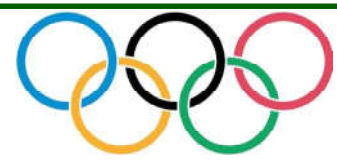
Explain the dimensions of health in one or two lines.

Food is completely digested in the intestine which is a part of the digestive system. Through the work of the heart (a part of the circulatory system), food and oxygen reach each part of the body. Actually, the body's organ systems work in coordination to keep the body healthy. It is very important to develop and maintain physical, mental and emotional health. It is well understood that any performance at any event or sport depends not only on physical health but also on mental and emotional health.

12.1 PHYSICAL ACTIVITIES

Physical activities refer to any bodily movement that requires energy expenditure and engages the muscles. These activities range from daily and recreational activities to structured exercises and sports. Physical activities involve using the body's muscles, bones and joints leading to increased heart rate, better breathing and energy expenditure. They are classified into various categories: aerobic exercises, strength training, flexibility exercises, sports, outdoor activities, household chores, active transportation and recreational pursuits.

Regular physical activities have numerous benefits for physical health, mental well-being, and overall quality of life. They help to enhance flexibility and balance, manage weight, improve cardiovascular fitness, build strength and endurance, reduce the risk of chronic diseases, improve mood and mental health, boost cognitive function and increase energy levels. Physical activities can be tailored according to fitness levels,



health conditions and individual preferences. They play a crucial role in promoting a healthy and active lifestyle.

12.1.1 Benefits of Physical Activities

Physical activities provide numerous benefits to people across all ages. Some key benefits of engaging in physical activities are:

1. **Better Health:** Regular physical activity aids in maintaining a healthy body weight and reduces the risk of chronic diseases such as heart disease, type 2 diabetes and certain types of cancer. It strengthens muscles and bones, enhances physical fitness and improves cardiovascular health.
2. **Promotes Mental Well-being:** Physical activity boosts mental health and well-being. It reduces symptoms of depression and anxiety, boosts mood and self-esteem, and promotes better sleep. Regular exercise stimulates the release of endorphins, which are natural mood elevators and reduces stress levels.
3. **Increased Energy and Fitness:** Regular physical activity boosts energy levels and improves stamina. It enhances cardiovascular fitness, increases lung capacity, and improves muscle strength and endurance. Hence, individuals can efficiently perform daily activities with less fatigue.
4. **Weight Management:** Physical activity regulates weight management. It does so by increasing metabolism, burning calories and building lean muscle mass. Coupled with a balanced diet, regular exercise helps in weight loss, prevents weight gain and improves body composition.
5. **Improved Cognitive Function:** Physical activities positively impact brain health and cognitive function. It improves memory, attention and concentration. Regular exercise stimulates the growth of new nerve cells and blood vessels in the brain thereby improving cognitive abilities and reducing the risk of cognitive decline.
6. **Stronger Immune System:** Regular physical activity enhances the immune system, making individuals more resistant to common illnesses such as colds and flu. It improves circulation, allowing immune cells to move more efficiently throughout the body, and reduces the risk of chronic inflammation.
7. **Better Sleep:** Regular physical activity promotes better sleep patterns and quality sleep. It helps regulate sleep-wake cycles, reduces insomnia symptoms, and improves sleep duration and quality. Adequate sleep is essential for overall health and well-being.
8. **Social Interaction:** Participating in physical activities often involves social interaction, whether joining a sports team, attending group fitness classes, or exercising with



Note



MODULE-3

Sports Education



Note

Effects of Physical Activity

friends and family. This promotes social connections, builds relationships, and improves overall mental and emotional well-being.

9. **Stress Reduction:** Physical activity is an effective stress management tool. Engaging in exercise helps reduce stress levels by increasing the production of endorphins, which act as natural stress relievers. It provides an outlet for releasing tension, improving mood, and promoting relaxation.
10. **Longevity and Quality of Life:** Regular physical activity has increased longevity and a higher quality of life. It helps prevent chronic diseases, improves functional abilities, and enhances overall physical and mental well-being.



Intext Question 12.1

1. Which of the following is a potential benefit of engaging in physical activities?
 - a) Improved cardiovascular health
 - b) Enhanced creativity
 - c) Reduced social interactions
 - d) Increased screen time
2. State whether True or False.

Regular physical activity helps in maintaining a healthy body weight.
3. Fill in the blank with a suitable word.

Regular physical activity promotes _____ and healthy aging.
4. Fill in the blank with a suitable word.

Regular exercise improves cardiovascular health and _____ the heart.

12.2 ORGAN SYSTEMS OF THE HUMAN BODY

Groups of cells form tissues. Different types of tissues come together to form organs, and many organs come together to form organ systems. Different organ systems perform different functions in the body that are necessary for a happy and healthy life. The organs that play important roles in the functioning of each organ, such as the heart, lungs, liver, and kidneys, are called vital organs. Before we learn about the effects of physical activity on our organ systems, let's understand how these systems work.



**Note****Organ systems for movement of the body and limbs: Skeletal and muscular systems**

When walking, playing, exercising, participating in sports, or “warming up” before exercise or competition even the most obvious movements are those of the hands and muscles. The brain works similarly. All movement is due to muscle contraction. Muscles are attached to bones. Bones make up the skeleton. Bones are connected by ligaments, and muscles are connected by tendons.

Skeletal System

This system is a combination of various bones. There are 213 bones in children and 206 in adults. These bones differ in shape and size. These bones are connected to each other by ligaments. Bones support and protect the delicate organs of our body. Some bones act as levers for our bodies. Bones also provide a surface for skeletal muscle to attach to. In fact, this system is a bone structure.

**Skeletal System****Muscular System****Muscular System**

Muscles are made up of muscle cells (also known as muscle fibers because of their elongated shape). The three types of muscles are: skeletal muscle, smooth muscle and cardiac muscle. Skeletal muscles are called voluntary extensor muscles because these muscles are consciously controlled. The smooth muscles are called involuntary muscles because they are not controlled. These muscles are found in the walls of blood vessels. Muscle features are found in hollow internal organs such as the stomach, bladder, and airways. Cardiac muscle is found in the heart. In fact, these



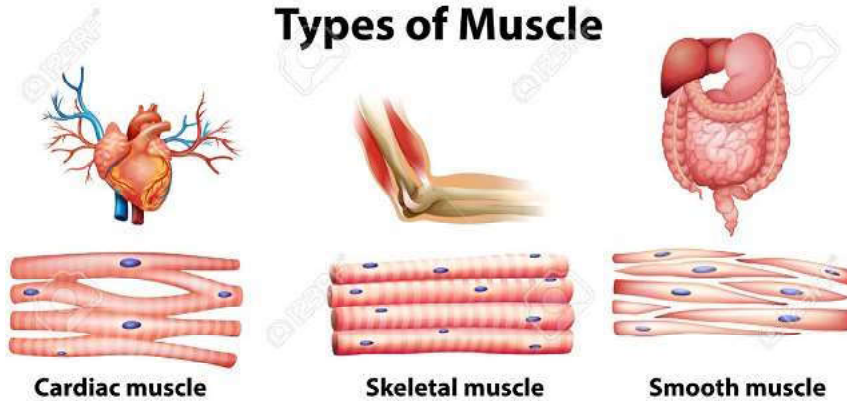


Note

Effects of Physical Activity

muscles form the walls of the heart. Cardiomyocytes are striated like skeletal muscle cells but cardiac muscle is voluntary. Muscles have specific properties that help them perform different functions. Muscles are grouped together as bundles surrounded by membranes. Muscle protein molecules called *actin* and *myosin* are present in muscle fibers. Muscle movement is generated by the movement of these protein molecules.

Types of Muscle



Activity 2

Write down the number of bones in adults.

Write down the number of bones in children.



Activity 3

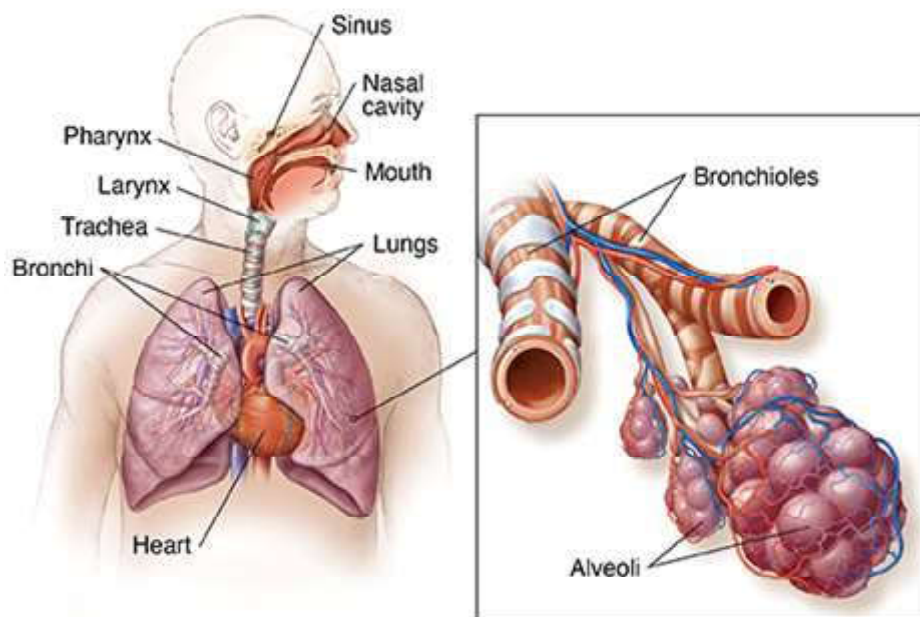
Write the names of two muscle protein.

Respiratory System

Respiration is the process of acquiring and using oxygen while expelling carbon dioxide. Humans take in oxygen from the environment and release carbon dioxide that is produced as a result of chemical changes within cells. The need for oxygen is essential for the human body.

Several chemical changes occur in tissue cells. The main product of these chemical changes is CO₂. Continuous removal of CO₂ is essential. In fact, breathing is combination *internal respiration* and *external respiration*. Breathing oxygen involves several chemical changes that produce waste products. Exhalation of waste products then occurs. The process of inhaling O₂ and exhaling CO₂ is called the respiratory process.



**Note**

12.2.1 Effects Of Physical Activity On Body Systems

Physical activities positively impact various body systems, contributing to overall health and well-being. Here are the effects of physical activities on different body systems:

1. Cardiovascular System

- 1.1 Improved heart health: Physical activities strengthen the heart muscle, promoting better blood circulation and reducing the risk of cardiovascular diseases.
- 1.2 Lower blood pressure: Regular exercise can help lower and maintain healthy levels.
- 1.3 Increased oxygen supply: Physical activities enhance lung capacity and oxygen intake, improving cardiovascular function.

2. Musculoskeletal System

- 2.1 Increased muscle strength and endurance: Physical activities, including strength training and weight-bearing exercises, stimulate muscle growth and enhance muscular strength and endurance.





Note

Effects of Physical Activity

2.2 Improved bone density: Weight-bearing exercises like walking, running, and resistance training help maintain and improve bone density, reducing the risk of osteoporosis.

2.3 Enhanced joint flexibility: Regular physical activities promote joint mobility, flexibility, and strength, reducing the risk of injuries and improving overall joint health.

3. Respiratory System

3.1 Improved lung function: Physical activities, particularly aerobic exercises, strengthen the respiratory muscles and improve lung capacity, leading to better oxygen uptake and carbon dioxide removal.

3.2 Enhanced respiratory efficiency: Regular exercise can increase gas exchange efficiency in the lungs, promoting better respiratory function.

4. Immune System

4.1 Strengthened immune response: Physical activities enhance the immune system's ability to fight off infections and diseases by improving circulation, reducing inflammation, and promoting the release of immune cells and antibodies.

5. Nervous System

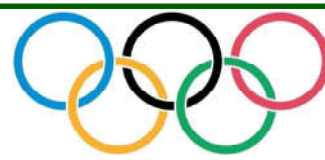
5.1 Enhanced brain function: Regular physical activities improve cognitive function, memory, and attention, and reduce the risk of cognitive decline and neurodegenerative diseases.

5.2 Mood regulation: Physical activities release endorphins, serotonin, and other neurotransmitters that help reduce stress, anxiety, and depression, promoting overall mental well-being.

6. Digestive System

6.1 Improved digestion and metabolism: Physical activities can aid in improving digestion, promoting regular bowel movements, and maintaining a healthy metabolic rate.

The benefits of physical activities vary depending on the type, intensity, duration, and frequency of the activities. It's important to consult with a healthcare professional before starting any new exercise program, especially if you have underlying health conditions or concerns.

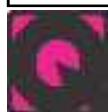


**Activity 12.4**

Enlist the benefits of prolonged physical activities on human system.

SKELETAL SYSTEM	MUSCULAR SYSTEM
1.	1.
2.	2.
3.	3.
4.	4.

CIRCULATORY SYSTEM	RESPIRATORY SYSTEM
1.	1.
2.	2.
3.	3.
4.	4.

**Intext Questions 12.2**

- State whether the following statement is True or False.
Physical activity has no effect on muscle strength, bone density and joint health.
- What are the effects of regular exercise on the brain?
 - Increased risk of cognitive decline
 - Enhanced cognitive function and improved memory
 - Decreased blood flow to the brain
 - Weakening of neural connections
- Which of the following is a benefit of regular physical activity on the cardiovascular system?
 - Increased risk of cardiovascular diseases
 - Decreased lung capacity
 - Strengthening of the heart muscle and improved blood circulation
 - Reduced flexibility in joints

**Note**

**Note****Effects of Physical Activity**

4. How does physical activity benefit the musculoskeletal system?
 - a) By reducing muscle strength and endurance
 - b) By improving bone density and joint flexibility
 - c) By decreasing respiratory efficiency
 - d) By increasing the risk of joint injuries
5. What is one positive effect of physical activity on the immune system?
 - a) Increased inflammation
 - b) Enhanced immune response and infection-fighting ability
 - c) Reduced brain function
 - d) Weakened muscle strength

12.3 KHELO INDIA CAMPAIGN

The Khelo India Campaign is an effort by the government of India to encourage sports development at the local level and find talented athletes for national and international events. The campaign, which started in 2018, aims to promote sports in India and help young people to develop their skills by giving them the necessary tools and support. The aim of Khelo India programme is to revitalise the sports culture in India mainly at the grassroots level. This initiative constructs a framework for all sports played across the nation aiming to position India as a prominent sporting nation. The following verticals are implemented by Sports Authority of India under Khelo India Campaign as given by kheloindia.gov.in

1. Khelo India State Level Centres:

At the local level, these centres offer state-of-the-art training facilities and coaching to people desirous of becoming athletes. This helps them improve their skills and possibly reach national or international levels.



2. **Annual Sports Competitions:** Khelo India Campaign conducts the Khelo India Youth Games, a national-level competition for players between the ages of 17 and 21 that includes several different sports. These events give young athletes a chance to show their abilities.
3. **Talent Search and Development:** Khelo India tries to discover and develop talented athletes by offering them scholarships, financial aid and access to good coaches, facilities and gear.



**Note**

4. **Women's Sports:** This project encourages women to play sports by setting up competitions, training programmes, and support networks to give women players more power and break down gender barriers in sports.
5. **Support to National/Regional/State Sports Academies:** Khelo India helps established sports schools with funds to improve training facilities and make the sports ecosystem better as a whole.
6. **Promotion of Sports among Persons with Disabilities:** This aims to get disabled people involved by giving them specialised coaching, facilities and opportunities to participate and do well in sports.
7. **Promotion of rural and indigenous/tribal games:** In rural and tribal areas, Khelo India helps to keep and promote traditional and indigenous sports and games. This encourages physical exercise and helps to protect our cultural heritage, too.
8. **Physical Fitness of School-going Children:** Getting kids in school to be physically fit is one of its primary aims. Khelo India emphasizes on how important it is for them to be active every day.

The Khelo India Campaign has become very famous. It helps in finding and training young athletes who are good at many sports. It has also helped to improve India's sports facilities and grow its sports ecosystem. The campaign aims to build a strong sports culture and turn out world-class athletes. This will help India fare better in international sports competitions.

12.3.1 Fit India Movement

The FIT INDIA Movement was launched on August 29, 2019, by the Honourable Prime Minister to integrate fitness into our daily existence. The objective of the Movement is to effect behavioural changes and promote a more physically active way of life. To accomplish this mission, Fit India intends to undertake several initiatives and host several events as given in Fitindia.gov.in. Its objectives are:

- To promote fitness as simple, enjoyable, and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To promote indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To establish a platform for Indian citizens to share information, raise awareness, and promote sharing personal fitness experiences.



**Note****Effects of Physical Activity**

The Ministry of Youth Affairs and Sports has promoted fitness awareness through various activities and campaigns involving multiple parties. Under the Fit India banner, the Ministry has initiated major online and offline activities in the categories of Plog Run, School Certification system, Youth Club Certification system, School Week celebrations, Cyclothon, Yoga Day, Freedom Run, Active Day series during lockdown, Champion Talks; Dialogue series; Indigenous Games series; Fit India Thematic Campaigns; and Prabhat Pheris. In addition, age-appropriate fitness protocols for various age categories have been incorporated into Fit India.

**Fit India School Week**

Fit India School Week was created in 2019 in response to the urgent need to raise fitness awareness among children, their parents, teachers and school personnel. This campaign encourages school fraternities nationwide to celebrate four to six days per week to promote a healthy and active lifestyle through various activities such as debates, quizzes, essay writing, poster-making competitions, yoga and meditation, a fitness pledge, indigenous sports, etc.

Fitness Protocols

Under the auspices of the Fit India Movement, the Ministry of Youth Affairs & Sports has developed Age-Appropriate Fitness Protocols called G.O.A.L.S. (Goals for Active Life Style) for various age groups classified as 05-18 years, 18-65 years, and 65+ years.

The Honourable Prime Minister introduced the above protocols during the “Fit India Dialogue” programme conducted on September 24, 2020 which coincided with the 1st Anniversary of the Fit India Movement. These protocols aim to improve fitness through fitness tests based on prescribed activities with various fitness components.

Role of Fit India Movement

1. **Creating Awareness:** It raises awareness about the importance of physical activities and promotes a healthy lifestyle among youth. It increases awareness about the benefits of regular exercise and leading an active lifestyle. It also talks about the risks of living a sedentary life.
2. **Fitness Assessment:** The Movement gives people fitness guidelines they can use to know how fit they are and set goals to get fitter. This test helps young people figure out how healthy they are, find areas where they can improve and keep track of their progress.



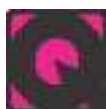
3. **Motivation and inspiration:** The Fit India Movement encourages and inspires young people to do physical activities. It shows how athletes and other people have improved their lives through exercise and encourages young people to do the same.
4. **Working with schools and colleges:** The Movement works with schools and colleges to encourage students to do more physical exercises. It encourages schools and colleges to add fitness programmes, sports and active breaks in their schedules. In this manner physical activities will become a big part of every student's life.
5. **Technological Support:** The Fit India Movement harnesses technology to facilitate fitness tracking and provide access to fitness resources. It encourages using fitness apps, wearable devices, and online tools that help young people track their activity levels, set fitness goals, and access exercise routines and nutrition advice.

The Fit India Movement received much attention and support from schools, universities, corporations, sports organisations and celebrities. It plans events and relevant awareness-raising campaigns. Various fitness-related projects are conducted nationwide to engage people to live more active and healthier lives.



Activity 12.5

Maintain a weekly fitness diary wherein you record physical activities and its duration. Prepare a report on how you feel during and after one week of the program.



Intext Questions 12.3

1. When was the Fit India Movement launched in India?
 - a) 2016
 - b) 2018
 - c) 2019
 - d) 2021
2. Who initiated the Fit India Movement?
 - a) Prime Minister Narendra Modi
 - b) President Ram Nath Kovind

MODULE-3

Sports Education



Note



MODULE-3

Sports Education



Note

Effects of Physical Activity

- c) Minister of Youth Affairs and Sports
 - d) Indian Olympic Association
3. How does physical exercise contribute to improving self-esteem and body image?
- a) By promoting negative body image
 - b) By reducing social interactions
 - c) By improving physical fitness and body confidence
 - d) By increasing sedentary behavior
4. What impact does engaging in physical activities have on the digestive system?
- a) Increased risk of gastrointestinal disorders
 - b) Improved digestion and bowel movement regularity
 - c) Reduced nutrient absorption
 - d) Weakening of the stomach lining
5. The Fit India Movement promotes inclusivity and encourages people of all age groups to participate in physical activities. True or False?
6. What initiatives and programs have been launched under the Fit India Movement to promote fitness and sports in India?
- a) Fit India School Certification and Fit India Active Day
 - b) Fit India Walkathon and Fit India Cyclothon
 - c) Fit India Plog Run and Fit India Freedom Run
 - d) All of the above



TERMINAL QUESTIONS

- 1. When was the Fit India Movement launched in India?
- 2. What is the primary objective of the Fit India Movement?
- 3. How does physical activity impact lung function and respiratory health?
- 4. How does physical exercise contribute to reducing stress levels and improving mood?

