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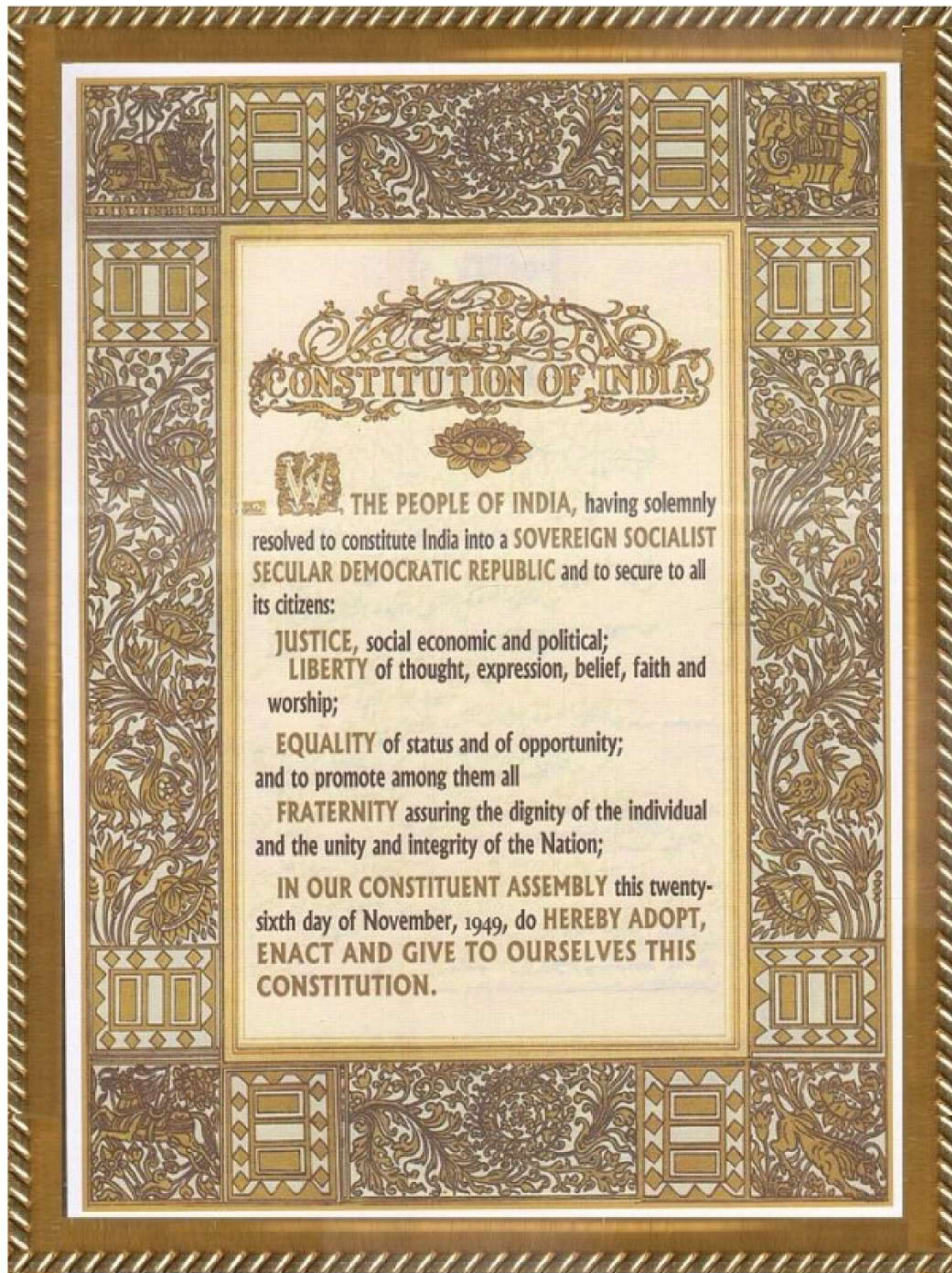
Secondary Course

PHYSICAL EDUCATION PRACTICAL MANUAL



NATIONAL INSTITUTE OF OPEN SCHOOLING

Preamble of the Constitution of India



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Secondary Course

PHYSICAL EDUCATION PRACTICAL MANUAL



NATIONAL INSTITUTE OF OPEN SCHOOLING

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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

Practical-1 (Skill of Athletics Events)

(i) SPRINT

Athletic events are grouped into running, jumping and throwing. Running events are further divided into short-distance (sprints), middle-distance, and long-distance races. Examples of sprints include the 100m, 200m, and 400m races, as well as hurdle events (110m/100m and 400m) and relay races (4×100m and 4×400m). In running speed is very important for sprinters - this can be measured with a sprint ability test. Following is the description of a test which is commonly used to assess a sprinter's sprinting ability.

Test: Repeat Sprint Ability

A repeat sprint test of anaerobic capacity, involving ten 20m sprints performed every 20 seconds. There are many similar repeat sprint tests, with varying sprint distance and recovery times.

Aim of the Test: This is a test of anaerobic capacity, the ability to recover between sprints and produce the same level of power repeatedly.

Required Facilities and Equipment: Stopwatch and timing gates (or two stopwatches), measuring tape, marker cones, 20 metres of flat non-slip track. Timing gates are preferred for such short distance sprint tests as the margin of error can be reduced.

Pre-requisite: Before the start of test, explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Measure and mark out the test area. Perform an appropriate warm-up.

Test Administration: Marker cones, starting lines and timing gates are placed 20 metres apart to indicate the sprint distance. At the instructions of the timer, the subject places their foot at the starting line, waiting for the signal to "go". The stopwatch is started simultaneously with the first movement. The subject sprints maximally for 20m, ensuring that they do not slow down before reaching the end line. If a player's first sprint is not within 95 percent of their previously recorded best 20m sprint time, they will need to attempt the test again (after a 3-minute rest). If there are no timing gates, one stopwatch is used to time the sprint, the other continues to run. Record the time of the first sprint. The subject turns and makes their way to the end of the 20m track to run the next sprint in the opposite direction. Each 20-meter sprint starts 20 seconds after the previous run started. Players will be given a countdown with 10s, 3s, 2s and 1s remaining, before leaving on 'Go'. This cycle continues until ten sprints are completed, starting at 20 sec, 40 sec, 1 min, 1 min 20 sec, etc. after the start of the first sprint.

Scoring Procedure: All sprint times are recorded, and a Total Time (for the 10 sprints) is calculated. The percentage decrement is calculated by the following formula:

$$(\text{Total Time} - (\text{Best time} \times 10)) / \text{Total Time} \times 100$$





Note

(ii) MIDDLE DISTANCE

The middle-distance running covers 800 metres and 1500 metres track events.