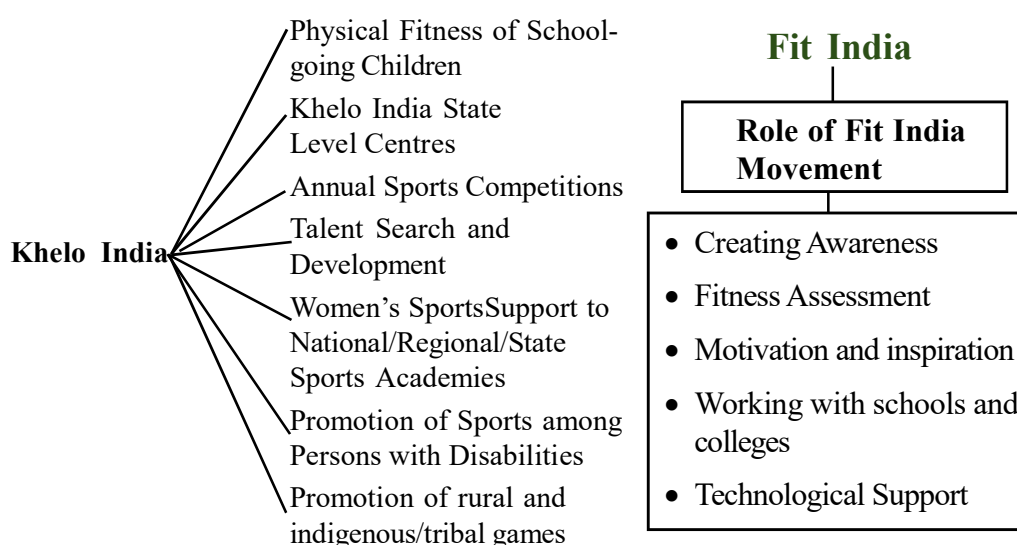
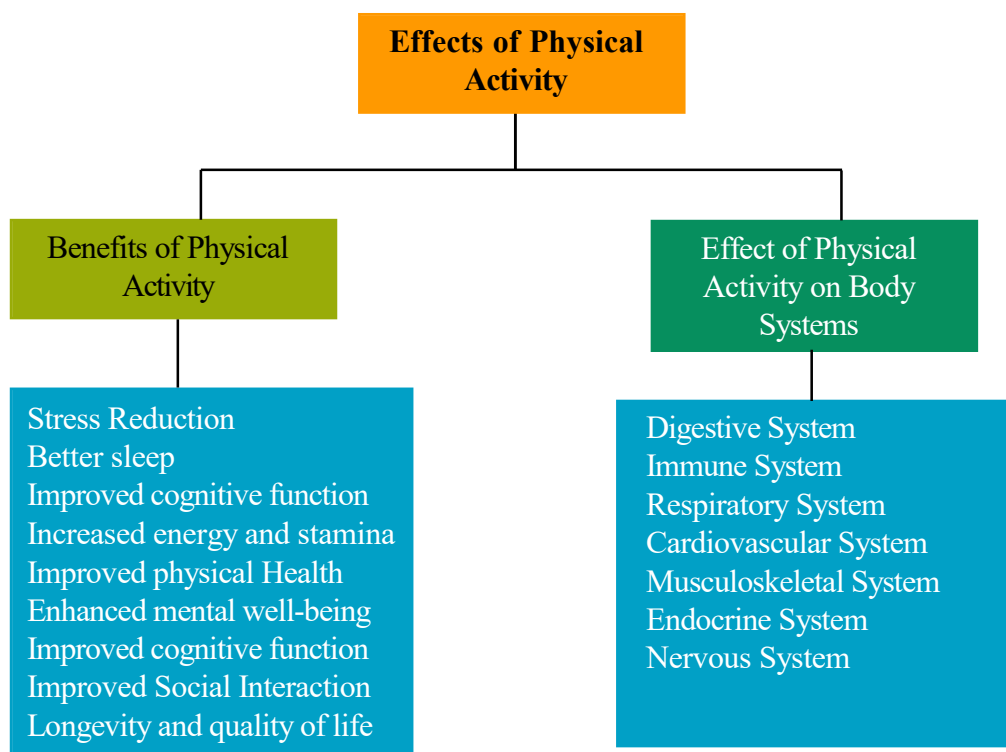




Note

5. How does the Fit India Movement encourage people to adopt an active and healthy lifestyle?
6. What are the key components of the Fit India Movement?
7. How does the Fit India Movement encourage people to adopt an active and healthy lifestyle?

Concept Map



MODULE-3

Sports Education



Note

Effects of Physical Activity



Answer to Intext Question

12.1

- 1) a) Improved cardiovascular health
- 2) True
- 3) longevity
- 4) strengthens

12.2

- 1) False
- 2) b) Enhanced cognitive function and improved memory
- 3) c) Strengthening of the heart muscle and improved blood circulation
- 4) b) By improving bone density and joint flexibility
- 5) b) Enhanced immune response and infection-fighting ability

12.3

- 1) c) 2019
- 2) a) Prime Minister Narendra Modi
- 3) c) By improving physical fitness and body confidence
- 4) b) Improved digestion and bowel movement regularity
- 5) True
- 6) d) All of the above



YOG PHILOSOPHY

Dear learners, as you know that Yog is now very popular all over the globe. International Day of Yog was started in 2015 due to the tireless efforts made by our illustrious Prime Minister Sh. Narendra Modi ji, after its inception in the United Nations General Assembly in 2014. Now a days due to busy lifestyles schedule and lack of good habits people are suffering from different kinds of physical, mental, emotional, social and cognitive problems. To overcome these sufferings and problems, Yog is the best means as it promotes a healthy and holistic way of living.

The word ‘Philosophy’ means ‘love of wisdom.’ Broadly speaking, philosophy is a quest to understand the ultimate realities about our own selves, the world we live in, and our relationship with others. You would have noticed that every person wants everlasting happiness. Hence, people have discovered various ways to achieve happiness and avoid sorrow. Today, as we observe, numerous scientific inventions play a crucial role in our daily lives. Behind every piece of equipment lies a technology, that technology is based on science, and the science itself is founded on a philosophical idea. Thus, philosophy forms the foundation of all knowledge and scientific progress, contributing to the evolution and liberation of human beings. The word ‘Yog’ means ‘Samadhi’ or ‘Kaivalya’ (liberation). Among the various philosophical traditions, Yog philosophy stands out as the most accessible and universally applicable. It transcends barriers of caste, creed, and religion, offering a spiritual science and an art of living that can be embraced by all.



LEARNING OUTCOMES

The learner-

- explains the history of Yog sequentially;
- describes the fundamentals of Yog and its basic aim and concept;
- defines the philosophical basis of Indian Tradition with different forms of Yog;
- explains the importance and relevance of Yog in daily life and
- identifies the different yogic terms.

MODULE-4

Yog



Note



Physical Education

**Note**

13.1 HISTORICAL BACKGROUND OF YOG

Yog is a profound practice system that originated in ancient India thousands of years ago. It encompasses a wide range of practices and disciplines aimed at promoting physical, mental, and spiritual well-being. It is derived from the Sanskrit word “yuj,” meaning ‘to join’ or ‘to unite’, or ‘to yoke’. Yog seeks to bring harmony and integration between the body, mind and spirit.

It is believed that the practice of Yog started right from the beginning of civilization. In the yogic discipline, Lord Shiva is considered as the first yogi or Adiyogi and the first Guru or Adi Guru and Parvati as his first disciple. Although the origin of Yog is considered to be thousands of years ago, yet we can divide the history of Yog into six eras:

1. Pre-vedic Era
2. Vedic Era
3. Pre-classical Era
4. Classical Era
5. Post-classical Era
6. Modern Era

Let us discuss all in brief:

13.1.1 Pre-vedic Era

The pre-Vedic era is considered to be 3000-2500 BC. Until recently, Western scholars believed that Yog originated around 500 BC with the emergence of Buddhism. However, images of Yog postures were discovered in recent excavations at Harappa and Mohenjo-Daro. This suggests that Yog may have been practiced as early as 5,000 years ago.

13.1.2 Vedic Era

Vedic era evolved after the decline of more than nine thousand years old Indus Saraswati valley civilization. It is well-known for the creation and composition of four Vedas, which are considered to be sacred texts. The Vedic period is considered from 2500 – 1500 BC, and the civilization was located in the northern to north-western region of the Indian subcontinent.

The word ‘Yog’ was first mentioned in the ancient Sanskrit texts of Rig Veda, the oldest sacred text in the world. In the Atharva Veda too Yog is mentioned with a reference to controlling the breath.





DO YOU KNOW ?

The word *Veda* literally means knowledge. The root is 'vid', 'to know'. The Vedas are thus texts that provide knowledge.

These are a set of four ancient sacred texts written in Sanskrit known as the Rigveda, the Samaveda, the Yajurveda and the Atharvaveda. The Rigveda is the oldest amongst the Vedas.

Each of the Vedas has two parts, a *Samhita* and the *Brahmanas* also known as karma kanda, the part of the vedas that deals with rituals. The Samhita part consists of mantras or incantations. These are hymns that were used in sacrifices. Brahmanas explain the hymns and indicate how these are to be used in sacrifices and how they are to be conducted.

In addition, Vedic literature also includes *Jnana Kanda*. This is the part that deals with supreme knowledge. The *Aranyakas* and the *Upanishads* are included in this *jnana Kanda*.



Note

13.1.3 Pre-classical Era

The pre-classical Yog period is considered to be 1500 -1000 BC. It is also called Upanishad period as the main texts of this period are the Upanishads. There is a total of 108 Upanishads, out of which 10 are main Upanishads and 20 are Yog Upanishads. They focus on different yogic techniques like Pranayama (controlled breathing exercises), Pratyahara (withdrawing senses), breathing modulation, sound and meditation in complete peace. In this period, Yog was more of a lifestyle. rather than merely a practice focused on breathing or physical postures.

13.1.4 Classical Era

Tentatively, the period between 500 BC - 800 AD is considered as the classical period. It is widely viewed as the most fertile and significant period in the history and progress of Yog. Two epic texts, Ramayana and Mahabharata (with its most famous essence, the Bhagavad Gita) and other varied literature shone forth in this age. Over time, Yog practices were codified in the Yog Sutras of Patanjali. This age also saw the first commentary on Yog Sutras by Ved Vyasa. Later, Jainism and Buddhism also flourished in this age. Lord Buddha is considered to be the first Buddhist to study Yog. During this age, various types of Yog emerged from within the rich and diverse traditions of India.



**Note****DO YOU KNOW ?**

Patanjali's Yog sutras is the first systematic presentation of Yog. It was written around the second century. In fact, Maharishi Patanjali is commonly known today as the father of Yog. His view on Yog is known as Raja Yog. Maharishi Patanjali compiled 195 sutras (aphorisms) which are classified in four chapters, which discuss the aims and practice of Yog, the development of yogic powers and in the end, liberation. It has the classical eight limbs: Yama (social conduct), Niyama (personal conduct), Asana (physical postures), Pranayama (breathing regulation), Pratyahara (withdrawal of senses), Dharna (Concentration), Dhyana (meditation) and Samadhi (transcendence).

Among the most remarkable Yogic scriptures, the Bhagvad Gita, was also composed during this period. The Bhagvad-Gita mentions many forms of Yog: Jnana Yog, Bhakti Yog, Karma Yog and Raja Yog.

13.1.5 Post-classical Era

Learners, in the Yog history timeline, the period between 800 A.D. - 1700 A.D has been recognized as the post classical period. During this period, the teachings of Acharya trayas (meaning the three great Acharyas) – Adi Shankaracharya, Sri Ramanujacharya and Sri Madhvacharya- became prominent. Additionally, the teachings of Surdasa, Tulsidasa, Puranadardasa and Mirabai appealed to many during this period.

Also, many years after Patanjali, asanas, kriyas and pranayama were widely practiced for cleansing the body and mind. Thus emerged Hatha Yog. During the post classical period, A few Natha Yogis of Hatha Yog tradition who popularised the Hatha Yog practices during this period are Gorakshnatha, Matsyendranatha, Chauranginatha, Swatmarama, and Maharishi Gheranda.

13.1.6 Modern Era

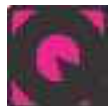
The period between 1700-1900 A.D. is considered as the modern period. During this period, Yog and its teachings spread from India to the West, the most prominent case being Swami Vivekananda's visit to the USA in 1893. In the early 20th century, Swami Kuvalayananda of the Kaivalyadhama Yog Institute, and Yogendraji of the Yog Institute in Mumbai, initiated systematic practice and research in Yog. Since then, various traditions have spread worldwide. Indra Devi opened the first Yog studio in California and went on to make Yog popular in the USA.

Yog teachers such as T. Krishnamacharya (who inspired renowned practitioners like B.K.S. Iyengar, T.K. V. Desikachar, and Pattabhi Jois), Swami Sivananda Saraswati, and Swami Satyananda Saraswati, along with the Himalayan tradition of Swami Rama,





have played a significant role in popularising Yog. Later, figures like Swami Ramdev, Jaggi Vasudeva, Sri Sri Ravi Shankar, and H.R. Nagendra further promoted Yog across India and contributed to research on its benefits in healthcare.



INTEXT QUESTIONS 13.1

Fill in the blanks:

1. The history of Yog can be divided into.....eras.
2. Hath Yog emerged in the era.
3. Pre-Classical Yog period was from
4. Yog Sutra was written by.....

13.2 THE FUNDAMENTALS OF YOG PHILOSOPHY

Dear learners so far, we have learnt about the history of Yog. Now you must be eager to know more about Yog. Is Yog a science? Is it based on some principles? Does Yog have its own fundamentals? You would be amazed to know that Yog is essentially a spiritual discipline based on subtle science. Like all other sciences, it too has its own fundamentals. It focuses on bringing harmony between mind and body. It is both an art and science of healthy living.

The principles of Yog are based on the concept that human beings are inherently spiritual beings. Its goal is to free us from the chains of worldly bondage that bind us to our earthly existence of needs and desires. Yog aims to realise our inner divinity, which extends far beyond our body, mind and possessions. To reach these higher levels of consciousness, it is important for us as individuals to live a moral life guided by the principles of law and order, honesty, virtue, purity, mercy and kindness. By following these fundamental principles we can fully realise our true nature.

Human is considered the highest creation of Almighty. Among all living beings, he alone has the supremacy to control his thoughts, karmas and feelings using the ability of his mind. Hence, we should make our life better by engaging in positive things. It's not easy to get rid of worldly things but there are some basic steps anyone can take to find peace, harmony and happiness in their life.

“Yog is a journey of the self, through the self to the self.” Sri Bhagavad Gita. This can only be obtained when our body and mind will be healthy. For this, first, we must practice Yog postures correctly every day to keep our body healthy. Secondly, we must practice meditation daily to understand the mind and discover true consciousness. To become a perfect yogi, we must replace unwanted habits with positive ones.





Note

13.2.1 Philosophical Underpinnings in Indian Tradition

Dear learners, philosophy holds an important place in Indian tradition. It is a way of living life. In the beginning of this lesson, we studied the English meaning of philosophy i.e. “love of wisdom”. In other words, it is the study of the basic ideas about knowledge, truth, right and wrong, religion and the nature and meaning of life. In Sanskrit, philosophy is known as ‘Darshan’. Darshan originates from the Sanskrit word ‘Drish’ which means “to view”. It literally means to have the knowledge of true and false things.

In Indian tradition, philosophy is broadly divided into two branches - Vedic and Non-vedic philosophy. Vedic darshan or philosophy is represented by six schools. These are known as Nyaya, Vaisheshik, Samkhya, Yog, Mimamsa and Vedanta.

Sl. No.	School of Indian Philosophy	Founder (Rishi)	Main Idea/Concept
1.	Nyaya	Gautama	Attainment of true knowledge through logic and valid means of knowledge (Pramana)
2.	Vaisheshik	Kanada	Classification of substances and the atomic theory
3.	Samkhya	Kapila	Knowledge of the distinction between Prakriti (Nature) and Purusha (Consciousness), which eliminates physical and mental suffering and leads to liberation.
4.	Yog	Patanjali	Control of the modifications of the mind (Chitta Vritti Nirodha) through meditation, self-discipline, and the practice of Ashtanga Yoga.
5.	Vedanta	Badarayana (Vedavyasa)	Explains the divine nature of the Soul, Maya, and Brahman. Explains the futility of Maya.
6.	Mimamsa	Jaimini	Explains that the Vedas are eternal and divine, and elaborates the performance of Vedic rituals and the concept of Dharma.

Fig.13.4: Six Schools of Indian Philosophy





Note

Indian philosophies share many common concepts such as Dharma, Karma, Samskar, Dukha, Renunciation and Meditation. All of them focus on the ultimate goal of liberation of the individual from worldly bondages through diverse range of spiritual practices.

The Yog philosophy is closely associated to the Samkhya philosophy. The Yog philosophy and practice accepts the epistemology and the metaphysics of the Samkhya Philosophy with its twenty-five principles, but admits also the existence of God. The special interest of the yogic system is in the training and practice of Yog as the means to the achievement of viveka jnana which is also understood as discriminative knowledge which is held in the Samkhya to be the essential condition of Moksha. According to Maharshi Patanjali, Yog involves the cessation of all mind modifications (*Chitta Vritti Nirodha*).

Eight stages in the practice of Yog (Yognga) constitute different parts of Yog. These are- Yama or restraint, Niyama or ethical culture, Asana or posture, Pranayama or breath control, Pratyahara or withdrawal of the senses, Dharana or contemplation, Dhyana or meditation and Samadhi or liberation.

1. Yama or restraint consists in abstaining from five vices i.e. injury to any life, falsehood, theft, incontinence and avarice.
2. Niyama or ethical culture is the cultivation of good habits like purification, contentment, penance, study of the Vedas and contemplation of God.
3. Asana is the implementation of steady and comfortable postures.
4. Pranayama or breath-control is regulated inhalation, exhalation and retention of breath.
5. Pratyahara or sense-control includes the withdrawal of the senses from their objects.
6. Dharana or focused attention is setting the mind on some internal or external object like the nose tip or the moon, etc.
7. Dhyana or meditation is the steady contemplation of the object without any interruption.
8. Samadhi is that state in which the contemplative consciousness is lost in the contemplated object and has no awareness of itself.

13.2.2 Forms of Yog

The ultimate goal of Yog practice is to live a blissful life. We will briefly discuss various traditions of yog.





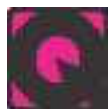
Note

Traditional schools of Yog

The different philosophies, traditions, lineages and guru-shishya Parampara of Yog led to the emergence of different traditional schools. These include:

- **Hatha Yog-** Developed during the 12th century, the practices of Hatha Yog, involve the use of some amount of force in practicing various asanas. Hatha Yog is widely practiced in the Western countries and is one of the most popular forms of yogic practices followed by people all around the world.
- **Ashtanga Yog -** The eight-limbed system outlined by Maharshi Patanjali and forming the basis for all classic approaches to Yog practice. The initial stages of Ashtanga Yog practice emphasise right attitudes, asana, pranayama and relaxation.
- **Raja Yog-** This is traditionally regarded as “classical Yog” and aims to teach the yogi the Principles of gaining control over mind and emotions.
- **Jnana Yog-** Jnana means “knowledge or wisdom”. This form of Yog is the path of attaining liberation through knowledge of the true nature of reality through the practice of meditation, self-study and contemplation.
- **Karma Yog-** It is widely based on the teachings of the Bhagavad Gita. Karma Yog teaches the philosophies of selfless action through which liberation can be achieved.
- **Bhakti Yog-** Bhakti Yog is the path of devotion. It is the method of attaining God through love and the loving recollection of God. The famous examples are Meera Bai, Kabir Das etc.
- **Tantra Yog –** Tantra Yog encompasses a much broader spectrum of practices aimed at achieving spiritual growth and enlightenment. It emphasizes the integration of all aspects of life, including the physical, emotional, mental, and spiritual, to achieve harmony and balance.
- **Mantra Yog-** Mantra Yog aims to attain liberation through continuous chanting of powerful words which creates a certain aura of empowerment around the reciter. Yog practice should be done under the guidance of a qualified teacher or guru, as it involves profound spiritual practices that require proper understanding, discipline, and guidance.





INTEXT QUESTIONS 13.2

Fill in the Blanks:

1. The Yog philosophy is closely associated to the philosophy.
2.Yog is widely based on the teachings of the Bhagavad Gita.
3. Cessation of all mind modifications is called.....
4.Yog is traditionally known as classical Yog.

13.3 THE BASIC AIM OF YOG

Yog aims at the development of one's personality at all levels: physical, mental, emotional, social and spiritual. It is a universal rule that the health of body depends significantly on the health of the mind. Hence, everyone seeks to have a healthy mind to have a better faculty of body.

The eventual aim of Yog, according to Patanjali, is to attain 'Kaivalya' (Liberation). This is to be understood as the knowledge of one's innermost being or 'soul' and can be called self-realisation. Yog aims, finally, at the discovery of the Universal Soul. Yog is thus a 'spiritual quest'. However, along the path of Yog, the aspiration also gains health, happiness, tranquility, a knowledge (Jnana) which are indicators of progress and also an encouragement to continue their practice.

The aim of Yog is also the attainment of physical, mental, social, emotional and spiritual health. The objectives of Yog can be interpreted in physical, psychological and spiritual senses as it deals with the body, mind, and spirit. Let us discuss some of the basic objectives which are as follows:

I. PHYSICAL AND MENTAL CLEANLINESS

Attaining physical and mental cleanliness for a healthy person is an important objective of Yog. Various cleansing practices, asanas, pranayama, Shatkarma helps a Yog practitioner to purify the body and lay a foundation for meditation. Yog helps in realizing the real potential of a person, both in terms of his/her physical and intellectual capacities.

II. UNITY OF BODY, MIND AND SOUL

Developing unity among body, mind and soul is also an important objective as Yog develops the ability to harmonize and integrate the thoughts, desires, emotions, feelings and aims of an individual. The Hatha Pradeepika text says- 'चले वाते चलं चित्तं'



Note



**Note**

निश्चले निश्चलं भवेत् । (Chale Vâte Chalam Chittam Nishchale Nishchalam bhavet), which means that our mind develops and becomes sharp by having control over breath, and by harmonizing breath, there is peace of mind with the awareness of breath. Guru Nanak emphasized mindfulness of every breath as the key to connecting with the Almighty.

The control over our senses (pratyahara) and thoughts occurs when the Yog practitioner attains contemplation (dharana) and after getting established in this state he attains meditation. Later this mature state of meditation unites into Samadhi (Moksha) where the individual soul (consciousness) merges into the universal soul (consciousness).

III. SELF-TRANSFORMATION AND SELF-REALIZATION

The ultimate objective of Yog is self-realization through which a person is able to secure the best and give their best to oneself and to the society, nation and the mankind. In this sense, spiritual growth besides the physical and mental growth aiming at self-realization can be regarded as the most important objective of Yog.

**INTEXT QUESTIONS 13.3**

State whether the following statements are True or False.

1. The ultimate aim of Yog according to Patanjali is meditation. ()
2. Our mind develops and becomes sharp by having control over breath. ()
3. Control over senses is called Pranayama. ()

13.4 IMPORTANCE AND RELEVANCE OF YOG IN DAILY LIFE

Dear learners, as discussed earlier, Yog aims for the overall development of a person i.e. in the areas of physical, mental, social and spiritual health. We can say a person is considered sound when the body is physically healthy, the mind is clear, focused and stress is under control. It provides the space to connect with loved ones and maintain socially healthy relationships. When a person is healthy in all the mentioned aspects, he/she is in touch with his/her inner Self, with others and the surroundings on a much deeper level, which adds to spiritual health.

Let us know the importance of Yog in our daily life:

1. The physical practice of Yog increases the flexibility of the spine and strengthens the body.





Note

2. It improves the body's physical condition and awareness regarding the importance of relaxation.
3. Focusing on breathing brings calmness to the mind, hence, it provides relief from stress and anxiety. Thus, it can help to manage insomnia.
4. Yog can also help to reduce fatigue and maintain the physical and psychological energy throughout the day.
5. Yog is considered as an effective treatment for a variety of autoimmune diseases because it reduces the symptoms of these diseases, such as stiffness, malaise, fatigue, and weakness.
6. Children also benefit from Yog. It increases concentration, reduces fickleness among children.
7. Yog has been also used to help heal victims of torture or other trauma. Because Yog is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits.

From the above points we can say that the practice of Yog in daily life helps to achieve-

- Physical Health
- Mental Health
- Emotional Health
- Social Health
- Spiritual Health
- Self- Realization or realization of the divinity within us

Now let us discuss these points:

I. PHYSICAL HEALTH

The importance of a healthy body cannot be overstated. To properly cleanse the body, we should practice the (Shatkrama) purification techniques of Hatha Yog ; Yogsana for a stable body; Pranayama to feel lighter, Bandha and Mudras to channelise Prana & Mind and Meditation for wellbeing and self-realisation. The food we eat contributes significantly to our health. What we eat influences our body and psyche and builds our habits and qualities. In short, it has a considerable effect on our whole being.





Note

MENTAL HEALTH

Usually, we are impelled by our mind and senses but we should strive to have our impulses under our control. Our nervous system is imbalanced by undesirable thoughts and fears and it impairs the functions of our body. Practicing Yog in our daily life will help us to achieve mental wellbeing, too.

SOCIAL HEALTH

Social health refers to the sense of happiness within oneself and the ability to give happiness to others, too. This includes genuinely connecting with those around us, doing our duties within society, and supporting the community. A person who enjoys social health has the ability to rejoice, relax and experience life in all its shades.

Nowadays, drug addiction has become a major curse. It's a sign of social illness. To disengage people away from this problem and create in them a new, positive aim and purpose in life, Yog practice can be a great help and support in this journey. Practicing Yog in daily life means to work for oneself and also for the good of the society. We can then be active and work for the welfare of all mankind.

SPIRITUAL HEALTH

Spiritual health is built through prayers, meditation, chanting of mantras, thinking positively and personal and social acceptance. A very strong belief of Yog is that humans should be protectors and not destroyers. The attributes which really make us human are the ability to give, understand and forgive. Protecting life and respecting the individuality and independence of all forms of life is one of the primary practices of the Yog teachings. Following this precept develops greater tolerance, understanding, mutual love, help and compassion, not only between individuals, but among all humans, nations, races, and religious faiths.

Self-realization or Realization of the Divinity Within US

Regular study of the lives of saints and rishis will enable us to lead a righteous life. People who imbibe these very noble qualities will be gradually moulded on the path of spirituality. They draw inspiration from them. There will be an inner urge to attempt for self or God-realization and pray to become enlightened. Some of the qualities are-

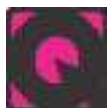
- Nurture the strong will.
- Practice self-control and self-mastery.
- Have self-confidence.
- Develop independent judgment.
- Do your best continuously for Self-realization.



- Be an observer of your little ego.
- Develop pure love (Bhakti). Rise above all divisions of caste, creed and colour.
- Give up the thought of 'I-ness, Mine-ness'. Look within for the happiness which you have sought in vain in the sensual objects.

Dear learners, after learning Yog through different aspects, we can say that the following goals can be attained through Yog-

- Love and care for all living beings
- Respect for life, protection of nature and the environment
- A peaceful state of mind
- Pure thoughts and positive lifestyle
- Physical, mental, emotional and spiritual well-being
- Understanding and tolerance for all nations, cultures and religions



INTEXT QUESTIONS 13.4

Answer the following questions:

1. Write any two importance of Yog in our daily life.

.....

.....

.....

2. Write any two qualities required for self-realization.

.....

.....

.....

13.5 YOGIC TERMINOLOGY

Learners, in this lesson or module we have learnt many dimensions of Yog. You must have noticed some specific words while describing Yog. Some of the words would be familiar to you and some are not. You all know very well that every field has its own specific terminology to describe itself. Likewise, Yog too has some basic Yogic



Note



MODULE-4

Yog



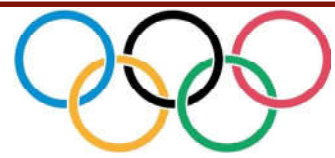
Note

Yog Philosophy

terminologies in its Yogic literature which is very important to know for better learning and understanding of Yog. These are as follows:

Abhyasa	: Practice
Ananda	: Blissfulness
Asana	: Physical Posture
Ashtanga Yog:	Eightfold Yog of Patanjali.
Bandh	: A body lock to lock the vital energy into the body temporarily
Brahmacharya:	Discipline of body and mind
Buddhi	: Deciding knowledge, Intellect
Chakra	: Energy points located throughout the subtle body
Chitta	: Mind
Dharana	: Contemplation, focused attention
Dhyana	: Meditation
Duhkha	: Suffering, a fundamental fact of life
Hatha Yog	: A major branch of Yog
Ida Nadi	: Left nostril, Lunar nadi
Ishvara-Pranidhana:	Dedication to the Lord
Japa	: The recitation of mantras
Jnana	: Knowledge, wisdom; both worldly knowledge and world-transcending wisdom
Jnana-Yog	: Yog of wisdom
Kaivalya	: Enlightenment, salvation, the state of absolute freedom from conditioned existence
Kama	: Desire, lust
Karma Yog	: Yog of action, Nishkam karma, the liberating path of self-transcending action
Karuna	: Compassion, universal sympathy
Kumbhaka	: Breath retention
Kundalini	: A form of feminine spiritual energy that is said to be coiled at the base of spine
Manas	: Mind

Physical Education





Note

Mantra-Yog:	The yogic path utilizing mantras as the primary means of liberation
Mitahara	: The habit of moderate diet
Mudra	: A gesture or a hand gesture
Nadi	: Channels through which energy is said to flow
Nadi-Shodhana:	Pre-practice of Pranayama; cleansing of 72000 Nadis/channels
Nirodha	: Restriction
Niyama	: Self-restraint
Pingla	: Right Nostril, solar nadi
Prana	: Life/breath, subtle/vital life force
Pranayama	: Life/breath extension
Pratyahara	: Withdrawal of senses
Puraka	: Inhalation
Raja Yog	: Chief, best of Yog; the highest state of Yog practice
Rechak	: Exhalation, an aspect of breath control (Pranayama)
Samatva	: The mental condition of harmony, balance.
Samyama	: Sobriety
Shatkarma	: Six purification techniques described in Hatha Yog viz. Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati.
Shodhana	: Cleansing or purification
Siddhi	: Accomplishment, spiritual perfection.
Sutra	: An aphoristic statement; such as Patanjali's Yogsutra.
Sushumna	: Central energy channel between Ida and Pingala. It connects base chakra to crown chakra
Svadyaya	: Study of self
Tapas	: Austerity, penance
Trividh Dukh:	Three types of suffering i.e. Adhidaivika, Adhyatmika and Adibhautika
Yama	: Restraints (Mahavratas)
Yognidra	: Yogic sleep (Practice of pure consciousness)





Note



INTEXT QUESTIONS 13.5

Answer the following questions:

1. The term Brahmacharya means
2. What is the meaning of Kumbhaka?

.....
.....

3. Name the six purification techniques.

.....
.....

4. What is Shushumna?

.....
.....



TERMINAL QUESTIONS

1. What do you understand by Yog philosophy? Mention its importance in Indian Tradition.
2. Describe the history of Yog chronologically.
3. Explain the importance and relevance of Yog in daily life.
4. “Yog can bring harmony between mind and body”. Elaborate upon this statement.
5. What are Yogic terminologies? Write any ten Yogic terminologies with their meaning.



ANSWERS TO INTEXT QUESTIONS

13.1

1. Six
2. Post classical
3. 1500-1000 BC
4. Maharishi Patanjali





13.2

1. Sankhya
2. Karma
3. Yog
4. Raja

13.3

1. False
2. True
3. False

13.4

1. a) The physical practice of Yog increases the flexibility of the spine and strengthens the body.
b) It improves body's physical condition and awareness regarding the importance of relaxation.
2. a) Nurture the strong will.
b) Practice self-control and self-mastery.

13.5

1. Celibacy
2. Breath retention
3. Dhauti, Basti, Neti, Trataka, Nauli and Kapalbhathi
4. It is a central energy channel between Ida and Pingala. It connects the base chakra to the crown chakra.



MODULE-4

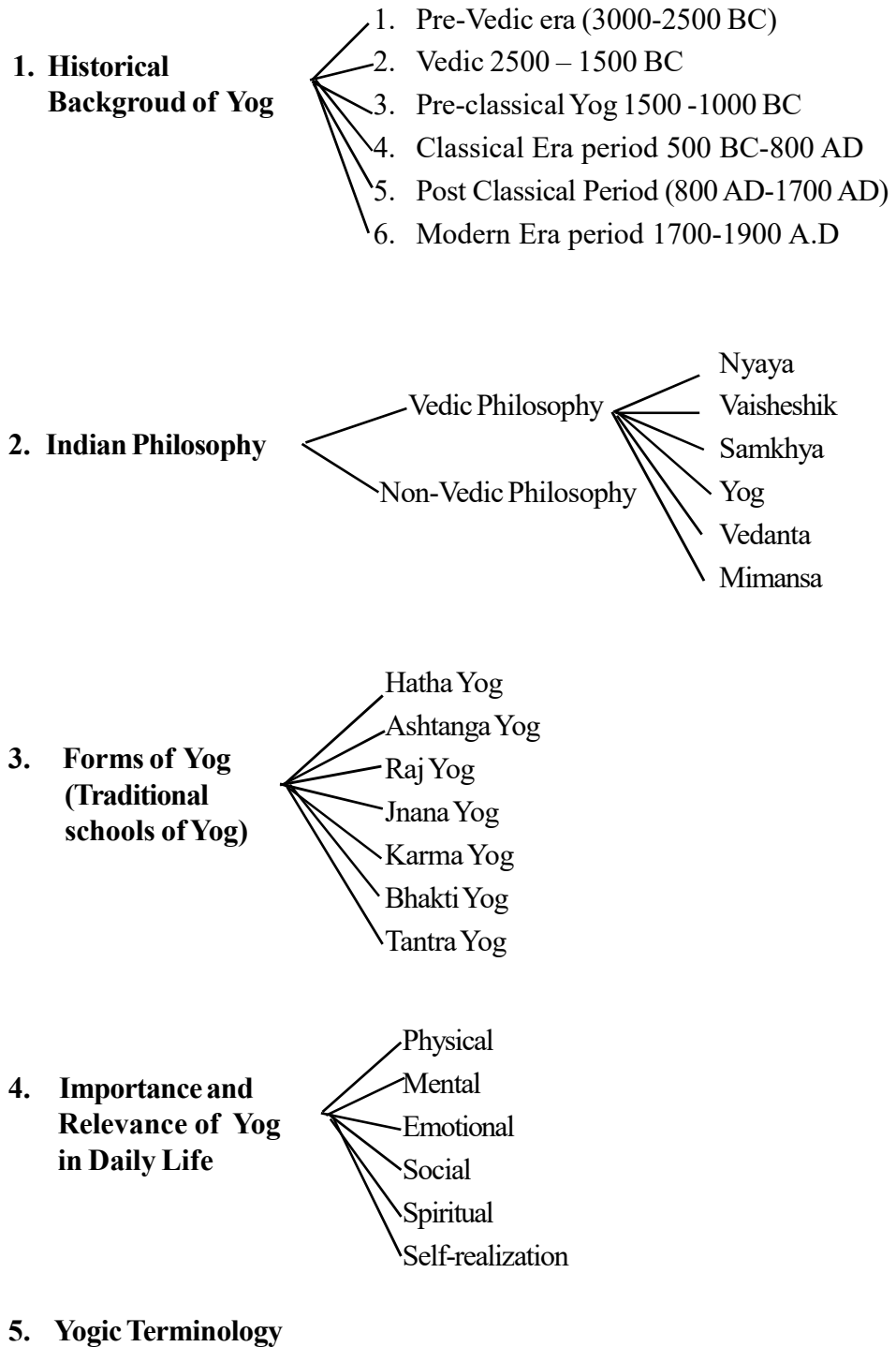
Yog



Note

Yog Philosophy

Concept Map





14

ASHTANG YOG

Dear learners, in the previous lesson you have learnt about Yog philosophy. You attained the knowledge about fundamental aspects, historical aspects of Yog and various Yogic terminologies, etc. Now you must be aware of Yog in detail. You would be excited to know about Ashtang Yog that even though there are many paths of Yog, it has become popular worldwide and known as the King of all Yog. Ashtang Yog is a powerful eight limbed disciplined path that creates a calm and healthy mind, body and nervous system. It is also a path of conscious living and spiritual practice that guides one towards self-knowledge, liberation and cessation of personal sufferings.

This lesson introduces the detailed concept and practice of Ashtang Yog, which is a traditional and systematic approach to Yog as outlined by Sage Patanjali in the form of Yog Sutras.



LEARNING OUTCOMES

The learner-

- explains the importance of Ashtang Yog;
- identifies the importance of moral values and personal values in day-to-day life;
- enlists the significance of Ashtang Yog in health;
- applies the concepts of Ashtang Yog in day-to-day life.

14.1 MEANING AND IMPORTANCE OF ASHTANG YOG

Dear learners, around 2000 years ago Maharishi Patanjali, defined classical Yog. The first Yogic text 'Yog Sutra' was written by him and is thus widely known as Patanjali Yog. In this book, he has mentioned Ashtang Yog as a path of introspection. It is an eight-step (or limb) system which will gradually guide the practitioner towards the path of self-realisation. The eight limbs are mentioned in the chart below.

यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाधयोऽष्टावङ्गनि । पा.यो.सू. 2/29

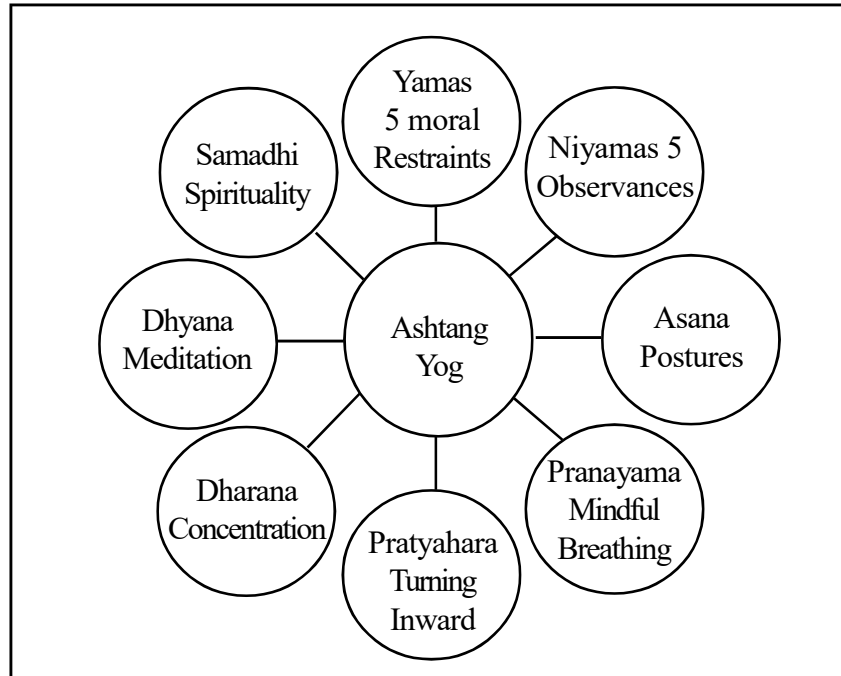




Note

Ashtang Yog

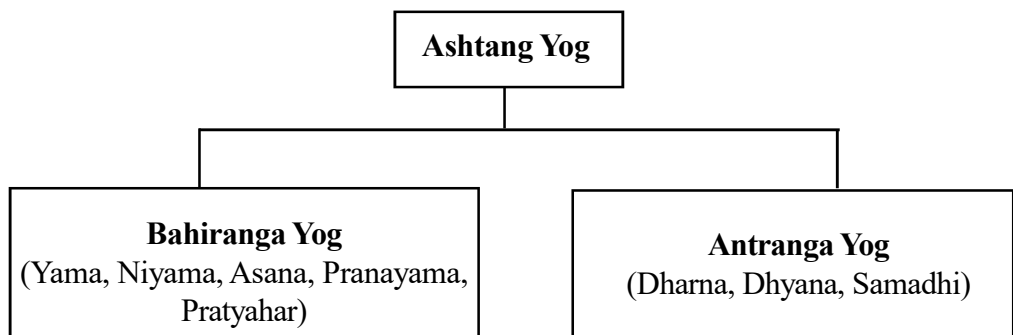
Following them will make a person happy and prosperous and wish the same for others, too. Let us discuss the meaning and its importance in detail.



14.1.1 Meaning of Ashtang Yog

The term Ashtang Yog comprises of two words Ashtang and Yog. Again, Ashtang is a combination of two words ‘Asht’ and ‘Anga’ which means ‘eight’ and ‘limbs’, respectively. So, it simply means eight limbs or steps of Yog. Practice of these lead to a deeper understanding of oneself and achieve holistic health. As mentioned above these eight limbs are Yam, Niyam, Asana, Pranayam, Pratyahar, Dharna, Dhyana, and Samadhi.

Further, Ashtang Yog is divided into two parts by Maharshi Patanjali-



Bahiranga means “external” or “outward” in Sanskrit. The first five limbs are referred to as “Bahiranga Yog” because they primarily focus on the external aspects





Note

of Yog practice to purify human life. If practiced sincerely, it purifies physical, mental, social, emotional, spiritual, personal and sensory (Indriyas) aspects of human beings.

Antaranga means “internal” or “inner” in Sanskrit. The inner aspects of the Yogic practice Dharana, Dhyan, and Samadhi are referred to as “Antaranga Yog”. The foundation is laid by the external practices of Yama, Niyama, Asana, Pranayam, and Pratyaha. Antaranga’s three stages build upon them leading to a deeper state of self-realisation and spiritual union.

14.1.2 Importance of Ashtang Yog

Now that you are aware of the term Ashtang Yog, let us progress to understand its importance in life.

As we have come to know that Yog is not a practice of physical fitness only but it integrates various aspects of human potential—physical, mental, emotional, and spiritual—into a harmonious whole. It offers practical tools and techniques for mind proficiency, personal growth, and the realization of one’s full potential.

The implication of Ashtang Yog cultivates discipline, self-awareness, inner strength, and the ability to tolerate stressful condition with grace and equanimity. Furthermore, Ashtang Yog is not limited to a specific religious or cultural context but is accessible to individuals of all backgrounds. It is a systematic Yog path that can be employed to develop moral values, personal observances, health, wellbeing, and inner potential.

Since, the Ashtang Yog constitutes of eight Yogic practices, from Yama (moral values) to Samadhi (absorption). Each limb has its own importance for the practitioner.

Among the eight limbs, the first limb

Yama develops moral rectitude and qualities, which promote personal development.

Through **Niyama** inner transformation is facilitated because it cultivates self-awareness, contentment, and spiritual discipline.

Consistent **Asana** practice improves stability, concentration, discipline, and the mind-body connection—all of which are linked to better mind control.

Pranayama is a breath regulation technique. It soothes the nervous system, lessens tension, and improves emotional control. Additionally, it boosts the brain’s oxygen consumption, which enhances concentration and mental clarity.

Pratyahar facilitates emotional control by teaching people to disengage from sensory inputs, which lowers reactivity and encourages a more composed reaction to outside stimuli.





Note

Dharana is the discipline of focus. Attention and memory are improved when the mind is concentrated on a single thing or point. It cultivates mental clarity and concentration by teaching the mind to stay calm and focused.

Dhyan (meditation) improves cognitive performance, encourages emotional equilibrium, and deepens self-awareness. It enhances general well being and inner serenity.

Samadhi is a state of intense unity and spiritual absorption. Even though it can seem far off, systematicalising practicing the earlier limbs eventually results in increased awareness, better memory, and wider consciousness.