Test: The Kosmin Test, devised in the USSR, predicts an athlete's 800 metres or 1500 metres time.

Required Facilities and Equipment: To conduct this test, a **400-meter track, stopwatch, and an assistant** are required.

Test Administration: For both 800m and 1500m the subject is required to complete a series of one-minute runs at maximum speed.

For 800m Test: The subject warms up for 10 minutes. The assistant gives the command "GO" and starts the stopwatch. The subject runs as fast as possible for one minute. The assistant marks the point where the subject reached after one minute and records the total distance run. The subject has a three-minute recovery. The subject starts from where they finished the last one-minute run (cone marks the point). The assistant gives the command "GO" and starts the stopwatch. The subject runs as fast as possible for one minute. The assistant marks the point where the subject reached after one minute and records the total distance run. The assistant uses this final total distance to assess the subject's performance.

For 1500m Test: The subject warms up for 10 minutes. The assistant gives the command "GO" and starts the stopwatch. The subject runs as fast as possible for one minute. The assistant marks the point where the subject reached after one minute and records the total distance run. The subject has a three-minute recovery. The subject starts from where they finished the last one-minute run (cone marks the point). The assistant gives the command "GO" and starts the stopwatch. The subject runs as fast as possible for one minute. The assistant marks the point where the subject reached after one minute and records the total distance run.

The subject has a two-minute recovery. The subject starts from where they finished the last one-minute run (cone marks the point). The assistant gives the command "GO" and starts the stopwatch. The subject runs as fast as possible for one minute. The assistant marks the point where the subject reached after one minute and records the total distance run. The subject has a one-minute recovery. The athlete starts from where they finished the last one-minute run (cone marks the point). The assistant gives the command "GO" and starts the stopwatch. The subject runs as fast as possible for one minute. The assistant marks the point where the subject reached after one minute and records the total distance run. The assistant uses this final total distance to assess the subject's performance.





Note

Scoring Procedure

The subject's middle-distance potential in 800 metres or 1500 metres time can be predicted using the Total Distance covered by using the following equation.

Gender	Distance	Equation
Male	800 Metres	$\text{Time} = 217.77778 - (\text{Total Distance} \times 0.119556)$
Female	800 Metres	$\text{Time} = 1451.46 - (198.54 \times \text{Log} (\text{Total Distance}))$
Male	1500 Metres	$\text{Time} = 500.52609 - (\text{Total Distance} \times 0.162174)$
Female	1500 Metres	$\text{Time} = (500.52609 - (\text{Total Distance} \times 0.162174)) + 10$





Note

(iii) LONG DISTANCE

Long-distance running in athletics includes races ranging from 3,000 metres to 10,000, 20,000, and 30,000 metres, as well as the marathon, which covers 42,195 metres (26 miles and 385 yards). It also includes cross-country races over similar distances. In the Olympics, long-distance events include the 5,000- and 10,000-metre races, held on a track, and the marathon, contested on roads.

Test: Cooper 12 minute run

The Cooper 12 minute run is a popular maximal running test of aerobic fitness, in which participants try and cover as much distance as they can in 12 minutes.

Aim of the Test: To test aerobic fitness, which is one of the key component for long distance running.

Required Facilities and Equipment: Flat oval or running track, marker cones, recording sheets, stop watch.

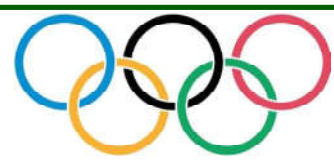
Pre-requisite: First explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions.

Test Administration: Place markers at set intervals around the track to aid in measuring the completed distance. Participants run for 12 minutes, and the total distance covered is recorded. Walking is allowed, though the participants must be encouraged to push themselves as hard as they can to maximize the distance covered.

Scoring Procedure: There are Cooper test norm tables for general guidelines for interpreting the results of this test for adults. There are also several equations that can be used to estimate $VO_2\text{max}$ (in ml/kg/min) from the distance score (a formula for either kms or miles):

$$VO_2\text{max} = (35.97 \times \text{miles}) - 11.29$$

$$VO_2\text{max} = (22.35 \times \text{kilometres}) - 11.29$$





Note

(iv) LONG JUMP

Known as one of track and field's two horizontal jumps, competitors sprint along a runway and jump as far as possible into a sandpit from a wooden take-off board. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured.

Test: Standing Long Jump Test (Broad Jump)

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power. It is one of the fitness tests in the NFL Combine. The standing long jump was also once an event at the Olympic Games, and is also an event in Sports Hall competitions in the UK and part of the power quadrathlon and jumps decathlon assessment.

Aim of the Test: To measure the explosive power of the legs

Required Facilities and Equipment: Measuring tape, non-slip floor for takeoff, and soft-landing area preferred. Commercial Long Jump Landing Mats can be use.

Test Administration: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Check and calibrate the equipment if required. Perform a standard warm-up. The take-off line should be clearly marked.



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Test Administration: The subject stands behind a line marked on the ground with feet slightly apart. A two-foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed. See some long jump video examples.

Scoring Procedure: The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

Variations/Modifications: A long jump landing pit is sometimes used instead of a hard surface, which enables the subject to confidently put more effort into the jump, and to extend the legs further in front of the body for landing. This technique also allows those with greater skill to score longer jumps, which is undesirable if you are trying to test for leg power only.





Note

(v) HIGH JUMP

Competitors in the high jump take off (unaided) from one foot over a four-metre-long horizontal bar. They seek to clear the greatest height without knocking the bar to the ground. All competitors get three attempts per height, although they can elect to 'pass', i.e. advance to a greater height despite not having cleared the current one. Three consecutive failures at the same height, or combination of heights, leads to elimination.

Test: Vertical Jump Test (Sargent Jump, Vertical Leap)

The vertical jump test is a test of lower body power.

Aim of the Test: To measure the leg muscle power

Required Facilities and Equipment: Measuring tape or marked wall, chalk for marking wall (or Vertec®).

Pre-requisite: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Perform an appropriate warm-up.

Test Administration: The subject stands sideways next to a wall and reaches up with the hand closest to the wall. Keeping the feet flat on the ground, the point of the fingertips is marked or recorded. This is called the standing reach height. The subject then stands away from the wall, and leaps vertically as high as possible using both arms and legs to assist in projecting the body upwards. The jumping technique may or may not use a countermovement. The subject should attempt to touch the wall at the highest point of the jump.



Scoring Procedure: The difference in distance between the standing reach height and the jump height is the score. The best of three attempts is recorded.