Thus, the importance of Ashtang Yog lies in its comprehensive approach to personal growth, inner transformation, mind, and emotional regulation. It provides a comprehensive framework for living a purposeful, ethical, and fulfilling life while leading individuals towards wellbeing and union with the divine.



INTEXT QUESTION 14.1

Fill in the blanks

1. Ashtang is the combination ofand.....
2. Ashtang Yog is given by the great Sage.....
3. Bahiranga Yog consists of ,..... ,....., and
4. Antarang Yog consists of Dharna,, and
5. Yama develops moral correctness and qualities which promote

14.2 MORAL VALUES AND PERSONAL VALUES

The practice of Yog instils values among people thereby shaping exceptional individuals who become an asset for the society. An individual's character and behaviour are defined by his moral and personal values. Moral values are the principles and beliefs that steer an individual's actions and interactions with others. They are societal norms and standards of conduct that define what is considered right and wrong. A few examples of moral values are honesty, kindness, respect, integrity, and fairness. The different kinds of social or moral values were categorised under five practices such as Ahimsa, Satya, Asteya, Brahmcharya, and Aparigraha by Maharshi Patanjali. Personal values are a person's core beliefs and reflect what is important to a person and guides his decisions and actions. Personal values may differ from person to person. Maharshi Patanjali categorised all types of personal





Note

observances into the following : Shaucha, Santosha, Tapas, Swadhyaya, and Ishwarpranidhan.

14.2.1 Moral Values (Yama)

Moral values (Yama) are the first limb of Ashtang Yog. They are signified as the social norms and discipline. According to Maharishi Patanjali there are five types of Yama-

अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहा यमाः ॥ पा.यो.सू. 2/30

I.e. Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha

1. Ahimsa (Non-Violence)

It literally means not to injure or show cruelty to any creature physically, mentally or verbally. So, it is the practice of genuine non-violence towards human beings along with other creatures. The person should keep himself in good situations so that circumstances for violence do not arise.

2. Satya (Truth)

It is the practice of realism which includes truthfulness. This is not only saying the truth, but it is also a practice of standing with reality or truthfulness.

3. Asteya (Non-Stealing)

It is the practice of non-stealing behaviour. Stealing something has become an innate nature of people in today's era. It demands that one must not steal, nor have the intent to steal another's property/thing through action, speech or thoughts.

4. Brahmcharya (Celibacy)

It comprises two words, Brahama + Charya, which literally means a lifestyle that resembles the supreme soul (Brahma).

Its practical meaning is to control one's desires arising out of the mind and sense organs i.e. to have control over all the five sensory organs (gyanendriya) and motor organs (karmendriya).

5. Aparigraha (Non-Accumulation)

It is the practice of non-accumulation. It often translates to non-greed, non-attachment or non-possessiveness also. It is important to understand that we should not try to accumulate whatever materials we see in the world. As accumulation implies, we do not trust God. So, not to accumulate more than what is required, is called Aparigraha.





Note

14.2.2 Personal Values (Niyama)

Dear learners, personal values are the set of values which should be observed at an individual basis. It is the second limb of Ashtang Yog. These are also of five types-

शौचसन्तोषतपःस्वाध्यायेश्वरप्रणिधानानि नियमाः ॥ पा.यो.सू. 2/32

I.e. Shaucha, Santosha, Tapa, Swadhyaya and Ishvara Pranidhana

1. Shaucha (Purification)

It is the practice of cleanliness or purification. It emphasizes the inculcation of purity of mind and physical body. The person should also develop a habit of not to associate with others. This is because body has an innate tendency to acquire impurities from others. Purification of mind is possible only after Brahmcharya has been inculcated. Then the person develops benevolence towards everyone. This is a type of detachment, but in its social application it functions as benevolence or good will towards everyone.

2. Santosha (Contentment)

It is nothing but having contentment. It encourages the people to release all kind of expectations and cravings. People are always dependent on external means for happiness. But the practice of contentment develops the highest form of bliss or ultimate happiness in people.

3. Tapas (Austerity)

It is the discipline in daily life duties. When the body's impurities are removed, a person develops the ability to control both the gross and subtle body, as well as sensory pleasures. Austerity is a practice that purifies the body, senses, and mind.

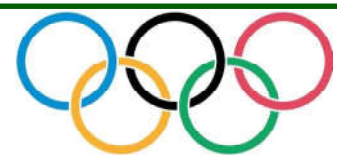
4. Swadhyaya (Study of Self)

It is the study of sacred texts, introspection, self-reflection, and self-inquiry. It also involves contemplation of the higher realm, expanding one's awareness and connection to the divine.

5. Ishvar Pranidhana (Surrender to God)

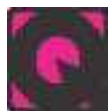
It is the fifth personal value which refers to surrendering or dedicating one's actions and life to a higher power or divine presence. It involves recognizing that there is a greater intelligence and wisdom beyond the individual self.

Overall, values are deeply ingrained and are often considered foundational to personal identity and social compass. The five Yama and five niyama of Ashtang Yog shape our perceptions, priorities, and personality, influencing how we interact with others





and navigate the world around us. Thus, values provide a framework for ethical behaviour, promoting harmony, cooperation, and a sense of purpose. Yama and Niyama are discussed in the next section in relation to developing a better personality with strong moral and personal values.



INTEXT QUESTIONS 14.2

State whether the following are True or False.

1. Moral values are shauch, santosh, tapas, swadhyaya and ishvar pranidhana.()
2. Personal values are ahimsa, satya, asteya, brahamcharya and Aprigraha. ()
3. Aprigraha comes under moral values. ()
4. Study of sacred texts, introspection, self-reflection, and self-inquiry is Ishwar Pranidhan. ()
5. Asteya is the practice of non-accumulation of material things ().
6. Brahmcharya is the practice of maintaining celibacy at both physical and mental level. ()

14.3 SIGNIFICANCE OF ASHTANG YOG IN HEALTH

Dear learners, after knowing about Ashtang Yog, you must have realized that these limbs complement each other. In other words we can say that each limb influences the other, for example, without practicing the physical postures (Asana), breath awareness and mindfulness cannot be carried out. Thus, without completing the first, one cannot move onto the other. The ultimate purpose of Ashtang Yog is to attain liberation through purification of body and mind. Hence, Ashtang Yog not only provides physical fitness but mental fitness also. It creates harmony among beings on all the levels i.e. physical, mental, social and emotional.

Thus, its integrated approach to well-being addresses various aspects making it a valuable tool for enhancing overall health and vitality. Let us learn the significance of these on health-

1. Yama-Niyama

We have studied Yama and Niyama in the previous section. We learnt the types of Yama- Niyam and acquired brief knowledge about their nature. As we know now, Yama refers to the observances and restraints that regulate our interaction with others while Niyama refers to observances and restraints which govern an individual's personal life. Therefore, we can say that Yama takes care of our social equation and Niyam can be said to govern the personal equation.





Note



Activity 14.1

Try to follow any one type of Yama-Niyama for five days regularly and answer the following:

- Why did you choose this Yama or Niyama type to follow?
- What difficulties did you face in following it?
- What changes did you feel in yourself?
- Will you continue to follow it?

2. Asana (Posture)

स्थिरसुखमासनम् ।। पा.यो.सू. 2/46

Steady and comfortable posture is called Asana. This is the third limb of the Ashtang Yog. Patanjali's emphasis is on Asanas, which should be stable and comfortable for carrying on meditation undisturbed for a decent period. The practitioner should choose an asana suitable for the practice of meditation such as Padmasana or Siddhasana. The asana should be performed with grace and a Focussed mind.

The practice of asana (posture) will have a positive impact on our physical health. Regular practice will improve flexibility, strength and stability. It will boost the strength of both the musculoskeletal system and the neuro-musculo-glandular system and reduce the risk of injuries. The practice of asana will free us from confusions and conflicts.

3. Pranayama (Controlled breathing)

तस्मिन् सति श्वासप्रश्वासयोर्गतिविच्छेदः प्राणायामः ।। पा.यो.सू. 2/49

Pranayama is the fourth limb in Ashtang Yog. It is equally necessary for all in their daily life, for good health and well-being. The word 'Pranayama' consists of the terms 'Prana' and 'Ayama,' meaning vital force/life energy and regulation, respectively. It indicates the process of regulation of life force or expansion of life force.

Learners, "Prana" is usually translated as breath, yet this is only one of its many manifestations in the human body. You must have noticed that if breathing stops, so does life. So, prana means breath, respiration, life, vitality, energy, or strength. It denotes certain vital breaths or life force.

"Ayama" means stretch, extension, expansion, length, breadth, regulation, prolongation, restraint, or control. Thus, **pranayama means the prolongation of breath and its regulation.**





Note

Pranayama by nature has three components: inhalation, exhalation, and retention, which are popularly known as ‘Puraka’, ‘Rechak’ and ‘Kumbhak’ respectively. They are carefully learned by prolonging the breath and prolonging the time of retention of breath.

Pranayam techniques regulate the breath, increase oxygen supply to the body, and improve respiratory function. This contributes to enhanced lung capacity, improved circulation, and a stronger immune system.

5) Pratyahar (Sense withdrawal or control)

स्वविषयासम्प्रयोगे चित्तस्वरूपानुकार इवेन्द्रियाणां प्रत्याहारः ।।

पा.यो.सू. 2 / 54

Pratyahara is composed of two words “Prati” and “Ahar” which means withdrawal of sense organs from their respective objects, like the tortoise withdrawing its limbs into the safety of its shell.

Pratyahara is the fifth limb of Ashtang a Yog. It is the practice of withdrawing the senses from external stimuli and redirecting the attention inward. It sets the stage for deeper levels of concentration, meditation, and self-realization. Pratyahara forms the bridge between the first four limbs (Bahiranga Yog) and the last three limbs (Antaranga Yog). In other words, pratyahara marks the transition of the mind from its outward to inward-going process.

The practice of pratyahar helps individuals to keep their senses away from unnecessary objects.

6) Dharna (Focus or concentration):

देशबन्धश्चित्तस्य धारणा । पा.यो.सू. 3 / 1

Dharana means concentration, focus or holding. This is the sixth limb and first stage of meditation in Ashtang Yog. Patanjali says that meditation can be done on any chosen object. The only condition is that the practitioner should be favourably disposed towards the object of concentration, or like the object. According to Patanjali, “Dharana is binding the mind to a particular place (object or point of focus).” It highlights the importance of concentration and its role in stabilizing the mind.

It signifies the ability to sustain the mind’s attention and prevent it from wandering to other thoughts or distractions. Dharana involves keeping the mind tightly bound to the chosen point of focus. This indicates that the practice of Dharana is specifically concerned with the mind. It involves directing and channelling the mental energy towards a single point, reducing the scattering of thoughts and distractions.





Note

7) Dhyān (Contemplation or Meditation)

In general, the term “Dhyana is translated as meditation. It is used to mean contemplation or focus. But the meaning of the word lies in the deeper concepts. In Sanskrit, Dhyana is broken down into two terms i.e., ‘dhi’ and ‘yana’ which mean mind and flowing, respectively. Therefore, one explanation of the term Dhyana is known as ‘the uninterrupted flowing state of mind’. Here, the flow is towards the object or idea of meditation. It is a state of uninterrupted flow in connection with the object that a person is meditating upon.

तत्र प्रत्ययैकतानता ध्यानम् ।। पा.यो.सू. 3/2

Dhyān is the seventh limb of Ashtang Yog wherein it is defined as an uninterrupted flow of the mind on a chosen object. Thus, it can be explained as a continuous flow of the mind toward the object of meditation. As a result of this flow, a connection forms between the meditator and the object of meditation. In this state, the practitioner’s mind becomes fully absorbed in the object of meditation, free from distractions and fluctuations.

Thus, Dhyān is the progressive stage of Dharna. It is the activity of focusing on an object, idea or thought which is known as active focusing where we put mental effort to keep our attention on a single object. When dharana is maintained for a longer time without any interruption, the mind enters the state of one-pointed awareness which is called as meditation.



Activity 14.2

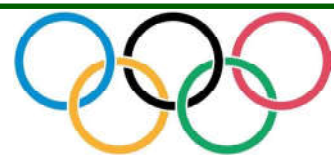
There are various types of meditation practices. Try to practice one of these the practices given below and notice the changes within you after regular practice for one month.

1 Om Meditation

In the first chapter of Yog darshan, Maharishi Patanjali has mentioned that Om is a symbol for Ishvar. Repetition of the syllable ‘OM’ leads to contemplation. Om is a primordial sound that can be uttered with the movement of lips but without movement of the tongue. Om meditation is practised in two different ways- through repetition of the Om syllable (i.e., chanting) or holding attention on the image of Om. Here are the steps of the Om meditation practice:

Procedure

- Sit in a crossed leg posture and relax your whole body. Close your eyes, keep both hands on your knees and relax. Take a deep breath and relax your body.





Note

- Take a deep breath or inhale slowly and deeply.
- Now, begin the chanting of Om-louder and elongated i.e., Ooo___mmmm. This is one round of chanting. Again take a deep breath and chant Ooo___mmmm. Repeat the chanting for ten times. As you chant Om, feel the vibration and shooting effect on the head region, brain, body, and mind. Begin with the letter 'OOO' and end with the uttering 'mmmmmm' as long as you can.
- Now, slowly repeat the syllable 'OM' continuously in a relaxed manner. Maintain the natural breathing and chant 'OM_OM_OM_OM_OM' for nine to ten cycles. In this stage it is to be chanted in a medium pitch. As you chant OM, feel the vibration and shooting effect on the head region, brain, body, and mind.
- After a minute, open the eyes, come back to the normal position, and relax.

2 Anapan Meditation

This is a preliminary method of Vipassana meditation of Buddhist texts wherein a practitioner gains control over the mind by observing the natural breathing process i.e., incoming and outgoing breath. Being aware of one's own breathing is known as Anapan. This is a very simple meditation technique and the easiest way to tranquilize the mind. This meditation can be done in any meditative posture or while sitting in a chair.

Procedure to Practice

- Sit in a crossed leg posture and relax your whole body. Close your eyes, keep both hands on your knees and relax.
- Relax the body and bring your awareness to the inspiration and expiration, the natural breathing pattern.
- Develop attention on the flow of the natural breathing patterns. Feel the breath flowing in and out of the nostrils.
- Begin by observing your natural breath. Just observe the sensation of the breath as it enters and leaves your body. Feel the movement of breath in and out of your nostrils.
- Keep your attention focused on the breath. If your mind starts to wander or thoughts arise, gently bring your attention back to the breath without judgment or frustration. Simply acknowledge the thoughts and let them go, returning to the breath.
- Observe the features of the breath like it is cool as it enters the nostril and warm as it flows out of the nostril. Observe the pathway of the breath from the tip of the nostril to the lungs and from the lungs to the tip of the nostril.





Note

- Finally, become aware of the whole breathing pattern from the nostrils to the lungs and continue observing it for some time.
- After a while your mind may wander. When you notice this, gently bring your attention back to your breath and maintain your attention on the flow of natural breathing pattern. During the practice, do not manipulate your breathing pattern. It means do not make effort to inhale and exhale. Just watch ~~on~~ your natural breathing and observe its natural flow.
- After a minute, open the eyes, come back to normal position, and relax.

(8) Samadhi (Absorption)

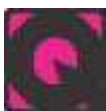
तदेवार्थमात्रनिर्भासं स्वरूपशून्यमिव समाधिः ॥ पा.यो.सू. 3/3

Samadhi is the eighth and last step in the meditative process before the self is released from its ignorance and enters the ultimate condition of liberation. When our mind gets completely absorbed in a thought, object, or idea, even for a short amount of time, it can be said to be in Samadhi, when the attentive flow of consciousness merges with the object of meditation. The awareness of the meditator, the subject, appears to be dissolved in the object. This union of subject and object becomes samadhi. It is just like when a musician loses himself and is completely engrossed in his music, or a painter transcends himself with colour.

Dear learners, We have attained knowledge about Ashtang Yog. We learned that Ashtang Yog improves the holistic and overall health of the practitioner. For instance, through Pratyahar and Dharana, individuals learn to quiet the mind and let go of distractions. This leads to reduced stress and anxiety, as well as improved coping ability for dealing with life's stressful situations. Dhyana promotes relaxation and inner peace, further benefiting mental and emotional well-being.

Dharana and Dhyana reduce the thought count, increasing the stability of mind to be in the present moment by improving the activity of the neuro-musculo-glandular system. Thus, Ashtang Yog leads to better overall physical and mental health.

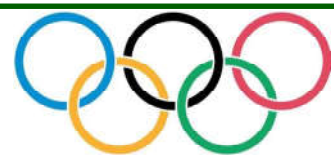
Hence, by integrating mind, body, and breath, Ashtang Yog provides individuals a systematic Yog practice towards optimal health. Regular and dedicated practice can lead to positive health, helping individuals in their journey towards a balanced and healthy lifestyle.



INTEXT QUESTIONS 14.3

Fill in the blanks

- Asanas should be, and
- Pranayama is the combination of term '.....' and '.....'





Note

- iii. Components of Pranayama are,,
- iv. Pratyahar is an act of withdrawing senses from
- v. Dharna is holding the mind on
- vi. Dhyana is a progressive stage of.....
- vii. Samadhi is the state where awareness merges with
- viii. Regular practice of asana improves,,
- ix. Pranayama regulates the and improves the function of the system.
- x. Pratyahar is the practice of withdrawal of from objects.

14.4 APPLICATION OF ASHTANG YOG IN DAY-TO- DAY LIFE

Dear learners, so far you must have inculcated the meaning and importance of Ashtang Yog. Now you must be excited to know how you can apply Ashtang Yog in your day-to-day life. Do you need to give a lot of time to practice these limbs ? Or what difficulties you can face while applying these in your day-to-day life. Let us discuss about its application-

Incorporating Ashtang Yog into daily life does not necessarily require hours of practice. By integrating its principles and practices in small, meaningful ways, individual can experience the holistic benefits of increased mindfulness, enhanced present moment awareness, stress reduction, increased tolerance capacity against pairs of opposites, improved physical health, emotional well-being, and enhanced self-awareness. If the practices listed under Ashtang Yog are incorporated in our routine, it will gift us a calm mind, a balanced nervous system and a better mind-body complex.

After getting to know about the limbs of Ashtang Yog, we should apply its concepts and practice them. Its theory and strong practical relevance will guide us to proceed systematically.

Practitioners should also team-up the practice of asana, pranayama, pratyahara, dharna, and dhyana with yama-niyama.

Initially, holding any posture becomes uncomfortable after a few minutes and the beginner will feel minor discomfort in various parts of the body, which is not unusual. However, the correctly-chosen and practiced asana will gradually eliminate all these minor discomforts which constantly distract the mind.

Of course, initially, effort is required to master the asanas. It may involve hours, days, months or even years of dedicated practice till it eventually becomes effortless.





Note

Similarly, practising pratyahar involves withdrawing the mind from different kinds of enjoyment to put it under the direction of the self. For instance: - Practitioners can bring their mind under self-control by withdrawing from praise or criticism, good or negative words. Practitioners should withdraw their senses from pleasant or unpleasant smells and bring the mind under self-control. Also, attraction to sweet, sour, bitter, or astringent tastes should be controlled and withdrawn. In this manner, Pratyahara can be practiced.

Dharna refers to the chosen point of focus or object where the mind is bound during the practice. The practitioner selects a specific point or object, which may be external (such as a candle flame, a deity, or a mantra) or internal (an imagined image or a specific sensation within the body). In the practice of Dharana, one must firmly and unwaveringly focus or bind the mind.

Dhyana (meditation) is an experiential practice in which scattered general awareness gradually becomes “comprehensive and abstract,” making the mind connect to a higher state of consciousness, away from distractions. Although difficulties may arise on this path, causing consciousness to become scattered, it must be gathered again and directed toward the chosen object.

Overall, the relevance lies in its ability to positively impact various aspects of our lives. By incorporating the principles and practices of Ashtang Yog into our daily routine, we can experience tangible benefits that enhance our physical, vital, mental, and emotional well-being. The practice of asana improves physical health by increasing stability and strength of the body. Applying Pranayam in day-today life has significant benefits for enhancing respiratory health. Since Pranayam is a bridge between the physical body and mind, therefore, regulating the breath helps individuals to attain physical, emotional and mental health.



INTEXT QUESTIONS 14.4

Give short answers

1. Which limb of Ashtang Yog plays key role in physical health?
2. What is the key health benefit of daily Pranayama practice?
3. Which limb of Ashtang Yog promotes relaxation and inner peace?



TERMINAL QUESTIONS

1) Write brief notes on the following.

- a. Significance of Ashtang Yog in physical and mental health.
- b. Meaning and importance of Ashtang Yog.





Note

- c. How Pranayama helps in tolerating stress, management?
- d. Application of Ashtang Yog in your daily life.
- 2) Describe moral values and personal observance in detail.
- 3) Explain Ashtang Yog in detail.
- 4) Throw light on Asana and Pranayam while explaining their effect on the body.