Variations: The vertical jump test can also be performed using a specialized apparatus called the Vertec®. The procedure when using the Vertec® is very similar to the one described above.





Note

(vi) TRIPLE JUMP

Triple jump, also called hop, step, and jump, is a track and field event in which an athlete makes a horizontal jump incorporating three distinct, continuous movements - a hop, in which the athlete takes off and lands on the same foot; a step, landing on the other foot; and a jump, landing in any manner, usually with both feet together. If a jumper touches ground with a wrong leg, the jump is disallowed. Other rules are similar to those of the long jump.

Test: Standing Triple Jump Test

The standing triple jump is an easy to administer test of explosive leg power. The standing triple jump test is based on the athletics triple jump event, though without an approach run.

Aim of the Test: To measure the explosive power of the legs

Required Facilities and Equipment: Measuring tape, non-slip surface for the approach, and soft sand landing area (preferred).

Pre-requisite: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Check and calibrate the equipment if required. Perform a standard warm-up. The take off line should be clearly marked, at an appropriate distance from the landing area based on the skill level of the athlete.

Test Administration:

The starting position is with one foot ahead of the other, with rocking of the body allowed. When ready, the athlete leaps forwards off the front leg, landing on the same leg (the hop), then in a continuous movement leap forward



to step onto the opposite leg (the step), then takes off this leg to jump into the landing pit, landing on both feet (the jump). Vigorous swinging of the arms and driving the knees are encouraged to provide maximal forward drive and jump distance. Three attempts are allowed.

Scoring Procedure: The measurement is taken from the take-off line to the nearest point of contact on the landing (back of the heels). If they fall backwards, the point of contact closest to the take-off is measured. Record the longest distance jumped, the best of three attempts.





Note

(vii) THROWING EVENTS (DISCUS)

The throwing events are Discus, Shot Put, Javelin and Hammer Throw. The primary fitness component for throwers is power. For measures of throwing power and ability there is a standard cricket ball throw test or a range of medicine ball tests. For measuring explosive leg power, you should conduct the vertical jump test.

Test: Cricket Ball or Baseball Throw Test

The Cricket Ball Throw Test involves throwing a small ball (cricket ball or baseball) for maximum distance. This is an explosive power fitness test.

Aim of the Test: To measure power, particularly of the upper body, and evaluates throwing distance and technique.

Required Facilities and Equipment: Standard leather cricket ball, wickets hats/ cone or marking tape, measuring tape, clear open area for testing.

Pre-requisites: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Place marker cones for the starting line and target area. Perform an appropriate warm-up.

Test Administration: Mark a line using two wickets hats as the line the subject has to throw from. Participants are allowed a 10 m run-up. Following the run-up, participants must throw the ball without crossing the line. If the line is crossed the throw is deemed a foul. Two practice throws are allowed and three measurements are made.

Scoring Procedure: The distance from the starting line to where the ball first lands is recorded. The measurement is recorded to the nearest meter. The best result of three throws is recorded.

Target population: Throwing athletics events, and other sports in which upper body power is important.

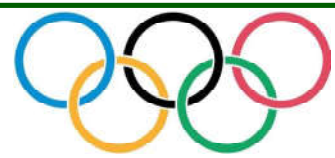




Note

Basic Rules and Specification of Discus Throw Event

Particular	Specification
Team Composition	Individual event
Throwing Circle Diameter	2.50 m
Protective Cage	Mandatory safety cage surrounding the throwing area
Landing Sector Angle	34.92°
Discus Weight (Men)	2 kg
Discus Diameter (Men)	219–221 mm
Discus Weight (Women)	1 kg
Discus Diameter (Women)	180–182 mm
Playing Surface	Concrete throwing circle with grass or synthetic landing sector
Number of Attempts	Usually 3 attempts in qualification; top performers receive 3 additional attempts in finals
Measurement	Distance measured from the inside edge of the throwing circle to the first point where the discus lands



**Note****(viii) THROWING EVENTS (JAVELIN)**

Test: Javelin Throw Distance Test

Aim of the Test: To assess an individual's ability to throw a javelin for maximum distance.

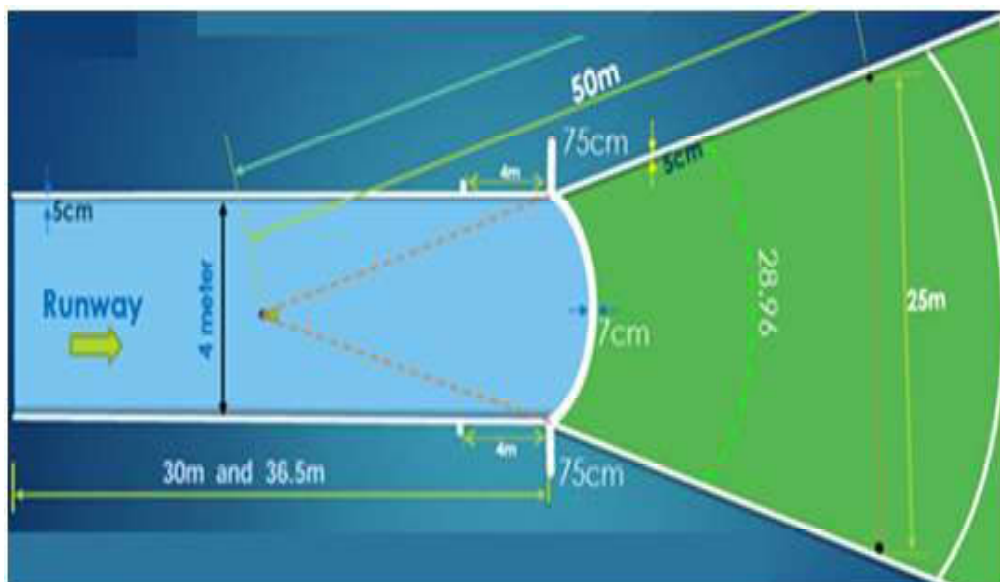
Required Facilities and Equipment: Standard javelin (appropriate weight as per age and gender), Measuring tape, Marked throwing runway and sector, and Recording sheet.

Pre-requisites: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Place marker cones for the starting line and target area. Perform an appropriate warm-up.

Test Administration: The participant performs a proper warm-up. Standing behind the throwing arc, the participant throws the javelin using the correct technique. Usually, 3 trials are given. The distance is measured from the throwing arc to the point where the javelin first lands. The longest valid throw is recorded as the score.

Scoring Procedure: Distance is measured in meters. The best of three valid attempts is considered the final score.

Target population: Throwing athletics events, and other sports in which upper body power is important.