Answers to In-Text Questions

14.1

- i. Asht and Anga
- ii. Patanjali
- iii. Yama, Niyama, Asana, Pranayam, Pratyahar
- iv. Dhyan, Samadhi
- v. personal development

14.2

- 1. False
- 2. False
- 3. True
- 4. False
- 5. False
- 6. True

14.3

- i. stable, comfortable
- ii. Prana, Ayam
- iii. inhalation, exhalation, retention - (Puraka, Rechak, Kumbhak)
- iv. sense objects
- v. chosen place
- vi. Dharna
- vii. Dhyana
- viii. stability, flexibility, strength
- ix. breath, respiratory
- x. sense organs

14.4

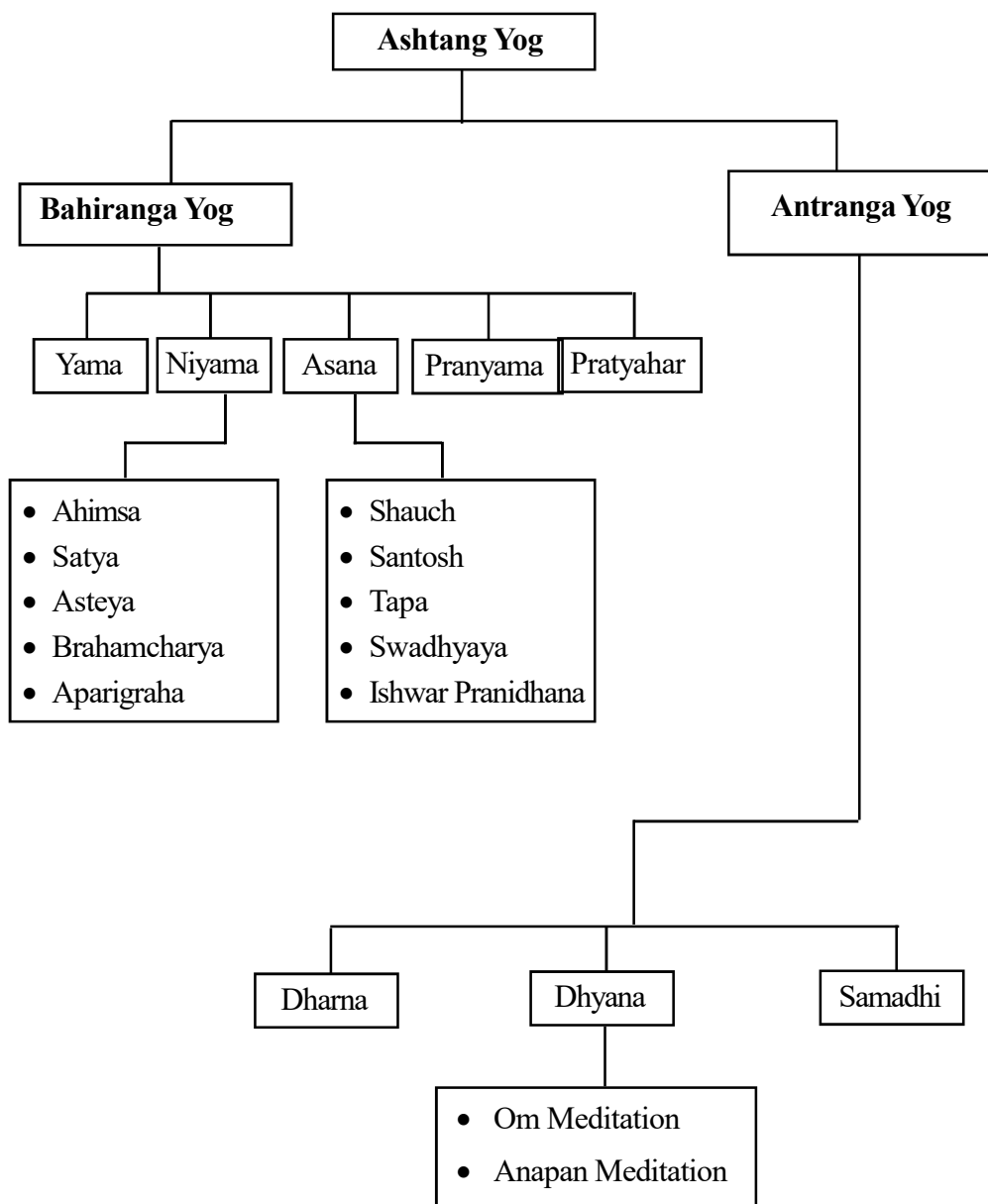
- i. Asana
- ii. improved respiratory function
- iii. Dhyana





Note

Concept Map





YOG FOR HEALTHY LIVING

Dear learners, everyone wants to live a happy and healthy life. Maintaining good health is crucial to accomplish the daily activities of life. A healthy living involves adopting the right and positive habits like careful selection of food and a healthy lifestyle. Nutritious food plays a crucial role in maintaining overall well-being; whereas unhealthy food has a negative impact on our body and mind. Apart from healthy food, incorporating Yog into our daily routine can also contribute significantly to healthy living.

In the previous lesson you have learned about Ashtang yog and its relevance in day-to-day life. In this lesson we will become familiar with the healthy diet described in Yogic texts. We will also learn about different yogic practices such as Shatkarma (cleansing techniques), Asanas (postures) and Pranayama (breathing techniques) along with their benefits which are useful in our daily life.



LEARNING OUTCOMES

The learner-

- explains the meaning, importance and different types of yogic diet and lifestyle for healthy living.
- describes the concept, method and benefits of different yogasanas.
- identifies various parts of Shatkarma and their benefits for healthy living.
- applies the knowledge of Yog for a healthy lifestyle.
- explain the different types of pranayama.

15.1 YOGIC DIET

Yogic food (or yogic diet), is a way of eating food in keeping with the principles of yog philosophy to promote physical, mental and spiritual health. Diet has a strong bond with the mind. The Mind is made out of the subtle portion of food that we consume. According to Chhandogya Upanishad, the food we eat separates into three parts –





Note

- i. The majority becomes excreta and is expelled from our body.
- ii. A minor part becomes our body tissues like, flesh etc.
- iii. The remaining finest part affects our mind.

It's obvious that the nature of food impacts the mind. With the purity of food, one's inner nature becomes purified; through the purification of inner nature, one attains self-awareness; and with self-awareness, all external ties and attachments are withdrawn. We must understand that adopting Yogic Diet helps in the practice of Yog and spiritual growth. In this lesson, let's learn about various concepts related to food and the different types of diets in relation to our health.

Concept of Mitahara

The concept of Mitahara is explained in different yogic texts. Mitahara means restraint in diet. All Yog practitioners should follow Mitahara if they want to achieve success in yog. A famous yogic text book *Hathapradipika* states the importance of 'Mitihara', as-

ब्रह्मचारी मिताहारी त्यागी योगपरायणः ।
अब्दादुर्ध्वभवेत्सिद्धो नात्र कार्यविचारणा ॥

(Hathapradipika 1/57)

If a celibate and strict yogi starts practicing yog, he will attain success in yog within a year, there should be no doubt about it.

Dear Learners now the question arises: what is the meaning of Mitahara? The answer is given in the same textbook, *Hathapradipika*, as follows:

Food that is completely smooth and sweet in nature, like ghee, etc., consumed while leaving one-fourth of the stomach empty and taken after being offered to god (Shiva) for the happiness of the soul, is called *Mitahara*.

Different Types of Diet

All human beings are the same, but their likes and dislikes for food vary according to their nature. The *Bhagwad Geeta*, one of the finest yogic texts, provides an answer to why we choose different kinds of food in our daily lives. In this text, three different types of diet are described: Sattvic, Rajasic, and Tamasic. It also explains which type of person prefers which kind of food.

For a person of Sattvic nature person it is described that-

"Persons in the mode of goodness prefer foods that promote life span, increase virtue, strength, health, happiness, and satisfaction. Such foods are juicy, succulent, nourishing, and naturally tasty." **Bhagwad Geeta (17/8)**





Note

For a Rajasik nature person it is described that-

“Foods that are too bitter, too sour, salty, very hot, pungent, dry, and full of chillies are liked by persons of Rajasik nature. Such foods produce pain, grief, and disease.”

Bhagwad Geeta (17/9)

For a Tamasic nature person it is described that-

“Foods that are overcooked, stale, putrid, polluted, and impure are liked by persons in the mode of ignorance. You can understand in a simple way which diet is good for healthy living.” **Bhagwad Geeta (17/10)**

Sattvic, Rajasic and Tamasic Food

Type of Food			
	Satvic Food	Rajasic Food	Tamasic Food
Effect on the body and mind	Sattvic foods are those which purify the body and calm the mind.	They stimulate the body and mind into action. In excess, these foods can cause hyperactivity, restlessness, anger, irritability, and sleeplessness.	Tamasic foods are those which dull the mind and bring about inertia, confusion and disorientation.
Identification of the food	Cooked food that is consumed within 3-4 hours can be considered assattvic food.	Overly tasty, spicy and oily foods prepared for taste only are Rajasic food.	Stale or reheated food, oily or heavy food and food containing artificial preservatives fall under this category.
Examples -	Fresh fruits, green leafy vegetables, nuts, grains, fresh milk, certain spices, freshly cooked food	Spicy food, onion, garlic, tea, coffee, fried food	Non-vegetarian diet, stale food, excessive intake of fats, oil, sugary food





Note

Pathya Ahara or Beneficial Diet

The concept of Pathya (Beneficial for health) is described in Hathapradipika as follows –

According to this textbook, *Pathya* food refers to food that is easily digested by the body without any difficulty. As per *Hathapradipika*, the following food items fall under the category of *Pathya Ahara*: wheat, aged rice, barley, Sathi rice (a variety of rice that matures in 60 days), milk (*ksheer*), ghee, *khand* (unrefined sugar), butter, *mishri* (rock sugar), honey, dry ginger, five types of vegetables, pulses such as green gram and lentils, and pure rainwater. These are considered diet foods, meaning they are easily digestible.

Additionally, it is stated that food should be nutritious (capable of strengthening the body), naturally sweet, aliphatic (prepared with ghee, etc.), and *gavyam* (made from cow's ghee and milk) for a yogic practitioner. Food that nourishes the *dhatus* (body tissues) and pleases the mind should be consumed. This type of diet is called *Pathya Ahara* and is considered highly beneficial. **Hathpradipika (1/62-63)**



Activity 15.1

Eat satvic ahara for 1 week regularly and observe its effects on your body and mind.



Intext Questions 15.1

Fill in the Blanks

- i) Food which we eat, divides itself into ____ parts.
- ii) The food which produces pain, grief, and disease is known as _____ food.
- iii) The food which is overcooked, stale, putrid, polluted, and impure is known as _____ food.
- iv) Pulses of moong, lentils and rain water etc. are called ____ food.

State whether the following statements are True or False.

- i) A brahmachari, devoted to yog achieves success in his enquiry and effort within two years. ()
- ii) Practicing *Mitahara* (moderation in diet) and *Tyaga* (renunciation and solitude) with devotion to yog leads to success. ()





Note

15.2 YOGASANAS

After understanding the significance of diet for healthy living and well-being, it is important to understand the meaning, purpose and methods of different Yogsanas. We will understand the benefits of some important Yogsanas which are very common and have healthy effect on our body.

15.2.1 Meaning and Definition of Asana

Traditionally, yogsana means a 'sitting condition' or 'position' of the body, which contributes to the steadiness of the body, mind and a sense of well-being. The term asana is also used to indicate a carpet of grass, a square piece of cloth or mat that is utilized as a comfortable 'seat' on the ground for sitting. The term yogasana or asana is used in different text books related to yog. Basically all the texts accept the term Asana as an important practice of Yog. In the Yog Sutra, Patanjali mentioned asana as a 'firm, comfortable posture' referring to seated posture that is basic of all asanas. Patanjali does not talk about any specific asana, he just mentioned that the only requirement of asana is that the posture should be controlled and contrable. He also equates asana to the balanced sitting position of dhyan.

i.e., स्थिरसुखमासानम् | *"Sthira Sukhamasanam"*. Patanjali Yog Sutra(2/46)

- Sthira means steady, firm or stable,
- Sukham means pleasant or happiness,
- Asana means Posture or Shape.
- Therefore, Asana (posture) is that which is steady and pleasant.

Maharishi Patanjali also describes the process of asana as -

Prayatna (all physical activities or all kinds of physical efforts), Shaithilya (to relax or stop) Ananta (which never ends i.e. in God or Paramatma) and Samapatibhyam (by concentrating fully on the asana one attains perfection).

15.2.2 Classification of Asana

The Authoritative scripture of yog Hatha Pradeepika covered only 15 asanas, and proceeds to breath holding and other practices. Gheranda Samhita is one of popular text of Hathayog, which has mentions 32 asanas. There are so many asanas described in different text books. But for easy understanding, we can understand the classification of asanas as follows –

- Meditative Asanas (Dhyana Asanas)** – Padmasana (Lotus Pose), Vajrasana, Sidhasana, Swastikasana etc.





Note

ii) **Cultural Asanas (Saririka Asanas)** – Matsyendrasna, Bhujangasna, Kurmasana etc.

iii) **Relaxative Asanas (Savasana Type)** – Savasana, Makrasna, etc.

Also we can understand the classification of asanas based on the physical posture of the body.

i) **Standing posture** – Tree pose, Tadasana, Triyak Tadasana, Trikonasana, Katichakrasana, etc.

ii) **Sitting posture** – Paschimottanasana, Mandukasana, Gaumukhasana, Vakrasana, Ustrasana, Ardhamatsyendrasana, etc.

iii) **Prone position (lying on stomach)** – Bhujangasana, Makarasana, Salabhasana, dhanurasana, etc.

iv) **Supine position (lying on back)** – Pawanmuktasna, Uttanpadasana, Ardha halasana, Setubandhasana, Naukasana, Halasana etc.

15.2.3 General Benefits of Asana

To understand the benefits of asanas, Let's understand the benefits of some important asanas:

- They lubricate the muscles, joints, ligaments, and other parts of the body.
- They help increase circulation, enhance flexibility, and strengthen the body.
- Practicing asanas daily can boost energy levels.
- They aid in maintaining mind-body balance.
- They improve tolerance to cold and heat, hunger and thirst, profit and loss, etc.
- They promote steadiness, better health, and lightness of the limbs.

15.2.4 Few important asanas practiced in day-to-day life

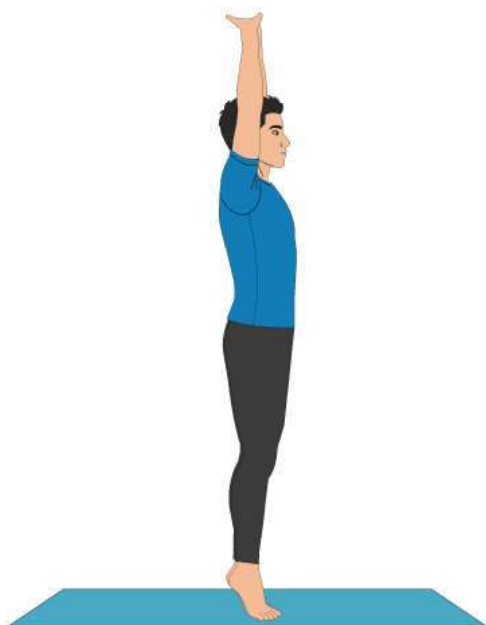
i. **Tadasana:** Tadasana is a foundational standing yog pose that serves as the base for many other standing poses. It is a simple yet powerful pose that focuses on alignment and grounding.

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. Fix the eyes at a point during whole 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. Slowly exhale and return to the starting position.





Note



Tadasana

Benefits: Increases body flexibility, relieves back stress, reduces pressure from the spinal nerves and contributes in increasing height.

- ii. **Tree Pose:** Tree Pose, or Vrikshasana, is a standing yog pose that involves balancing on one leg while bringing the other foot to rest on the inner thigh or calf of the standing leg. Beginners can place the foot on the calf if balancing is difficult

Method: Stand with feet 4" (inches) apart. Lift the right leg up and place the sole of the right leg on the inside of the left thigh close to the groin with the toes pointing down. Slowly inhale and raise your hands up, and at the same time give a good upward stretch to your body by lifting it up from the sides. Then join the palms on top. Hold as long as you can while breathing deeply and fix your eyes on a point. Then slowly, bring the hands down and then bring down the right leg on the floor next to your left leg. This is half. Repeat with the other leg.



Vrikshasana (Tree pose asana)





Note

Benefits: Stretches and strengthens the ligaments and tendons in your feet, improves balance. Tree pose requires proper weight distribution and posture, which can help provide stability to the groin, thighs, hips, and pelvis.

- iii. **Vajrasana:** Vajrasana, also known as Thunderbolt Pose or Diamond Pose, is a seated yog posture that is commonly used for meditation



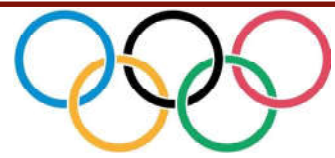
Vajrasana (Thunderbolt pose)

Method: Stand on your knees on your seat. Keep the knees and toes together with a distance of 4-6 inches between the two heels. Bring both toes together in such a way that the toe thumbs touch each other or the right thumb is above the left thumb. Then, sit down slowly, keeping your buttocks in the space between your heels. Place both palms on the knees, the inner part of the palm should be downwards. Keep the spine and neck straight. breathe normally in the final position of the asana.

Benefits: This helps in digestion, cures gastric trouble and constipation. Also, it keeps the stomach light and the back straight.

- iv. **Padmasana:** Padmasana is a classic seated yog posture used for meditation and breathing exercises. It is also known as the Lotus Pose,

Method: Sit on the floor or on a yog mat with your legs extended in front of you. Sit straight with your spine aligned. Bend the right knee and bring the right foot toward the left hip crease. Bend your left knee and bring the left foot toward the right hip crease. Ensure that both knees touch the ground. Rest your hands on your knees with palms facing up. Or you may place your hands in a mudra (hand gesture) with your index finger and thumb touching. Lift your chest and lengthen your spine. Engage your core muscles for support. Roll your shoulders back and down. Keep them relaxed, away from your ears. Focus on your breath. Inhale and exhale slowly and deeply.



**Note****Padmasana (Lotus pose)**

Contraindications: Avoid doing Padmasana during knee or ankle injuries. Pregnant women and individuals with hip or knee issues should be cautious with this pose.

Benefits It relieves constipation and improves digestion. The usual blood flow to the legs is diverted to the abdominal region, aiding digestion. Improved digestion may help to maintain body weight and fitness. Provides a stable foundation for meditation. It helps to achieve a calm and focussed state of mind.

- v. **Padahastasana:** Padahastasana is also known as Hand-to-Foot Pose or Standing Forward Bend. This pose requires bending forward from the hips to bring the hands to the feet.

**Padahastasana (Hand-to-Foot Pose)**



Note

Method: Stand with feet together, the spine erect and hands beside the body. Inhale slowly and raise both arms and stretch the body up from the waist. Exhale, bend forward from the waist and try to touch the forehead to your knee and place your palm on the ground beside the feet. Slowly return to the starting position. This is one round. Repeat this 5 times.

Benefits: This reduces gastric issues and strengthens the Ida, Pingala, and Sushumna Nadis and channelizes the pranic flow. It stretches the back of the legs which improves flexibility and reduces stiffness. This calms the mind and reduces stress and anxiety. The inversion in this posture increases blood flow to the brain, which brings about mental clarity and increases energy levels.

Activity – Create a chart listing standing and sitting asanas.

- vi. **Ushtrasan:** Ushtrasana, also known as the Camel Pose, is a yog asana that involves a deep backward bend.

Method: Begin by kneeling on your mat with your knees hip-width apart. Place your hands on your hips with your fingers pointing downward. Press your hips forward, engaging your core muscles. Inhale as you begin to arch your back, leaning backward. Take your hands back one at a time to grasp your heels. Drop your head back, open your chest, and extend your thighs. Hold the pose for 15-30 seconds, breathing deeply and maintaining awareness of your breath. To come out of Ushtrasana, slowly bring your hands (one by one) back on your hips. Inhale as you lift your torso back to an upright kneeling position.

Contraindications: Avoid Ushtrasana if you have neck or back injuries. Pregnant women and individuals with high blood pressure should avoid or modify this pose.



Ushtrasan (Camel pose)

Benefits: This strengthens the heart, enhances the lungs' efficiency and makes the spinal column flexible. This also provides exercise to Nadis.





Note

- vii. **Shashankasan:** Shashankasana, also known as **Rabbit Pose** or **Hare Pose**, is a **yog asana** that involves a forward bend and is often practiced for its calming and grounding effects.

Method: Adopt position of Vajrasana. Your heels should be slightly apart, and your big toes should be in contact to each other. Keep both the palms on the respective thighs with shoulder relaxed. Try to stay steady while keeping the spine, neck and head erect. Inhale slowly and deeply. Start bending forward from your lower back during exhalation. Bend forward with your arms stretched in front of you. With your forehead lying on the mat, stretch your arms forward and place your hands on the floor. Throughout the pose, your buttocks should continue to rest on your heels. Relax your neck in this position. In the final position, close your eyes and focus on your breath. Take slow, deep breaths, and allow your body to relax with each exhale.



Shashankasan (Rabbit pose)

Benefits: This increases flexibility of the backbone, cures stomach problems and helps to reduce headache, stress and hair fall.

- Viii. **Bhujangasana:** Bhujangasana or Cobra Pose, is a backbend yog pose that is often incorporated into yog sequences. It is named after the cobra snake, as the pose resembles a snake lifting its head.

Method: Bhujangasana involves lying on the stomach with hands under the shoulders then pressing the palms into the ground and lifting the chest and head off the mat. The pose resembles a cobra with its hood raised.



Bhujangasana (Cobra pose)





Note

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

Benefits: This provides a soothing exercise for the heart and the backbone. It also cures gastric troubles, firms up the abdominal muscles and improves kidney function. Additionally, it strengthens the muscles in the thighs and back. Regular practice helps reduce constipation.



Intext Questions 15.2

Fill in the Blanks

- Posture (asana) is that which is _____ and _____.
- As per patanjali when an asana is _____, it does not create trauma.
- As per Hathpradipika asanas improve _____.
- The Tree Pose _____ and _____ the ligaments and tendons in your feet and improves balance.
- Yogmudra posture _____, gives strength to the digestive system and increases appetite.
- Bhujangasana provides a _____ to the heart and the backbone.