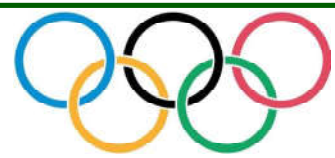




Note

Basic Rules and Specification of Javelin Throw

Particular	Specification
Team Composition	Individual event
Runway Length	30 m to 36.5 m
Runway Width	4 m
Throwing Arc Radius	8 m
Landing Sector Angle	28.96°
Javelin Weight (Men)	800 g
Javelin Length (Men)	2.60 m – 2.70 m
Javelin Weight (Women)	600 g
Javelin Length (Women)	2.20 m – 2.30 m
Playing Surface	Synthetic track runway with grass or synthetic landing sector
Number of Attempts	Usually 3 attempts in qualification; top performers receive 3 additional attempts in finals
Measurement	Distance measured from the inner edge of the throwing arc to the first point of contact of the javelin with the ground



**Note****(ix) THROWING EVENTS (SHOT PUT)**

Test: Shot Put Back Throw Test

This test involves throwing a shot put for maximum distance, a measure of body explosive power. The Back Throw Test is one of the tests used in the International Physical Fitness Test. This test is also part of the power quadrathlon assessment.

Aim of the Test: This test measures core body strength and total body power.

Required Facilities and Equipment: Measuring tape, clear open area for testing, shot put (8 lb for the International Fitness Test, for Quadrathlon use 16lbs (male) or 12 lbs (female)).

Pre-requisites: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Perform an appropriate warm-up.

Test Administration: The athlete starts with his back to the throwing area, with their heels at the start line, and the shot cradled in both hands between the knees. The subject bends forward and downward before throwing the shot backwards over their head in a two-handed throwing action (optimally at about 45 degrees). Several practices may be required to get the best trajectory for maximum distance.

Scoring Procedure: Measurement is made from the starting line to the point of impact of the shot put with the ground. The measurement is recorded in meters and centimeters. The best result of two or three trials is recorded. See some athlete results of the overhead shot put throw.

Basic Rules and Specification of Shot Put

Particular	Specification
Team Composition	Individual event
Throwing Circle Diameter	2.135 m
Stop Board	1.22 m long, 11.2–30 cm wide, and 10 cm high
Landing Sector Angle	34.92°
Shot Weight (Men)	7.26 kg



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Shot Diameter (Men)	110–130 mm
Shot Weight (Women)	4 kg
Shot Diameter (Women)	95–110 mm
Playing Surface	Concrete throwing circle with grass or synthetic landing sector
Number of Attempts	Usually 3 attempts in qualification; top performers receive 3 additional attempts in finals
Measurement	Distance measured from the inside edge of the stop board to the first point where the shot lands



Practical-2 (Skills of any one Team/Individual Sports)

(i) TABLE TENNIS

Table tennis is a ball game similar in principle to lawn tennis and played on a flat table divided into two equal courts by a net fixed across its width at the middle. The objective is to hit the ball so that it goes over the net and bounces on the opponent's half of the table in such a way that the opponent cannot reach it or return it correctly. The lightweight hollow ball is propelled back and forth across the net by small rackets (bats, or paddles) held by the players. The game is popular all over the world. In most countries it is very highly organized as a competitive sport, especially in Europe and Asia, particularly in China and Japan. To test the general playing ability Mott Lockhart test is used.

Test: Mott Lockhart — Table Tennis Backboard Skill Test

Aim of the Test: The test has been constructed for the measurement of table tennis skill ability from one's expertise to rally a table tennis ball against an upright surface (of table tennis table)



Figure: Table set up for backboard Mott Lockhart Table Tennis Test

Required Facilities and Equipment: A stop watch, table tennis balls, paddle, extra balls in a small box, a table tennis table, half of which may be placed perpendicularly on the other half as shown in the figure.

Test Administration: The examinees are informed that they are required to rally the ball against the upright surface of the table tennis table. The ball must be hit above the six-inch net line. The ball must bounce at least once on the table surface before being returned. To start the test, the ball is put into play by bouncing it on the table and then stroking it. Whenever the ball goes out of control, the extra balls in the little box attached to the right side of the table may be used. The subjects are informed beforehand that they are not allowed to place his/her hands on the table. The subject has to stand at the end of the table holding a paddle and a ball in either hand. On the signal 'ready, go', the subject bounces the ball and starts the



Note



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Note

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test while the tester starts the stop watch. The examinee has to hit the ball. Exactly after 30 seconds, the signal stop is given, simultaneously stopping the stop watch.

Scoring Procedure: The number of right hits (i.e. above the 6-inch-high net line) are counted by the tester for each 30 second trial. The total number of maximum hits in any of the 30 second trials is recorded for the final score of this test.

General Guidelines

1. The subjects are instructed to practice the test for a few days preceding the testing day.
2. The subjects are to be rotated so as to provide some rest in between the consecutive trials of a subject and to save time of the tester.
3. The tester must instruct the subject not to place any of their hands on the table.
4. A little ball holding box is to be provided on the right side of the table as shown in figure.
5. On the day of testing, one practice trial is allowed.

Basic Rules and Specification of Table Tennis

Particular	Specification
Team Composition	Singles: 1 player per side; Doubles: 2 players per side
Table Dimensions	2.74 m long × 1.525 m wide × 0.76 m high
Net Height	15.25 cm
Ball	Diameter: 40 mm; Weight: 2.7 g
Racket (Bat)	Any size, shape, or weight; blade must be at least 85% natural wood
Playing Area (Competition)	Minimum 14 m × 7 m × 5 m high
Playing Surface	Wooden or synthetic indoor flooring
Match Format	Best of 5 or 7 games
Game Duration	No fixed time limit; a game is won by the first player/team to score 11 points with a minimum lead of 2 points
Player Uniform	Shirt/T-shirt, shorts or skirt, socks, and sports shoes