15.3 SHATKARMA

After understanding the role of Yog sana for healthy living and well-being it is important to learn about Shatkarma in day-to-day life. We will try to understand the meaning, significance and purpose of Shatkarma and also try to understand its benefits. Shatkarma, also known as the six cleansing techniques, are practices in yog that aim to purify the body and mind.

15.3.1 Meaning, Purpose and Significance of Shatkarma

Shatkarma is a Sanskrit term and is also called as shatkriyas. These are six yogic purification techniques of the body.

Purpose and Significance of Shatkarmas

- To cleanse the body of impurities and maintain balance among **Vata, Pitta, and Kapha**, thereby promoting overall health.
- For yogis, it serves as a practice to purify the **nadis**, preparing the body for advanced yog practices.





Note

- If there is an excess of fat or phlegm in the body, these six **kriyas** (cleansing practices) should be performed first. However, those without such excess should not practice them.

15.3.2 Types of Shatkarma

धौतिर्बस्तिस्तथानेतिस्त्रटकमनौलिकमृतथा ।

कपालभतिश्चैतानिषट्कर्माणिप्रचक्षते ।। Hathyog Pradipika (2/23)

The six types of karmas are: 1) Dhauti, 2) Basti, 3) Neti, 4) Trataka, 5) Nauli and 6) Kapalabhati. Each of these six kinds of karmas/actions have a different purifying technique. Come let us learn about each karma in detail .

- Dhauti Karma:** ‘Dhauti’ is a Sanskrit word that means- ‘Washing or cleaning’. Dhauti cleans the upper part of the digestive system. Dhauti is one popular way, where one swallows a length of cloth in order to remove phlegm, bile and impurities from the digestive system. In Gheranda Samhita four types of Dhauti have been described, which are: Antar Dhauti, Danta Dhauti, Hrid Dhauti, and Moolashodhan.

Benefits: Provides benefits in cough, asthma, enlargement of the spleen, leprosy, and 20 kinds of kapha diseases.

Precautions: Individuals who are suffering from hypertension, stomach ulcers and cardiovascular diseases should avoid it.

- Basti Kriya:**

Basti Kriya means the ‘enema’ (cleansing of intestines the through anal route). In ancient times yogis stood in the river or the pond till the level of the navel and used to pull the water into the intestines through the anus and then expelled the water from the anus again.

Benefits: By practising Basti kriya with water, the Dhatus, the Indriyas and the mind become calm. It gives glow and tone to the body and increases the appetite. All the disorders disappear.

Precautions:

Persons suffering from stomach ulcers, piles, fistula & fissures should not practice it. This should only be done under the guidance of a yog teacher.

- Neti Kriya:** Neti means cleaning of the nasal passage (nose and its surrounding area). It is of two types:
 - a) Jal Neti— With lukewarm saline water
 - b) Sutra Neti— With wax coated cotton thread





Note

- a) **Jal Neti Method:** Sit in Kagasan. Take lukewarm saline water in the Neti pot. Put the cone of the Neti pot into the left nostril and keep the right nostril slightly downwards by tilting the head towards the right. During procedure take breath from the mouth by keeping the mouth open. The water starts coming out from the right nostril. Also, phlegm/mucus comes out along with the water. Do the same procedure with the other nostril. Immediately after Jal Neti, the Kapalbhathi should be performed so that the water remaining inside the nostrils also comes out and the nostrils get fully opened. After this, relax in Shashankasana for some time.



Jal Neti

Time- Jal Neti is performed only in the morning on an empty stomach.

Benefits- Benefits in running nose, cough, sinusitis etc.

- b) **Sutra Neti:** In Sutra Neti, a waxed cotton thread is traditionally used to clean the nasal cavity. This waxed cotton thread is inserted into the nose and then pulled out from the mouth. Both ends are then held with the hands, and a to-and-fro motion is used to clean the nasal passage. Nowadays, a rubber catheter is commonly used instead of a cotton thread, as it is easily available in medical stores and easy to perform.



Sutra neti



**Note**

Benefits: Sutra Neti is the cleaner of the brain and gives divine sight. It soon destroys all the diseases of the cervical and scapular regions.

Precautions:

This kriya should be practised only under the guidance of a qualified yog teacher to ensure safety and effectiveness.

- iv. **Trataka Kriya:** Looking intently with a blinkless gaze at a small point until tears are shed is known as Trataka Kriya.

Method: Light a ghee lamp or candle and keep it in front of the eye level at about 4 feet distance. The lamp should be placed in a wind-free area. Sit in Padmasana or Sukhasana, keeping the back straight. Relax the whole body and be calm and quiet. Now open your eyes and gaze at the flame of the lamp without blinking. Gaze for as long as possible without strain. When the eyes begin to tire, burn or shed tears then gently close your eyes. Again open the eyes and start with the same procedure. Slowly increase the practice. With practice, one can go from a few seconds to a few minutes without blinking. Do not extend it beyond 20 minutes.

Time: This kriya should be done regularly to get benefits.

This can also be done by drawing a black dot on a paper or on the symbol of “Aum”, instead of ghee lamp, candle can be used.

Benefits: Trataka is practiced to activate unknown powers of the mind. Tratak is an extremely powerful sadhana for all spiritual seekers and is also good for the eyes and brain. It helps in developing concentration. It strengthens the eye muscles. Trâataka destroys eye diseases and removes sloth, etc. It should be carefully kept a secret, like a box of jewellery.

Precautions:

This kriya should be practiced only under the guidance of a qualified yog teacher.

Activity – Practice Tratak daily for 1 week and observe its effects on concentration and memory.

- v. **Nauli Kriya:** A cleansing practice for the abdomen that uses the abdominal muscles to massage and stimulate the digestive organs. The muscles of the abdomen are projected forward then contracted in a wave like movement that increases body fire.

There are four types of Nauli kriya: Madhyama Nauli, Vama Nauli, Dakshina Nauli, and Bhramar Nauli.

Method: Stand upright with a two-foot gap between legs. Place both hands on your knees and lean slightly forward. Look at the stomach and exhale completely to get in Uddiyan bandha. Abdominal muscles will align and emerge



MODULE-4

Yog



Note

Yog for Healthy Living

out at the center of the abdomen. It is shape like a naal (tube/stalk). Try to rotate emerged abdominal muscles from right to left and then left to right. Placing these emerged abdominal muscles at the centre of the abdomen is termed as “Madhya Nauli”, on the right side it is termed as “Dakshina Nauli” and on the left side it is termed as “Vama Nauli”.



Performing Nauli kriya

Benefit: It removes dyspepsia, increases appetite and digestion, and is like the goddess of creation, and causes happiness.

Time- Its practice should be done early morning, before meals and on an empty stomach.

Precautions:

This kriya should be practiced only under the guidance of a qualified yog teacher.

- vi. **Kapalbhati:** The meaning of ‘Kapal’ is ‘brain’ and ‘Bhati’ is to shine, i.e, kriya that cleans and shines the brain is called Kapalbhati.

Method: Sit in Padmasana or Sukhasana with a straight spine. Keep both hands on your knees. Take a regular deep breath by relaxing the abdominal muscles. Exhalation should be rapid and forceful while inhalation should be normaly. Holding of breath is not done in Kapalbhati. Only exhalation and





Note

inhalation are practiced. Exhalation is the main part of Kapalbhati. Repeat the same procedure about 20-25 times and gradually increase the time of practice.

Time: Practice can be done on an 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 body.

Precautions:

- This is not suitable for heart and high blood pressure patients.
- In summer do not practice it for a long time.

15.4 PRANAYAMA

Dear learners, we have just explored **Shatkarma** in detail. Now, let us delve into **Pranayama**, its types, and its benefits. The primary reason for learning **Shatkarma** before **Pranayama** is to prepare the body and mind for more advanced practices. Practicing **Shatkarma** beforehand helps cleanse the body, enhances energy levels, and promotes mental clarity, making individuals better equipped for **Pranayama**.

15.4.1 Meaning, Purpose and Importance of Pranayama

Meaning of Pranayama: Pranayama is a fundamental concept in yogic literature and is emphasised in all schools of yog, including **Raja Yog** and **Hatha Yog**. The word **Pranayama**, derived from Sanskrit, combines two words: **Prana** and **Ayama**. **Prana** is the vital energy that connects the mind and body and is often associated with breath. **Ayama** means regulation, expansion or extension. In **Pranayama**, **Ayama** implies the control or expansion of breath which is crucial to harmonise the energy of the body and our well-being.

Voluntarily regulated yog breathing techniques are referred to as Pranayama practices. A few ways to modify our breath include changing the rate and depth, holding the breath, breathing through the mouth or breathing through one or both nostrils alternately.

Both Ashtangyog and Hathyog include Pranayama as an important practice. Pranayama practices and its importance are mentioned in almost all yogic texts.

Maharishi Patanjali defines **Pranayama** as:

“Pranayama is the regulation of the process of inhalation and exhalation, which follows after the attainment of a steady posture (asana).”

तस्मिन्सतिश्वासप्रश्वासयोः गतिविच्छेदः प्राणायामः ॥ पा. यो. सू. 2/49





Note

Purpose and Importance of Pranayama:

Pranayama is the most significant element of the eight limbs of Ashtang Yog and is mentioned as the fourth limb of AstangYog.

- The objective of breathholding is to central and regulate vital force (prana) that pervades the body.
- Pranayama also help in regulating the breath that can calm mind and body.
- As long as this vital energy (prana) is present in the body it is called life. But as soon as it leaves the body, we attain the state of death. That's why we should practice Pranayama to save life.
- Pranayama brings lightness in the body.

As Parnayama is a very advanced yogic activity, therefore one should systematically practice it within their ability under the guidance of an expert.

15.4.2 Breathing Phases in Pranayama

The aim of Pranayama, is to regulate the unequal flow of breath through the nostrils.

Breathing phases in Pranayama:

1. Puraka or inhalation phase- It means complete inhaling (swas).
2. Rechaka or the exhalation phase- It means complete exhaling (praswas).
3. Kumbhaka- It means retention of breath. These three phases together form a breathing cycle.

Kumbhaka is further divided into two parts.

- i) Antar Kumbhak – retention of breath after Puraka
- ii) Bahir Kumbhak – retention of breath after Rechaka.

While practicing Pranayama, air should be exhaled and inhaled fully with proper skill. Pranayama's most important component is Kumbhaka or retaining breath. Kumbhaka should only be practiced under the supervision of an expert yogic practitioner.

Note: Kumbhak during Pranayam practice should be avoided by people with high blood pressure or heart problems. They should practice doing Pranayama with normal breathing.

15.4.3 Different Types of Pranayama

Different types of Pranayama are described in various yogic scriptures We will discuss a few very common Pranayama practices that are generally used to maintain good health are: Suryabhedhi, Ujjayi, Bhramari, Bhastrika, Sheetali and Sheetkari.





Note

Nadi shodhan/ anulom- vilom is performed before doing all these Pranayama practices. For easy understanding, we have categorised Pranayama based on its physiological effects on the body as follows:

- 1) Balancing or Purification Pranayam — Nadi Shodhan Pranayama
- 2) Tranquilizing Pranayam — Bhramari, Ujjayi
- 3) Cooling Pranayama — Sheetal, Sheetkari
- 4) Heating Pranayama – Bhastrika, Suryabhedhi

Come, let us learn different types of pranayama in detail.

- i. **Nadi Shodhan Pranayam:** Nadi shodhan means “channel clearing”. It is to be done before any Pranayama practice.

Method: Sit down in any comfortable asana with your spine erect. Then, use the thumb of your right hand to close the right side of your nose. Inhale slowly and deeply using the left nostril. Then, close the left nostril likewise and exhale using the right nostril. Similarly with the left nostril still closed, inhale with the right nostril and exhale with the left one. This is one cycle. Practice the same cycle around 10-15 times.



Nadi shodhan Pranayama

Benefits: Regular practice of this through Chandra (left nostril) and Surya nadi (right nostril), purifies the entire nadi in about three months or more. It improves the functioning of the respiratory system. It balances our nervous system and develops inner awareness and deeper understanding. Also, it balances both the hemispheres of the brain.

- ii. **Suryabhedhi Pranayama:** ‘Surya’ means the sun and ‘bheda’ means to pierce/awaken/enter. In the body, Pingala Nadi represents the energy of the sun or





Note

vital energy. Therefore, it means that we pierce or purify the Pingala Nadi. In this Pranayama, we inhale and exhale through the right nostril.

Benefits: Suryabhedhi Pranayama purifies our skull i.e. brain region, cures Vata & kapha related diseases and destroys worms produced in the stomach. It stimulates the sympathetic nervous system and the left part of the brain.

- iii. **Ujjayi :** Ujjayi pranayam is also called 'ocean breath' and this Pranayam is about mimicking the sound of the waves of ocean. In Ujjayi breathing, both inhalation and exhalation are through the nose. It is a diaphragmatic breath which fills the lower belly first, then the lower rib cage, the upper chest and the throat. The opening between the vocal cords is narrowed, creating a rushing or hissing sound. This audible breathing has been linked to ocean waves or the snoring of a baby.

Benefits This removes Sleshma (phlegm) in the throat and increases the appetite. It destroys the obstructions in the nadis. Ujjayi should be performed in all conditions of life, even while walking or sitting.

- iv. **Sheetkari:** In this Pranayama, we inhale air through our mouth. Sit in a comfortable position. Bring the teeth together lightly. Separate the lips so that the teeth are exposed and then fold the tongue behind the teeth to touch the soft palate. Inhale slowly through the teeth. It produces a hissing sound. Close the mouth and exhale slowly through the nose. Keep the breaths slow and relaxed.



Sheetkari Pranayama

Benefits: By practicing Sheetkari, one becomes next to the God of Love in beauty. This practice cools the body and mind. A practitioner of this Pranayama is not afflicted by hunger, thirst, sleep or lassitude. It helps to reduce blood pressure and acidity. It removes excessive heat, therefore, it is beneficial in summer.

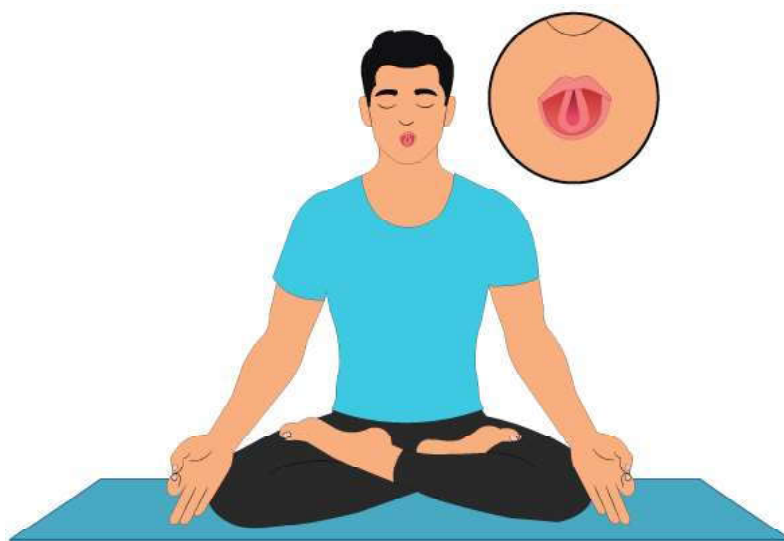




Note

Contraindications: People suffering from low blood pressure, respiratory disorder, excessive mucus, sensitive teeth, chronic constipation, hypothyroidism and hypoacidity should not practice this Pranayama. It should not be practiced by people having artificial teeth.

- v. **Sheetali Pranayama:** As the name ‘Sheetali’ suggests—cool, calm, and soothing—it helps us achieve these effects through practice. For this, open the mouth and extend the tongue outside of the mouth, rolling it from the sides to form a tube. Inhale through the tube and exhale through the nose slowly and deeply



Sheetali Pranayama

Contra-indications: -Same as Sheetkari Pranayam.

Benefits: Sheetali 2umbhika cures colic, enlarged spleen, fever, disorders of bile, hunger, thirst, and counteracts poisons.

- i. **Bhastrika Pranayama:** ‘Bhastrika’ is a Sanskrit word which means ‘bellows’. It resembles the blowing of bellows, hence it is called Bhastrika Pranayam. It is an excellent breathing exercise which can be practiced slowly or quickly as



Bhastrika Pranayama





Note

per our convenience. But basically it is fast breathing. Take a deep breath through both nostrils and fill the lungs with air and then exhale with a hissing sound. Inhale deeply and exhale completely.

Benefits: This destroys Vata, pitta (bile) and phlegm and increases the digestive power (the gastric fire). It quickly awakens the KuGalinî, purifies the impurities of body, gives pleasure, and is beneficial. It speeds up the blood circulation. Increases the flow of prana throughout the whole body.

- ii. **Bhramari Pranayama:** In this type of Pranayama we exhale air by making a humming sound, the sound of 'm', as in the third letter of 'aum'. It resembles the typical humming sound of bees. That's why, it is called Bhramari Pranayam. Exhale slowly and do not strain while practicing. The sound should be smooth, even and controlled.



Bhramari Pranayama

Benefits: It is best suited for insomnia (sleeplessness) disorder. It relieves tension, anger and anxiety. It increases concentration and memory. It controls high blood pressure. It strengthens the throat and voice and is beneficial for various throat problems. It is good for thyroid problems.



DO YOU KNOW?

The Indian Prime Minister Sh. Narendra Modi, in his United Nations address suggested an annual Day of Yog on June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. The **International Day of Yog** has been celebrated across the world annually on June 21 since 2015. For more details visit https://en.wikipedia.org/wiki/International_Day_of_Yog



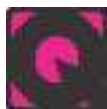
**Note**

15.5 APPLY THE KNOWLEDGE OF YOG FOR HEALTHYLIFESTYLE

Incorporating yog into your lifestyle, including a yogic diet, asanas (physical postures), shatkarma (cleansing techniques) and Pranayama (breath control), can contribute to a healthier and more balanced life.

Follow a balanced and nutritious yogic diet rich in fruits, vegetables, whole grains, lean protein etc. Remember it is essential to approach yog with consistency and patience. Listen to your body while practicing yog.

As you know that Asanas help in improve flexibility, strength and balance. Include a daily asana practice in your daily routine. Start practicing with a sequence that suits you like Tadasana, shavasana, etc; and also include shatkarma techniques like Neti, kapalbhati and Trataka into your daily routine. Consult a qualified yog instructor/teacher for guidance on proper technique and frequency. Practice Pranayama regularly. Start with simple techniques and gradually explore more advanced practices. Pay attention to your breath and practice mindfulness.



Intext Questions 15.3

State whether the following statements are True or False.

- i) The practice of Nadi Shodhan Pranayama affects the entire nadi system. ()
- ii) Nadi Shodhan Pranyama purifies our skull i.e. brain region, cures Vata related diseases (diseases caused by vitiation of air) and destroys krimi. ()
- iii) Practice of Bhastrika Pranyama destroys Vata, pitta (bile) and phlegm and increases the digestive power (the gastric fire). ()
- iv) The sattva of the practitioner's body becomes free from all disturbances with the practice of Sheetkari Pranayama. ()
- v) Enlargement of the spleen, leprosy, and twenty kinds of diseases caused by phlegm disappear with the practice of Dhauti Karma. ()
- vi) Basti kriya gives glow and tone to the body and increases the appetite. ()
- vii) The Neti is not the cleaner of the brain and giver of divine sight. ()
- viii) Kriya that cleans and shines the brain is called Kapalbhati. ()



MODULE-4

Yog



Note

Yog for Healthy Living



Terminal Questions

1. What is yogic Diet?
2. Which type of diet is good for health?
3. How many types of diets are there according to the Bhagwad Geeta?
4. Discuss the benefits of asana as per yogic texts
5. Write the classification of asanas.
6. Discuss two supine asanas with their benefits.
7. Explain the benefits of Pranayama as per yogic texts.
8. How many types of Shatkarmas are there? Name and explain them.



ANSWERS TO INTEXT QUESTIONS-

15:1

- i) Three Parts,
- ii) Rajsic Food,
- iii) Tamsic Food,
- iv) Diet food means fast digestible food/Pathya Ahak

True and False-

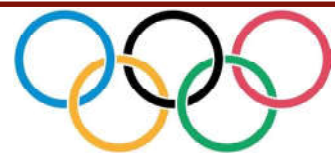
- i) F
- ii) T

15:2

- i) steady and pleasant,
- ii) perfected,
- iii) health and lightness of limb.
- iv) stretches and strengthens
- v) removes severe gastric trouble,
- vi) soothing exercise

15:3

- i) T
- ii) F
- iii) T
- iv) T
- v) T
- vi) T
- vii) F
- viii) T



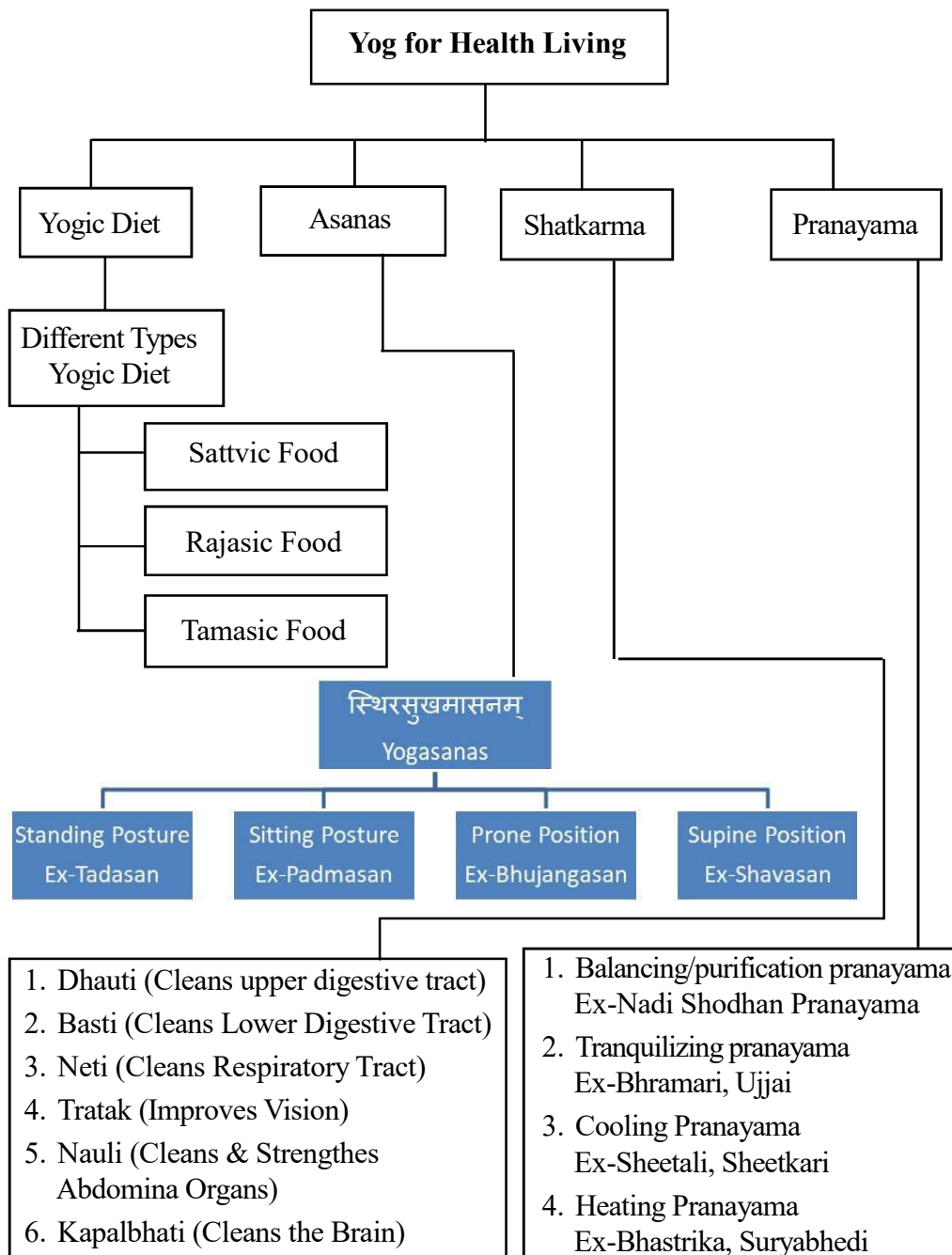


Note

References/Bibliography

- i) Patanjali yog Sutra,
- ii) Hathayog Pradipika,
- iii) Gherand Samhita,
- iv) Bhagwad Geeta

Concept Map





Note

16

APPLICATION OF YOG

In today era of advancement knowledge for treated as power, but knowledge without action is useless. Having knowledge about yog can be useful only when are use it correctly. Application to yogic practice refers to the practical utilisation of yog principles, techniques and philosophy. Traditional yog mainly focuses on spiritual and personal development of the individuals. Application practices these principles in preventive, promotive and curative health and well-being. These practices are beneficial to people of all age groups which can help to prevent diseases and promote health Yog practice helps in the treatment of conditions like obesity and arthritis. Therefore you can say practical integration of yog practices in specific setting helps to achieve the desired outcomes.

As, in previous lessons we learned about a healthy diet as described in yogic texts. We also gained knowledge about certain yogic practices such as Shatkarma (cleansing techniques), Asanas (postures) and Pranayama (breathing techniques). Their benefits were also discussed. Continuing with our journey, in this lesson, dear learners let us apply the knowledge of yogic practices in preventive, promotive and curative health care.



LEARNING OUTCOMES

After completing this lesson, you will be able to:

- explain the importance of yog for holistic health.
- list yogic practices beneficial for maintaining holistic health.
- apply yogic practices for preventive healthcare.
- apply yogic practices for promotive healthcare.
- utilize yogic techniques and practices for managing sports injuries.
- apply yogic practices for curative healthcare.

16.1 YOG FOR HOLISTIC HEALTH

Yog is practiced by many people worldwide today. Its beauty lies in its ability to benefit all dimensions of the body. Modern science increasingly acknowledges that



our body consists of physical, mental, emotional, and pranic levels, all of which must be kept healthy for overall well-being. The processes of yog are holistic and comprehensive, encompassing practices such as Yogic Shatkarma, Asana, Pranayama, Meditation, Mantra Yog, Jnana Yog, and Bhakti Yog.

16.1.1 List of Yog ic Practices

Following yogic practices may be added in daily life for holistic health.

- 1 Prayer/Mantra Chanting
- 2 Jal Neti
- 3 Kapalbhati
- 4 Dandasana, Tadasana, Tiryakatadasana
- 5 Katichakrasana, Ustrasana, Vakrasana
- 6 Vrikshasana, Shavasana
- 7 Bhramari Pranayama
- 8 Uddiyanbandha, Om chanting/Shanti Mantra

These yogic practices can be incorporated into daily routines, following the principles of yog, to promote a healthy and happy life.

16.1.2 Importance of Yog

Yog offers numerous benefits, which includes-

Physical Benefits

1. Flexibility and Balance
2. Strength and tonning of muscles.
3. Improved posture

Mental and Emotional Benefits

1. Reduced stress and anxiety
2. Improve focus and concentration
3. Enhance mood

Overall Well-being

1. Holistic approach
2. Improve sleep
3. Increase self-awareness

MODULE-4

Yog



Note





Note

Application of Yog

Further, whenever a person adopts the practice of Yog in daily life, they can get other benefits also-

- Yog plays an important role in maintaining physical health.
- The person becomes mentally alert and sharp.
- It improves decision-making abilities, enabling quick and effective choices.
- Regular practice helps to eliminate mental conflicts.
- Such a person behaves respectfully towards himself and the society, which increases his social prestige.
- Such people have the special ability to maintain coordination.
- Practicing Yog not only brings flexibility in the body but also brings flexibility in the mind of the person which is a big factor in social behaviour.

16.2 APPLICATION OF YOG

Application of Yog is helpful in Preventive, Promotive and Curative health care of individual. Learners, let us first explore **Application of Yog in Preventive Health Care** in detail.

16.2.1 Preventive health care through Yog

Preventive health care through yog involves taking measures to prevent diseases rather than treating them once they occur. The goal is to promote overall well-being and reduce the burden of illness. It is important to note that while yog can be highly beneficial for preventive health, it should complement, not replace other aspects of a healthy lifestyle including a balanced diet, regular exercise and medical checkups.

Applied yogic practices and their benefits in preventive health -

S.no	Applied yogic practices	Benefits
1	Sukshma vyayama	Increases flexibility and mobility of joints
2	Yogasanas	Enhances physical fitness
3	Shatkarma	Cleanses the body and improves the immune system
4	Pranayama	Reduces stress and improves respiratory function
5	Meditation	Reduces stress
6	Mudra	Enhances concentration and inner awareness





Note

16.2.2 Yog in Daily living

The following steps are to be followed daily to prevent diseases.

- **Mindful wakeup before sunrise** – Try to wake up before sunrise. Start your day by taking a few moments to centre yourself.
- **Bhunaman (salute to earth)** – After getting up from bed, salute the earth.
- **Ushapan** – Drink lukewarm water to cleanse the digestive system and for smooth evacuation of bowels.
- **Shouch (sitting position to evacuate bowels)** – The ideal position is *Utkatasana*, as used in Indian toilets. However, individuals with knee joint pain or obesity can sit comfortably in a position that suits their convenience.
- **Suryanamaskar** – A series of yog poses that warm up the body and energise you which include forward bends, backward bends, lung expansion etc. It involves a combination of stretching, compression, and relaxation, which stimulates and regulates the vital organs, muscles, and glands of the body. (detailed description of Suryanamaskar is given in practical book)
- **Mindful asana practice** – As per your capacity and convenience, include a short yog session focusing on poses that invigorate you.
- **Snan/ Vastra dharan** – In winter, use warm water for bathing, and in summer, use cold water. The clothes worn should be clean, comfortable, and hygienic.
- **Mindful breakfast** – Practice mindful eating by paying full attention to your breakfast. Chew slowly and savour each bite.

Throughout the day

- **Desk yog** – Incorporate short yog stretches or seated poses during work break to alleviate stiffness and improve focus.
- **Breathing exercises** – Throughout the day, practice deep breathing exercises (pranayama) to reduce stress. Simple techniques like diaphragmatic breathing or alternate nostril breathing can be done discreetly.
- **Mindful walking** – During breaks or lunch time, take a short walk and practice walking meditation. Pay attention to each step, your breath and sensations in your body.

Evening Routine

- **Sandyopasana** – After sunset, cleanse your face, hands, and legs, and offer a salute to God.
- **Evening Asana Practice and Meditation** – Engage in a gentle yog session followed by meditation.



MODULE-4

Yog



Note

Application of Yog

- Light Evening Meal – Consume a light, easily digestible meal in the evening or before 8 pm.
- Oral Hygiene – Clean your teeth and oral cavity.
- Yog Nidra – Consider incorporating Yog Nidra (yogic sleep) into your evening routine. This guided relaxation practice promotes deep relaxation and can improve sleep quality.



INTEXT QUESTION 16.1

Fill in the Blanks -

- _____ vyayama increases flexibility and mobility of joints.
- Take a _____ and _____ digested meal in the evening or before 8 p.m.
- A series of yog poses that warms up the body and energises you is called _____.
- Throughout the day, practice _____ breathing exercise.

16.2.3 Promotive Health Care through Yog

Promotive health often referred to as health promotion, focuses on enhancing well-being and preventing health issues before they occur. Unlike contemporary health care that primarily addresses illness and diseases, promotive health aims to optimize health at the individual and community level. Applying Yog to those in need can help reduce the risk of developing diseases.

It also helps to create a conducive environment for the development of positive health and prevents many lifestyle diseases and life-threatening disorders. Yog offers some important tools in this regard. In any phase of life—childhood, adulthood, middle age, or old age—or in professions where the risk of injuries is high, these tools should be followed.

- Become aware of your body and mind
- Improve your healthy dietary habits
- Relax your body
- Slow down the breath making it quiet and deep
- Calm down your mind and focus inwardly
- Improve the flow of healing
- Fortify against stressors
- Increase self-reliance and self confidence



- Facilitate natural elimination of wastes
- Take responsibility of one's own health



INTEXT QUESTION 16.2

Mark as True or False –

- Promotive health aims to optimize health at individual and community level. ()
- Practicing Yog does not bring flexibility in the body. ()
- Yog improves the flow of healing. ()

16.2.4 Yog for Sports Injury

Along with supporting physical, mental and emotional well-ness, injury recovery has proven to be a fundamental benefit of yog practice. Since Yog focusses on both mind and body it has the potential to address both the physical and non-physical aspects of an injury. Yog lengthens and strengthens muscles by applying healthy stress through various poses and enhances the range of motion of the skeletal system. These qualities are required for recovery from muscle fatigue and injuries. Studies have shown that yog helps to achieve mind-body balance and reduces the risk of injuries in athletes as it enhances an athlete's 'proprioception' (the awareness of body and how it moves through space). Regular yog practice helps us to know our body. We develop awareness of how our body feels from day to day or from pose to pose. We are more likely to notice stiff or injury-prone areas of the body that need attention before full-blown injuries happen.

Yog, with its combination of both active and passive stretching practices, helps to keep us injury-free. A combination of dynamic, isometric and static movements are practiced in yoga. This not only enhances physical performance but also aids in preventing injuries. Cortisol (hormones secreted by endocrine glands) and oxidative stress (when antioxidant levels are low) are linked with several adverse effects that inhibit injury recovery. Yog is tremendously helpful in combating these to aid healing.

Yog is an integrated mind-body practice which combines breath control, meditation and movements to stretch and strengthen muscles. Unlike other practices, yog places equal emphasis both on mental and physical fitness. *According to Harvard Medical School*, self-soothing/healing is stimulated through the practice of yog techniques such as meditation. Sports athletes sometimes experience mental blocks subsequent to an injury. Recovering athletes are able to combat stress and anxiety through yog practices. A few yog practices for anxiety and stress relief include Meditation, Pranayama, Kumbhaka, Bandha and mindful yog therapy.



Note





Note

Yogic *Sukshma Vyayama* (yogic practices by Swami Dharendra Brahmachari ji) helps in relaxation and eases the connective tissue between muscles promoting flexibility, injury prevention and recovery through static stretching. They activate the subtle pranic body (where prana flows) and thus Yogic Sukshma Vyayama techniques are tremendously powerful. Their benefits include enhancing memory, intellect, willpower and sharpening the senses. Additionally, it helps to activate and mobilize the joints, reducing the risk of injuries in both slow- and fast-twitch muscles and joints.

Training to get stronger or faster can lead to tight muscles with a smaller range of motion, limited power, and a tendency to get injured more easily. Active stretching, where the body is moving and stretching dynamically (for example Sun Salutations), creates warmth and suppleness in the tissues. Passive stretching, where you hold a posture for a minute or more in a way that's relaxed (as in the poses that follow), allows muscles to lengthen even more. The result is more elastic, pliable tissues that help you bounce back more easily from the stressors in your sport. Yog builds strength, flexibility and prevents injury through supporting larger muscle groups. For example -

Asanas such as 'Adhomukhaswanasana' are great for decompressing the spine and are perfect for counteracting the effects of constant running and jumping in sports like basketball. Hockey players and golfers benefit from the increased core strength and flexibility that Yog gives them; cutting down on low-back and hip injuries caused by repetitive swinging movements.

Yog is practiced barefoot and strengthens all the muscles that support walking / running as well as protects the ankle from injuries such as strains and sprains. There are around 20 different muscles within the foot that support movement, balance, and the weight of your entire body. These muscles often become underdeveloped due to being confined in tight athletic footwear day after day. Any contact-sport athlete can attest to the importance of balance and the ability to stay upright in their respective sport. Increased foot and ankle strength not only helps prevent falls and impacts but also reduces the occurrence of lower-body injuries.



INTEXT QUESTION 16.3

Fill in the blanks with appropriate words.

- Yog offers a combination of _____ and _____ stretching that is especially helpful for keeping you injury free.
- There are three types of practices in yog: one is, the second is isometric and the third is _____
- Yog can stimulate self-soothing through techniques like _____ .





Note

Recovery in Sport Injury

Athletes who are eager to get back into the game and improve their recovery process, they can practice yog as a part of their physical rehabilitation program. This not only speeds up their recovery, but also helps them to recover mentally after a sports injury.



DO YOU KNOW?

In the following table you can have idea about what kind of yogic practices can be done by different Professionals.

S.No	Needy Professions	Yogic Practices
1	Yog for IT professionals	Shatkarma practices like Neti and Dhauti are useful. Asanas such as Shavasana, Vrikshasana, and Suryanamaskar are beneficial. Regular practice of Pranayama, including Nadi Shodhana and Bhramari, is also recommended.
2	Yog for Teachers	Shatkarma practices like Neti and Dhauti are useful. Asanas such as Shavasana, Balasana, Cat-Cow Pose, and Suryanamaskar are beneficial. Regular practice of Pranayama, including Nadi Shodhana and Bhramari, is useful. Meditation is also helpful.
3	Yog for Soldiers	Shatkarma and Suryanamaskar are practiced to maintain weight and stay active. Meditation and Mudras are practiced to lead a stress-free life.
4	Yog for Sportspersons	Regular practice of various Yogic Kriyas is essential for boosting self-confidence. Yama-Niyama, Shatkarma, Suryanamaskar, Asanas, Mudras, and Bandhas are beneficial for sportspeople.
5	Yog for Children	Yogic practices should be introduced from childhood based on individual needs and abilities. Asanas such as Vrikshasana and Tadasana are helpful during the growing phase. Shatkarma is generally not required at this stage. Pranayama can be introduced from the age of 8.
6	Yog for Old Age	Depending on their capacity, elderly individuals should practice Yama-Niyama, Shatkarma, mild relaxation asanas, and light exercises regularly to maintain physical and mental well-being.





Note

16.2.5 Curative Health care through Yog

Curative healthcare, also known as therapeutic or clinical care focuses on treating and managing diseases, injuries or medical conditions after they have occurred.

List of suggested yogic practices for the management of different diseases-

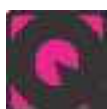
S.No	Disease	Yogic management
1.	Obesity	1. Om chanting and prayer 2. Shodhana Kriyas: Kapalabhati, Kunjal, Agnisara, Nauli 3. Suryanamaskar 4. Yogsanas: Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Dhanurasana, Mandukasana, Mayurasana, Shavasana 5. Pranayama: Nadi Shodhana, Surya Bhedana, Bhramari, Sitali, Bhastrika 6. Special Practice: Yog Nidra 7. Dhyana (Meditation)
2	Hypertension	1.Kriyas: Jal Neti, Sutra Neti, 2. Asanas: Suryanamaskar Tadasana, Katichakrasana, Konasana, Uttanapadasana, Ardha Halasana, Pavanamuktasana, Vajrasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vakrasana, Uttanamandukasana, Shavasana 3.Pranayama: Nadi Shuddhi, Ujjayi, Bhramari 4. Meditation: Breath Awareness, Om Chanting, Om Meditation
3	Low Back pain	1. Om chanting and prayer 2. Spinal exercise: Simple spinal movements that facilitate further Yogic techniques by loosening the joints and muscles. 3. Asanas : Enlist the asana for low back pain.
4	Bronchial Asthma	1.Kriyas: Jal Neti, Sutra Neti, Kapalabhati, Kunjal, Vastradhauti 2.Other Practices: Om Chanting and Prayer, Suryanamaskar 3. Selected Sukshma Vyayama Practices: Uccaranasthala Tatha Visuddha Chakra Shuddhi, Buddhithatha Dhriti Shakti Vikasaka, Vakshasthala Shakti Vikasaka (1 and 2) 4. Yogsanas: Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Ushtrasana, Vakrasana, Ardha Matsyendrasana, Uttanamandukasana, Bhujangasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana 5. Pranayama: Nadi Shodhana, Surya Bhedana, Bhramari, Bhastrika 6. Special Practice: Yog Nidra 7. Dhyana: Meditation





Note

5	Arthritis	1. Om Chanting and Prayer 2. Spinal Exercises: Simple spinal movements that facilitate further Yogic techniques by loosening the joints and muscles 3. Sukshma Vyayama: Griva Shakti Vikasaka (Strengthening the Neck) (1, 2 & 3), Skandha Tatha Bahu-Mula Shakti Vikasaka (Strengthening the Shoulder Blades and Joints), Purna Bhuja Shakti Vikasaka (Strengthening the Arms) (Exercises B, C, D, E, & F), Kati Shakti (Strengthening the Back) (1, 2, 3, 4 & 5) 4. Yogasanas: Tadasana, Urdhva Hastottanasana, Katichakrasana, Ardha Chakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandhasana, Vajrasana, Ushtrasana, Vakrasana, Ardha Matsyendrasana, Marjariasana, Gomukhasana, Uttanamandukasana, Sarala Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana 5. Pranayama: Nadi Shodhana, Surya Bhedana, Ujjayi, Bhramari 6. Special Practices: Yog Nidra 7. Dhyana: Meditation
	Stress	1. Asanas: Makarasana, Shavasana 2. Pranayama: Anulom Vilom, Nadi Shodhana, Bhramari 3. Special Practices: Yog Nidra and Meditation



INTEXT QUESTION 16.4

Fill in the blanks with appropriate word(s).

- Curative healthcare is also known as _____.
- Yogic management for obesity includes _____.
- Jalneti and Suryanamaskara are part of yogic management for _____.
- Kapalabhati is the yogic management technique in _____ disease.



TERMINAL QUESTIONS

- What do you understand by Preventive health care through Yog?
- What type of evening routine should we follow to prevent health issues?
- How many types of yog practices are there?
- Discuss the yogic managements of obesity.



MODULE-4

Yog



Note

Application of Yog

5. Write about the yogic practices beneficial for sports persons.
6. Discuss two benefits of Shatkarma.
7. Enlist the importance of Yog .



ANSWERS TO INTEXT QUESTIONS

16.2

- i) Sukshma ii) Light,easily iii) Suryanamaskar iv) deep

16:2

- True and False- i) T ii) F iii)T

16.3

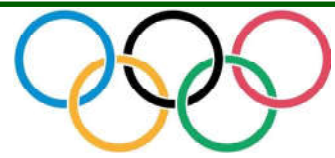
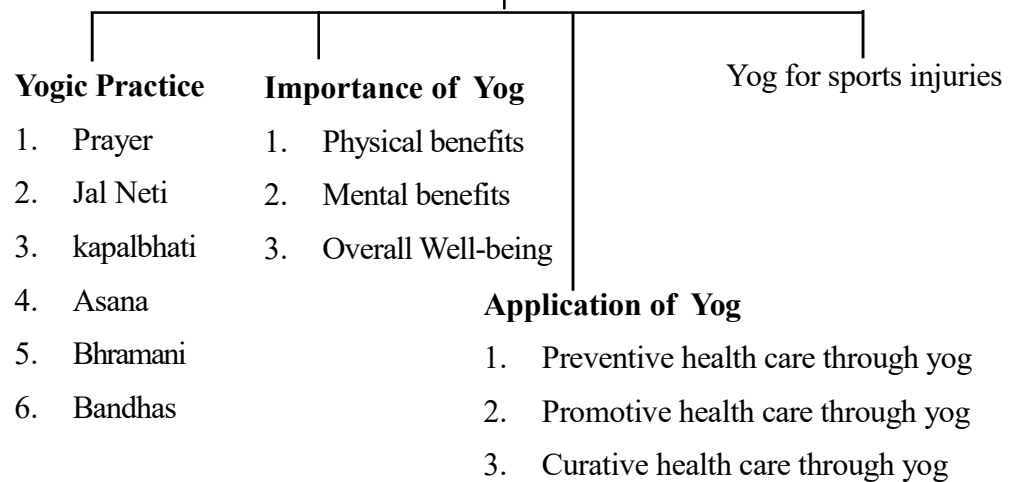
- i) Active and passive
- ii) dynamic, static
- iii) meditation.