Note

(ii) KABADDI

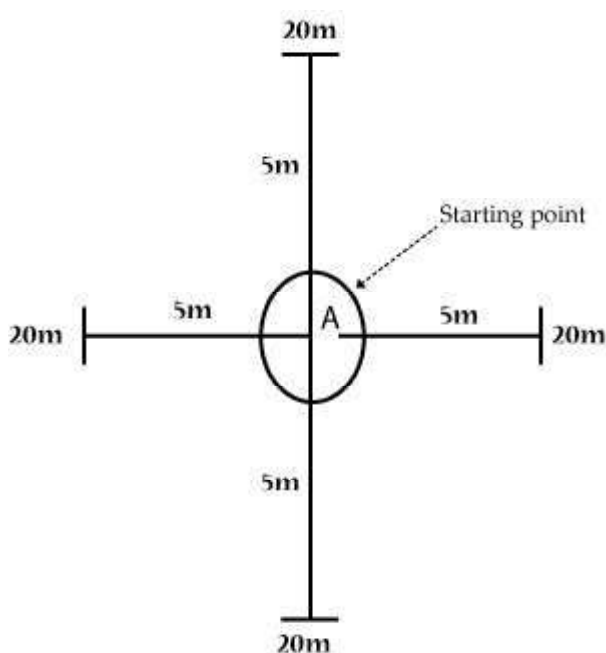
Kabaddi, also spelled Kabbadi or Kabadi, is a team sport played between two teams on opposite halves of a field or court. Individual players take turns crossing onto the other team's side, repeating "kabaddi, kabaddi" (or an alternate chant); points are scored by tagging as many opponents as possible without being caught or taking a breath before returning to one's home territory. Indigenous to South Asia, Kabaddi is also known as hu-tu-tu in western India, ha-do-do in eastern India and Bangladesh, chedu-gudu in southern India, gudu in Sri Lanka, and theechub in Thailand.

Test: Kabaddi Playing Ability Test

Kabaddi playing ability test consists four items – (i) Toe Touch Test, (ii) Hand Touch Test, (iii) Footwork Test, and (iv) Drag & Leg Thrust Test.

(i) Toe Touch Test

Aim: To measure the performance of toe touch.



Test Administration: The subject starts in a parallel stance from starting point (A) facing forward. On command, subject moves to the left using side steps, then touches 20 cm line by using the toe touch. Then, they return to the starting point using side steps. The same movement is performed towards the right. After completing both directions, the subject makes a 90-degree turn to the left and repeats the movement towards the left and right again.

Scoring Procedure: The time taken by the subject to complete the movement is recorded in seconds as the score.

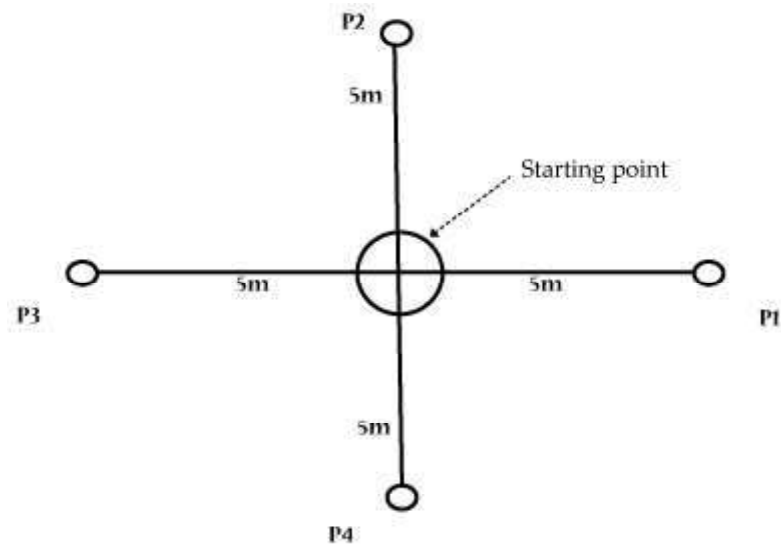




Note

(ii). Hand Touch Test

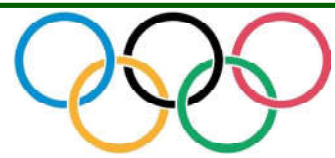
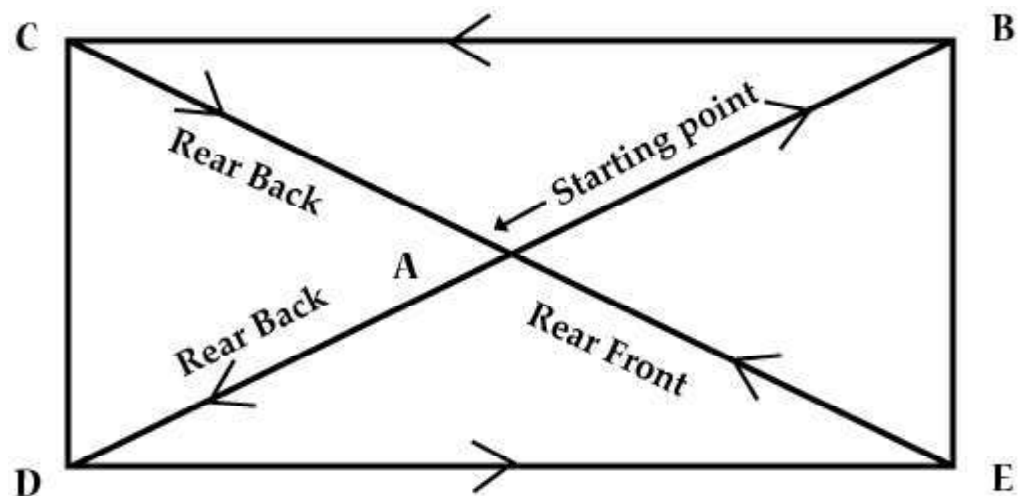
Aim: To measure the performance of hand touch.



Test Administration: The subject starts in a parallel stance at the starting point, facing forward. On command, subject moves to the left using side steps and touches the hand of a boy using a hand touch. Then, they return to the starting point using side steps. The same movement is performed towards the right. After completing both directions, the subject makes a 90-degree turn to the left and repeats the movement towards the left and right again.

Scoring Procedure: The time taken by the subject to complete the movement is recorded in seconds as the score.

(iii). Footwork Test





Note

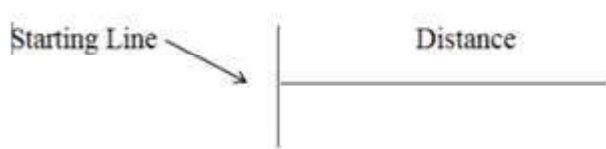
Aim: To measure the performance of footwork.

Test Administration: From the starting point (A), the subject moves toward point B using a rear-front movement, where the rear foot follows the front foot. Upon reaching point B, the subject moves sideways to point C. From point C, the subject returns to point A using a rear-back movement. Continuing from point A, the subject moves toward point D using the same rear-back action. From point D, the subject moves sideways to point E. Finally, from point E, the subject returns to point A using a rear-front movement.

Scoring Procedure: The time taken by the subject to complete the movement is recorded in seconds as the score.

(iv) Drag & Leg Thrust Test

Aim: To measure the performance of drag and leg thrust movements.



Test Administration: The subject starts in a parallel stance behind the starting line. On command, the subject drags toward their left or right side, depending on their stronger leg, as far as possible. Upon reaching the maximum distance, the subject performs a leg thrust by sitting on one leg while extending the other leg straight.