16.4

- i) therapeutic care
- ii) Matsyasana, Nauli etc.
- iii Hypertension
- iv) Bronchial Asthma

Concept Map

Yog for holistic health



National Institute of Open Schooling

Physical Education

Secondary Level

Curriculum

Introduction:

The primary objective of physical education is overall personality development. Complimenting to this objective, the paradigms of Physical Education and Yog are integrated under the National Education Policy (NEP) 2020. Physical Education plays an important role in the physical growth and development of an individual. Through Physical Education, individuals acquire the knowledge, skills, right attitudes and values towards the pursuit of a lifelong physically active and healthy lifestyle. It also provides an avenue for individuals to express themselves through movement and physical activity. In addition, Physical Education provides a natural platform and valuable opportunities to develop self-management skills, social and co-operative skills, and build character. It serves to complement other educational areas in promoting the desired outcomes of education. In particular, Physical Education helps to cultivate healthy habits, teamwork, resilience and resolve.

Rationale:

NEP-2020 says students will be given increased flexibility and choice of subjects to study, particularly in secondary school - including subjects in physical education, sports and yoga – so that they can design their own paths of study and life plans. Physical Education and Yog are an integral part of the learning process in school education system, they have crucial role in all round development of the student. Physical Education explains students their health, safety, wellbeing and physical activity participation in context of scientific fields such as physiology, nutrition and psychology etc. Yog is an ancient art that focus on healthy mind in a healthy body. The great saints promote yoga as universal element that enhances the physical, mental, spiritual aspects of human being. Worldwide recognition resulted that United Nations declared 21 June an annual International Day of Yog . As per NCF, 2005 & National Policy on Education 2016 report, yoga is a part of school curriculum. The aim of education system is to build citizen who can contribute in all aspects of life; holistic development of an individual; which cannot be achieve without Yog and Physical Education program at school level. The aim of physical education is to build a healthy citizen through physical activities that may be evaluate during competitions, inter-community sports contests, intermural competition, special programs at school level etc.

Objectives:

After completing this course, the learner will be able to:

- explain the basics of Physical Education.
- appraise the courses in sports, physical education.
- provide an in-depth understanding about the tournament and their organisation physical education

- educate about various Programme
- educate about the Olympic and Asian games its concepts and Olympics Values
- promote awareness Olympics – Symbols, Motto, Flag, Oath and Anthem
- educate about the characteristic at stage of development
- broaden the understanding sensitizing learners about etiquette and code of conduct for CWSN
- provide an in-depth understanding about the Ashtanga Yog and Yogic Kriyas (Shat Karma)
- apprise International Day of Yog
- promote sports and yogic sports participation

Scope and Job Opportunity:

Studying physical education, sports and yog have a large number of opportunities for employment as well as sports and yogic sports participation. Some of employment opportunities are one can become a Coach, Corporate Fitness Instructor, Teacher, Physical Therapist, Personal Trainer, Sports Manager, Health Education Trainer, Sports Journalist, Yog Instructor or Teacher, **Yog Aerobic Instructor, Yog Therapist.**

Eligibility Condition

Age: 14 Years

Qualification:

Medium of Instruction: English

Duration of the course: 1 year

Weightage

Theory:40 Marks

Practical: 60 Marks

Tutor Mark Assignment (TMA): 20% Marks of the theory

Scheme of studies: Theory (96 hours), Practical (144 hours), TMA (self paced)

Scheme of evaluation: Theory paper 40 marks (2 hours), Practical 60 marks, internal assessment (TMA) - 20% of theory marks (self paced)

Pass criteria: 33% Marks

Course Structure:

Module	Lesson Name	Marks	Hour
Module 1: Physical Education	Concept of Physical Education	10	24
	Games & Sports as Cultural Heritage		
	Tournaments and Competitions		
	Asian & Olympic Games		
Module 2: Health Education	Health Concepts	10	24
	Dietary Considerations		
	Diseases		
	Safety Measures		
Module 3: Sports Education	Incentives and Awards	10	24
	Growth and Development		
	Physical Education and Sports for CWSN		
	Effects of Physical Activity		
Module 4: Yog	Yog Philosophy	10	24
	Ashtanga Yog		
	Yog for Healthy Living		
	Application of Yog		

Practical

Sl. No.	Content	Marks	Hours
1	Skill of Athletics Events - Sprint, middle distance and long distance - Jumping (Long Jump, High Jump, and Triple Jump) - Throwing (Discuss, Javelin, and Shot put)	15	36
2	Skills of any one Team/Individual Sports - Table Tennis - Kabaddi - Handball - Cricket - Khokho	12	29
3	Skill of any one Combative and Self Defence Sports - Boxing - Judo - Karate - Taekwondo	13	31
4	Yog Practical-I - Sukshma Vyayama - Surya Namaskar Asana (any-4) - Seated- Siddhasana - Standing- Triyak Tadasana - Spinal Twisting- Kati Chakrasana, Vakrasana - Forwarding bending- Shashankasana, Padhastasana - Inverted Asana- Viprit Karani - Balancing Asana- Vrikshasana	10	24
5	Yog Practical-II - Shatkarma- Jivhamool Dhauti, Trataka - Kapal-bhati (any two) - Pranayama – Yogic Breathing, Nadishodhan Pranayama (any one) - Mudra- Nasikagra Mudra - Bandha- Moolbandh - Meditation- Breathing Awareness	10	24
	Record File & Viva		
	Total	60	144

QUESTION PAPER DESIGN

Subject: Physical Education
Secondary Course

Total Marks: 40

1. Weightage to Objectives

Sl.No.	Objective	Marks	% age of Total marks
1.	Knowledge	10	25
2	Understanding	20	50
3	Application/Skill	10	25
	Total	40	100

2. Weightage by types of Questions

Type of Questions	Number of Questions	Marks Each Question	Marks Allotted
Objective Type Questions	8	1	8
1 Marks (MCQs)	6	2	12
1 × 2 = 2 Marks (with two sub-points) (fill in the blanks, match the column, paragraph or case-based questions, one-word questions, true/false, etc.			
Very Short Answer	3	2	6
Short Answer	2	3	6
Long Answer	2	4	8
Total	21		40

3. Weightage by content

Module No.	Name of the Module	Marks
1.	Physical education	10
2.	Health Education	10
3.	Sports Education	10
4.	Yog	10
	Total	40

4. Difficulty Level of the Question Paper

LEVEL	PERCENTAGE	MARKS
DIFFICULT	25	10
AVERAGE	45	17
EASY	30	12

SAMPLE QUESTION PAPER

Physical Education

Time: 2 hrs.

Maximum Marks 40

Note:

- i) This question paper consists of 21 questions in all.
- ii) All questions are compulsory.
- iii) Marks are given against each question.
- iv) **Section A consists of –**
 - a. Q.No. 1 to 8 – Multiple Choice type questions (MCQs) carrying 1 mark each. Select and write the most appropriate option out of the four options given in each of these questions.
 - b. Q.No. 9 to 14 – Objective type questions carrying 02 marks each (with 2 sub-parts of 1 mark each). Attempt these questions as per the instructions given for each of the questions 9-14.
- v) **Section B consists of –**
 - a. Q.No. 15 to 17 - Very Short questions carrying 02 marks each to be answered in the range of 30 to 50 words.
 - b. Q.No. 18 to 19 – Short Answer type questions carrying 03 marks each to be answered in the range of 50 to 80 words.
 - c. Q.No. 20 to 21 – Long Answer type questions carrying 04 marks each to be answered in the range of 80 to 120 words..

S.No	Questions	Module	Unit	Marks
	Section - A			
1.	What is the primary aim of physical education? A. To develop only the physical aspects of an individual B. To focus solely on academic achievements C. To ensure the all-round development of an individual's personality D. To promote competitive sports only	I	L1	1
2.	According to the World Health Organisation (WHO), what is health? A. The absence of disease or infirmity B. A state of complete physical, mental, and social well-being C. The ability to perform daily tasks D. A well-balanced metabolism	II	L5	1

S.No	Questions	Module	Unit	Marks
3.	Which of the following is a common method of transmission for communicable diseases? A. Eating a balanced diet B. Exercising regularly C. Cough or sneezing droplets D. Drinking plenty of water	II	L7	1
4.	What is the cash prize awarded to the recipient of the Major Dhyan Chand Khel Ratna Award? A. Rs. 10 lakhs B. Rs. 15 lakhs C. Rs. 20 lakhs D. Rs. 25 lakhs	III	L9	1
5.	Which of the following best describes development? A. Increase in height and weight B. Temporary changes in physical size C. Improvement in skills and functions D. Measurable and visible changes	III	L10	1
6.	_____ wrote the first Yogic text ‘Yog Sutra’? A. Maharishi Patanjali B. Swami Vivekananda C. Gautama Buddha D. Sri Aurobindo	IV	L13	1
7.	Which of the following is NOT one of the eight limbs of Ashtang Yog? A. Asana B. Pranayam C. Pratyahar D. Karma	IV	L13	1
8.	What is the primary focus of Bahiranga Yog? A. Internal aspects of Yogic practice B. External aspects of Yogic practice C. Meditation and concentration D. Spiritual absorption	IV	L13	1

S.No	Questions	Module	Unit	Marks										
9.	Match the objectives of physical education with their descriptions: <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Physical Development</td> <td>A. Coordination between nervous and muscular systems</td> </tr> <tr> <td>2. Social Development</td> <td>B. Development of muscular system</td> </tr> <tr> <td></td> <td>C. Interaction and cooperation with others</td> </tr> <tr> <td></td> <td>D. Emotional stability and acceptance of success and failure</td> </tr> </table>	Column A	Column B	1. Physical Development	A. Coordination between nervous and muscular systems	2. Social Development	B. Development of muscular system		C. Interaction and cooperation with others		D. Emotional stability and acceptance of success and failure	I	L1	2
Column A	Column B													
1. Physical Development	A. Coordination between nervous and muscular systems													
2. Social Development	B. Development of muscular system													
	C. Interaction and cooperation with others													
	D. Emotional stability and acceptance of success and failure													
10.	The first Olympic Games held in Athens in 1896 had _____ athletes from _____ countries participating in 43 events. Match the types of tournaments with their OR descriptions: <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Knock-Out Tournament</td> <td>A. Each team plays with every other team twice</td> </tr> <tr> <td>2. Single League Tournament</td> <td>B. A team is eliminated after being defeated twice</td> </tr> <tr> <td>3. Double Knock-Out Tournament</td> <td>C. Each team plays with every other team once</td> </tr> <tr> <td>4. Double League Tournament</td> <td>D. A team is eliminated after one defeat</td> </tr> </table>	Column A	Column B	1. Knock-Out Tournament	A. Each team plays with every other team twice	2. Single League Tournament	B. A team is eliminated after being defeated twice	3. Double Knock-Out Tournament	C. Each team plays with every other team once	4. Double League Tournament	D. A team is eliminated after one defeat	I	L4	2
Column A	Column B													
1. Knock-Out Tournament	A. Each team plays with every other team twice													
2. Single League Tournament	B. A team is eliminated after being defeated twice													
3. Double Knock-Out Tournament	C. Each team plays with every other team once													
4. Double League Tournament	D. A team is eliminated after one defeat													
11.	Fill in the BlanksThe _____ or _____ Games is a major international multi-sport event held every four years. OR In which year did Asian Games started ? Which was the host city for 1st Asian Games?	I	L4	2										
12.	Match the components of health with their descriptions: <table> <tr> <th>Column A</th> <th>Column B</th> </tr> <tr> <td>1. Physical Component</td> <td>A. Capacity for thought and brain function</td> </tr> <tr> <td>2. Mental Component</td> <td>B. Positive relationships with family and society</td> </tr> <tr> <td></td> <td>C. Optimal operation of body's organic systems</td> </tr> <tr> <td></td> <td>D. Understanding and demonstrating emotions clearly</td> </tr> </table>	Column A	Column B	1. Physical Component	A. Capacity for thought and brain function	2. Mental Component	B. Positive relationships with family and society		C. Optimal operation of body's organic systems		D. Understanding and demonstrating emotions clearly	II	L5	2
Column A	Column B													
1. Physical Component	A. Capacity for thought and brain function													
2. Mental Component	B. Positive relationships with family and society													
	C. Optimal operation of body's organic systems													
	D. Understanding and demonstrating emotions clearly													

S.No	Questions	Module	Unit	Marks										
13.	Match the sports awards with their descriptions: <table> <tr> <td>Column A</td> <td>Column B</td> </tr> <tr> <td>1. Arjuna Award</td> <td>A. Recognizes outstanding coaches</td> </tr> <tr> <td>2. Dronacharya Award</td> <td>B. Given to universities for sports excellence</td> </tr> <tr> <td></td> <td>C. Recognizes exceptional achievements in adventure sports</td> </tr> <tr> <td></td> <td>D. Named after a legendary archer from Mahabharata</td> </tr> </table> OR State whether the statements are true/false. A. MAKATrophy is awarded to the best university performing in sports. B. Tenzing Norgay national adventure award was previously known as National Adventure Award.	Column A	Column B	1. Arjuna Award	A. Recognizes outstanding coaches	2. Dronacharya Award	B. Given to universities for sports excellence		C. Recognizes exceptional achievements in adventure sports		D. Named after a legendary archer from Mahabharata	III	L9	2
Column A	Column B													
1. Arjuna Award	A. Recognizes outstanding coaches													
2. Dronacharya Award	B. Given to universities for sports excellence													
	C. Recognizes exceptional achievements in adventure sports													
	D. Named after a legendary archer from Mahabharata													
14.	Match the Yogic practices with their benefits: <table> <tr> <td>Column A</td> <td>Column B</td> </tr> <tr> <td>1. Sukshma Vyayama</td> <td>A. Stress reduction</td> </tr> <tr> <td>2. Yog sanas</td> <td>B. Cleansing the body</td> </tr> <tr> <td></td> <td>C. Physical fitness</td> </tr> <tr> <td></td> <td>D. Increase flexibility and mobility of joints</td> </tr> </table>	Column A	Column B	1. Sukshma Vyayama	A. Stress reduction	2. Yog sanas	B. Cleansing the body		C. Physical fitness		D. Increase flexibility and mobility of joints	IV	L13	2
Column A	Column B													
1. Sukshma Vyayama	A. Stress reduction													
2. Yog sanas	B. Cleansing the body													
	C. Physical fitness													
	D. Increase flexibility and mobility of joints													
	Section-B													
15.	According to WHO, what does health encompass?	II	L5	2										
16.	What is the primary difference between growth and development? OR List two characteristics of growth and development ?	III	L10	2										
17.	What does the term ‘Ashtang’ mean in Ashtang Yog?	IV	L14	2										
18.	Explain the difference between a Knock-Out Tournament and a League Tournament.ORDescribe the significance of the ancient Olympic Games and their connection to Greek culture?	I	L3	3										
19.	Explain the significance of Ashtang Yog in promoting overall health and well-being. OR Explain the importance of incorporating Yog into daily life for maintaining overall health.	IV	L16	3										

S.No	Questions	Module	Unit	Marks
20.	Discuss the various methods of preventing communicable diseases and explain why these methods are important for public health OR List the methods of preventing non-communicable diseases? Explain any two in detail.	II	L7	4
21.	Discuss the various benefits of physical activities on different body systems and overall well-being. OR Explain the role of Fit India Movement and Khelo India Campaign for promoting physical activities among youth.	III	L12	4

Marking scheme

Q. No.	Expected Value Points for Each Steps	Distribution of Marks	Total Marks
1.	<i>Answer: C. To ensure the all-round development of an individual's personality.</i>	1	1
2.	<i>Answer: B. A state of complete physical, mental, and social well-being</i>	1	1
3.	<i>Answer: C. Cough or sneezing droplets</i>	1	1
4.	<i>Answer: D. Rs. 25 lakhs</i>	1	1
5.	<i>Answer: C. Improvement in skills and functions</i>	1	1
6.	<i>Answer: A. Maharishi Patanjali</i>	1	1
7.	<i>Answer: D. Karma</i>	1	1
8.	<i>Answer: B. External aspects of Yogic practice</i>	1	1
9.	<i>Correct Matches:</i> 1 - B 2 - C 3 - D 4 - A	1+1	2
10.	<i>Answer: 241; 14</i> OR <i>Correct Matches:</i> 1 – D 2 - C 3 - B 4 - A	1+1	2
11.	<i>Answer: Olympic; Asian Games</i> OR <i>Answer: 1982 New Delhi</i>	1+1	2
12.	<i>Correct Matches:</i> 1 - D 2 - A	1+1	2
13.	<i>Correct Matches:</i> 1 - D 2 - A 3 - B 4 - C	1+1	2

Q. No.	Expected Value Points for Each Steps	Distribution of Marks	Total Marks
14.	<i>Correct Matches:</i> 1 - D 2 - C 3 - B 4 - A OR A. True B. True	1+1	2
15.	<i>Answer: Complete physical, mental, and social well-being</i>	2	2
16.	<i>Answer: Growth is quantitative, while development is qualitative.</i> OR Growth is quantitative, development is qualitative Growth depends on age, development is life-long	2	2
17.	<i>Eight limbs</i>	2	2
18.	<i>In a Knock-Out Tournament, a team is eliminated from the competition after one defeat, making it the quickest way to determine a winner. In contrast, a League Tournament allows each team to play against every other team, regardless of victory or defeat, providing more opportunities for teams to showcase their skills.</i> OR <i>The ancient Olympic Games were significant cultural and religious events held in Olympia, Greece, in honor of the Greek god Zeus. They started in 776 BC and lasted for over a thousand years. The Games were not only athletic competitions but also part of a religious festival. They included various sports such as foot races, chariot races, and wrestling, and were a major part of Greek culture, promoting unity and showcasing athletic prowess.</i>	3	3
19.	<i>Answer: Ashtang Yog, as defined by Maharishi Patanjali, is an eight-limb system that integrates physical, mental, emotional, and spiritual aspects of human potential. It promotes discipline, self-awareness, and inner strength, helping individuals manage stress and achieve holistic health. By practicing the eight limbs—Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyan, and Samadhi—practitioners can attain physical fitness, mental clarity, emotional stability, and spiritual growth</i> OR	3	3

Q. No.	Expected Value Points for Each Steps	Distribution of Marks	Total Marks
	<i>Answer: Incorporating Yog into daily life is crucial for maintaining overall health as it enhances physical fitness, mental alertness, and emotional stability. Yog practices such as asanas, pranayama, and meditation improve flexibility, strength, and respiratory functions, while reducing stress and promoting relaxation. Additionally, Yog supports immune function, aids in disease prevention, and fosters a balanced lifestyle, contributing to holistic well-being.</i>		
20.	<i>Preventing communicable diseases involves several key methods such as proper sanitization, maintaining hygiene practices, personal protection, vaccination, regular health check-ups, developing strong immunity, engaging in regular physical activities, and avoiding close contact with infected individuals. Proper sanitization and hygiene practices help eliminate pathogens from our environment and bodies. Personal protection measures like wearing masks and using sanitizers reduce the risk of transmission. Vaccination provides immunity against specific diseases. Regular health check-ups enable early detection and treatment. Strong immunity and physical activities enhance the body's defense mechanisms. Avoiding close contact with infected individuals minimizes the spread of diseases. These methods are crucial for maintaining public health and preventing outbreaks.</i>	4	4
21.	<i>Answer: Physical activities encompass a wide range of movements that engage muscles and require energy expenditure, including structured exercises, sports, and daily activities. These activities offer numerous benefits for physical health, mental well-being, and overall quality of life. Regular physical activities improve cardiovascular fitness, build strength and endurance, enhance flexibility and balance, manage weight, and reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers. They also boost mood, reduce symptoms of depression and anxiety, and promote better sleep by stimulating the release of endorphins. Additionally, physical activities enhance cognitive function, memory, and attention, and strengthen the immune system, making individuals more resistant to common illnesses. Engaging in physical activities also promotes social interaction, reduces stress, and contributes to longevity and a higher quality of life. The benefits vary depending on the type, intensity, duration, and frequency of the activities, and it is advisable to consult with a healthcare</i>	4	4

Q. No.	Expected Value Points for Each Steps	Distribution of Marks	Total Marks
	<i>professional before starting any new exercise program, especially for individuals with pre-existing health conditions.</i> <i>OR</i> <i>The Fit India Movement, launched in 2019, encourages daily physical activities and sports to foster a healthier lifestyle among the youth. It aims to reduce lifestyle diseases by integrating fitness into daily routines. By promoting regular exercise and healthy habits, the movement seeks to create a culture of fitness that benefits both physical and mental well-being. The Khelo India Campaign, initiated in 2018, focuses on developing sports infrastructure and identifying young talent at the grassroots level. It organizes competitions and provides training to nurture future athletes. This campaign aims to create a robust sports ecosystem, ensuring that young athletes have the resources and opportunities to excel. Together, these initiatives contribute significantly to the holistic development of India's youth.</i>		