Scoring Procedure: The final score is the distance between the starting line and the point where the subject's toe touches. The measurement is recorded in centimeters (cm).

Basic Rules and Specification of Kabaddi

Particular	Specification
Team Composition	7 players on the court and up to 5 substitute players
Court Dimensions (Men)	13 m × 10 m
Court Dimensions (Women & Juniors)	12 m × 8 m
Lobby Width	1 m on each side



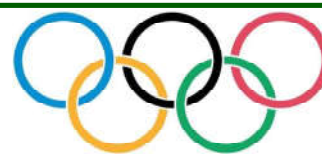
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Note

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Baulk Line Distance	3.75 m from the midline (Men); 3 m (Women & Juniors)
Bonus Line Distance	1 m beyond the baulk line
Line Width	5 cm
Playing Surface	Mud, synthetic mat, or wooden surface
Equipment Used	No ball, bat, racket, or other sports equipment is required
Player Uniform	Jersey, shorts, and sports shoes (for mat kabaddi)
Match Duration (Men & Women)	40 minutes (Two halves of 20 minutes each with a 5-minute interval)
Match Duration (Juniors/Sub-Juniors)	30 minutes (Two halves of 15 minutes each with a 5-minute interval)





Note

(iii) HANDBALL

Handball is a fast-paced indoor game where opposing teams try to score by throwing a ball into a football-style goal with posts and a crossbar.

Test: Cornish Handball Test

Aim of the Test: This test has been constructed with an objective to measure the power of handball drive and is frequently used for testing handball skill.

Required Facilities and Equipment: A hard plain wall, standard inflated handball, and a field of 22' × 46' marked as shown in the figure below.

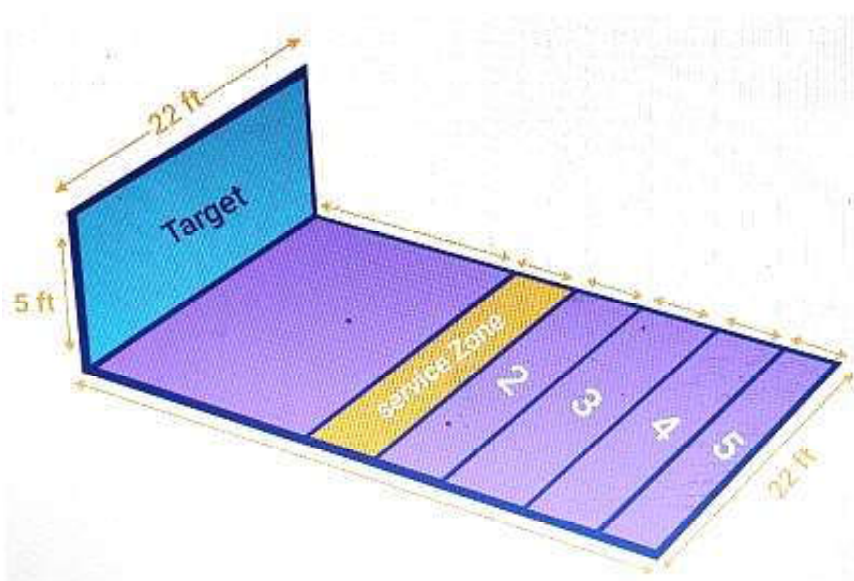


Illustration of Cornish handball test areas

Test Administration: The field is marked with a restraining line at a distance of 18 feet from a 22 feet wide hard wall. This line and a line at a distance of 5 feet behind it, make the service zone. Four additional horizontal lines at a distance of 5.75 feet each are drawn behind the service zone. The subject (examinee) is required to throw the ball against the front wall on which a horizontal line is marked at the height of 6 feet. The subject is informed that he has to hit the ball up to the height marked by the horizontal line on the wall. Letting the ball hit the floor, the subject drives the ball into the front wall as hard as possible, trying to make it rebound as far back as possible. The subject is clearly instructed to stroke the ball from behind the front service line. If the ball hits the front wall above the 6-foot line or if the subject commits a foot fault by hitting the ball in front of the service line, they will be asked to restart the test.

Scoring Procedure: For Scoring Procedure service zone is marked as one score zone and each of 5.75 feet broad zone behind the service zone is labelled as zone





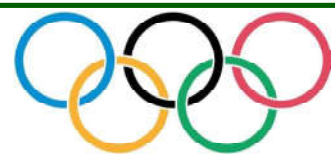
Note

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Scoring Procedure 2,3,4 & 5 respectively. The zone of handball is noted where it touches first after the rebound and the score is given as per Scoring Procedure zone numbered in figure. The score is the sum of scores obtained for 10 trials.

Basic Rules and Specification of Handball

Particular	Specification
Team Composition	7 players on the court (6 field players + 1 goalkeeper) and up to 7 substitutes
Court Dimensions	40 m × 20 m
Goal Size	3 m wide × 2 m high
Goal Area Line (6 m Line)	6 m from the goal
Free Throw Line (9 m Line)	9 m from the goal
Penalty Throw Line	7 m from the goal
Ball Size (Men)	Circumference: 58–60 cm; Weight: 425–475 g
Ball Size (Women)	Circumference: 54–56 cm; Weight: 325–375 g
Playing Surface	Wooden or synthetic indoor court
Match Duration (Men & Women)	60 minutes (Two halves of 30 minutes each with a 10-minute interval)
Match Duration (Youth)	40–50 minutes depending on age group





Note

(iv) CRICKET

Cricket is a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps.

Test: General Cricket Playing Ability Test

Aim of the Test: To assess the general playing ability of cricketers.

Required Facilities and Equipment: A cricket playing field, cricket bats, cricket balls, marking power/tape, whistle, stopwatch, scoresheet, etc.

Test Administration: Following eight test items are administered to assess the subject's general cricket playing ability.

Item 1 - Speed Test: A 30-meter straight-line test area is marked. The subject runs the distance three times, with full recovery between trials. The best time out of the three attempts is recorded as the final score.

Item 2 - Batter Speed Test: A cricket pitch (or an equivalent marked area) is used for this test. The subject, in full batting gear (including a bat), must complete three runs as quickly as possible. The time taken to complete three runs is recorded. Three trials are allowed, with full recovery between attempts, and the best time is used as the final score.

Item 3 - Bowler Accuracy Test: The subject, acting as a bowler, is given 10 chances to hit the stumps while bowling. The total number of successful hits out of 10 is recorded as the score.

Item 4 - Throw Length Test: A restraining line is marked in an open area or cricket ground. The subject performs a long barrier to collect a rolled-out ball and then throws it as far as possible. The distance from the restraining line to the first bounce of the ball is measured. The subject gets three trials, and the best distance is recorded as the final score.

Item 5 - Throw Accuracy Test: A ball is placed 25 yards from the wicketkeeper and just over the stumps. The subject picks up the ball and throws it toward the keeper. The number of successful throws that land directly in the keeper's gloves (without requiring them to move away from the stumps) out of 20 attempts is recorded as the score.

Item 6 - Underarm Throw Accuracy Test: A ball is placed 5 yards from the stumps. The subject picks up the ball and attempts an underarm throw at the stumps. The number of successful hits out of 20 is recorded as the score.



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Note

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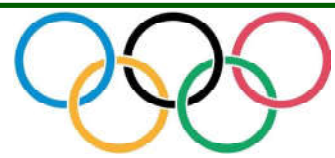
Item 7: Catching Test: The subject must catch a ball that is either hit or thrown from a distance of 30 yards. Ten trials are given, and the number of successful catches out of 10 is recorded as the score.

Item 8 - Ground Fielding Test: The tester rolls the ball to a marker placed 10 yards from the stumps. The subject must pick up the ball cleanly with one or both hands (depending on the situation) and return it to the keeper. The number of clean pickups out of 10 is recorded as the score.

Scoring Procedure: A cumulative score of all test items constitutes the final score of subjects.

Basic Rules and Specification of Cricket

Particular	Specification
Team Composition	11 players per team
Field Dimensions	Circular/Oval field; boundary usually 65–90 m from the center pitch (varies by ground)
Pitch Dimensions	22 yards (20.12 m) long × 10 ft (3.05 m) wide
Wicket (Stumps)	3 stumps, total width 22.86 cm (9 inches), height 71.1 cm (28 inches)
Cricket Ball (Men)	Circumference: 22.4–22.9 cm; Weight: 155.9–163 g
Cricket Ball (Women)	Circumference: 21.0–22.5 cm; Weight: 140–151 g
Cricket Bat	Maximum length: 96.5 cm (38 inches); Maximum width: 10.8 cm (4.25 inches)
Playing Surface	Natural grass or artificial turf
Match Duration (T20)	20 overs per side; approximately 3–4 hours
Match Duration (One Day International)	50 overs per side; approximately 7–8 hours
Match Duration (Test Match)	Up to 5 days; 90 overs per day





Note

(v) KHO-KHO

Kho-Kho is a traditional Indian sport and a form of tag, considered one of the oldest outdoor games, dating back to prehistoric India. It is a power sport that requires endurance, agility, speed, and other physical fitness components.

Test: Kho-Kho Playing Ability Test

Aim of the Test: To assess the Kho-Kho playing ability of the subject.

Required Facilities and Equipment: Kho-Kho court, Kho-Kho pole, stopwatches, marking tape etc.

Test Administration: The following procedure will be adopted to assess the Kho-Kho playing ability of the subject.

Item 1: Chain Kho Test - This test assesses the subject's chasing ability. The subject starts from one pole, sits in one square and utters the word 'KHO'. They then move to the next square, repeating the process for all eight squares. After completing the sequence, the subject goes around the pole and repeats the same process while returning to the starting pole.

Item 2: Shuttle Run Test - This test is for both runners and chasers. There are eight intersections between poles in a Kho-Kho Court. In this test, the subject starts from one pole, touches the first intersection, and then returns to the pole line. They then proceed to the second intersection and return to the pole line, continuing this pattern up to the other pole line.

Item 3: Running Around the Square Test - This test is for the runners. This test assesses the subject's running ability, simulating an actual game scenario. The subject starts from the pole and first runs around the second square before coming around the first square. From the first square, they proceed to the third square. The test continues in this pattern up to the other pole and then back to the starting point.

Item 4: Zig-Zag Run Sideward Test - This test evaluates the running ability of the subject. The subject starts from one pole, runs to the other pole, and then returns to the starting pole. While running, the subject must navigate in a zig-zag pattern around all eight squares, ensuring they face each square during the run.

Item 5: Seven Minutes Run and Walk Test - This test is for the runners. This test assesses the endurance of the subject. The subject must run around the two poles continuously for seven minutes, which is the actual duration of an inning in a Kho-Kho game. The total time taken is recorded.

Scoring Procedure: For **Items 1 to 4**, the total time taken (in seconds) is recorded.

For **Item 5**, the total distance covered within **seven minutes** is measured and recorded.





Note

Basic Rules and Specification of Kho-Kho

Particular	Specification
Team Composition	12 players in a team, with 9 players on the field and 3 substitutes
Court Dimensions (Men)	29 m × 16 m
Court Dimensions (Women)	27 m × 16 m
Central Lane	23.5 m long × 30 cm wide (Men); 21.5 m long × 30 cm wide (Women)
Distance Between Cross Lanes	2.30 m
Pole Height	1.20–1.25 m above the ground
Pole Circumference	30–40 cm
Playing Surface	Mud, clay, grass, or synthetic surface
Equipment Used	Two wooden poles fixed at each end of the central lane
Match Duration (Senior Men & Women)	40 minutes (Two innings of 20 minutes each, divided into two turns of 9 minutes each, with intervals as per rules)
Match Duration (Juniors)	Generally 30–40 minutes depending on competition rules



**Note****Practical-3****(i) COMBATIVE SPORTS (BOXING, KARATE, TAEKWONDO)**

Boxing is a sport, both amateur and professional, that involves attack and defense using the fists. Boxers typically wear padded gloves and adhere to the rules established in the Marquess of Queensberry code. Matched in weight and ability, boxing contestants try to land blows hard and often with their fists, each attempting to avoid the blows of the opponent. A boxer wins a match either by outscoring the opponent by points or by rendering the opponent incapable of continuing the match. Bouts ranges from 3 to 12 rounds, each round normally lasting three minutes.

Test: Boxing, Karate, Taekwondo and Fitness Testing

Below are listed fitness components that are relevant for boxing, and some example tests that can be completed to measure these components.

Fitness Component	Example tests
Body Fat	Skinfold measures should be performed to determine body fat levels.
Body Size	Being tall and having a good reach is a great advantage in boxing. You can measure body size measurements such as height and arm span
Aerobic Fitness	A running endurance fitness test is appropriate, such as the beep test or the Cooper 12 minute run. You can find information on many aerobic tests from here.
Agility and Balance	The Agility Jump test was developed specifically for boxers. The quick feet or quadrant jump tests would also be appropriate. There are many general tests of balance
Flexibility	There are a few shoulder flexibility tests. The sit-and-reach test can be done for lower back and hamstring flexibility.
Speed	Quick-Strike is a test of punching speed of movement. Also, Punching Speed can be measured directly.
Power	The Punch Power test is a boxing specific test of punching ability. Upper body power can also be measured using the Upper-Body Arm Crank test.



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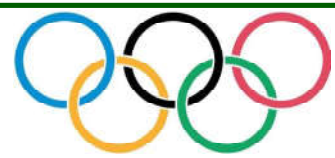
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Strength	A hand grip strength test should be conducted, as well as Maximal strength tests for specific exercises.
Strength Endurance	Abdominal or core body strength can be measured using Sit Up tests, and upper body strength endurance can be measured using the Push Up test.
Reaction Time	The Light Board test was developed specifically for boxers. There are a couple of other reaction time tests available on this site.

Basic and Specification rules of Boxing

Particular	Specification
Team Composition	Individual sport (one boxer competes against one opponent)
Ring Dimensions	4.9 m × 4.9 m to 6.1 m × 6.1 m (inside the ropes)
Platform Height	0.91 m to 1.22 m above the floor
Ropes	4 ropes surrounding the ring
Boxing Gloves (Men & Women)	10 oz or 12 oz (depending on weight category and competition rules)
Head Guard	Used in youth and some amateur competitions
Mouth Guard	Mandatory
Playing Surface	Canvas-covered padded platform
Match Duration (Senior Men)	3 rounds × 3 minutes each, with 1-minute rest intervals
Match Duration (Senior Women)	3 rounds × 3 minutes each, with 1-minute rest intervals
Match Duration (Youth/Junior)	Usually 3 rounds × 2 minutes each, with 1-minute rest intervals





Note

Basic Rules and Specification of Karate

Particular	Specification
Team Composition	Individual event; Team Kata consists of 3 players
Competition Area	8 m × 8 m contest area with an additional 2 m safety area on all sides
Total Competition Area	12 m × 12 m
Playing Surface	Approved tatami (foam) mats
Karate Uniform (Karategi)	White gi consisting of jacket, trousers, and belt
Protective Equipment	Gloves, mouth guard, shin guards, foot protectors, body protector (as per competition rules)
Belt Width	Approximately 5 cm
Match Duration (Senior Kumite Men)	3 minutes
Match Duration (Senior Kumite Women)	2 minutes
Match Duration (Junior/Cadet Kumite)	2 minutes
Kata Duration	No fixed duration; performance generally lasts 1–3 minutes

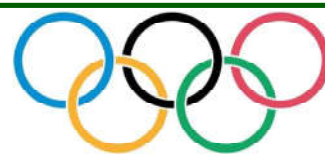




Note

Basic Rules and Specification of Taekwondo

Particular	Specification
Team Composition	Individual sport (one athlete competes against one opponent); Team events may also be conducted
Competition Area	8 m × 8 m
Total Contest Area	10 m × 10 m including safety zone
Playing Surface	Approved Taekwondo mat (tatami)
Uniform (Dobok)	White dobok with belt indicating rank
Protective Equipment	Head protector, chest protector (Hogu), forearm guards, shin guards, groin guard, gloves, and mouth guard
Chest Protector (Hogu)	Electronic or standard protector as per competition rules
Match Duration (Senior)	3 rounds × 2 minutes each with 1-minute rest intervals
Match Duration (Junior/Cadet)	Usually 3 rounds × 1–2 minutes each with 1-minute rest intervals





Note

(ii) JUDO

Judo is an unarmed modern Japanese martial art, and an Olympic sport since 1964.

Test: Special Judo Fitness Test

Aim of the Test: The Special Judo Fitness Test (SJFT) was developed by Sterkowicz (1995) to assess the specific fitness level of judo athletes. This test evaluates key abilities required in judo, partially replicating the time structure of a real judo contest. The test involves performing the Ippon-Seoi-Nage (over-the-shoulder throwing technique).

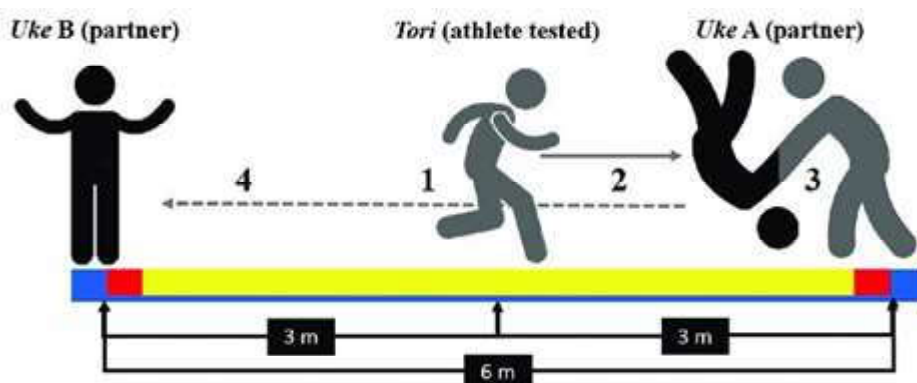
Required Facilities and Equipment: Before the start of the test, it is important to ensure you have Heart rate monitor, Stopwatch, Performance recording sheet, Lactate (optional), and Video (optional).

Test Administration: It is important to note that whenever fitness testing is performed, it must be done so in a consistent environment, so that it is protected from varying weather types, and with a dependable surface that is not affected by wet or slippery conditions.

The SJFT consists of a test in which the judoka must project (throw) his opponents as fast as possible and is divided into three periods: 15 seconds, 30 seconds and 30 seconds, with 10-s intervals among them. During the test, the judoka (subject) performs Ippon-Seoi-Nage as quickly as possible, throwing two partners positioned 6 meters apart. The goal is to complete the maximum number of throws within the allotted time. The athlete's heart rate (HR) is recorded immediately after the test and 1 min later. From the number of computed throws, together with HR values, an index is calculated on the basis of the following equation:

Index SJFT= (Final HR (bpm) – HR (bpm) 1 min after test)/number of throws

Scoring Procedure: Isik et al. (2017) introduced in his research the term of relative SJFT index to determine the difference between the weight categories. They



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Note

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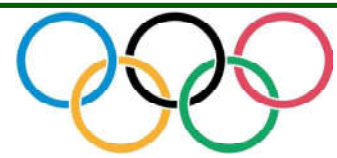
concluded that this index will provide more accurate results for performance evaluation. Relative SJFT index value was calculated using the following equation:

Relative SJFT Index = SJFT Index/Body Weight (kg)

Classification	Variables			
	Total of Throws	HR after (bpm)	HR 1min after (bpm)	Index
Excelent	≥ 29	≤ 173	≤ 143	≤ 11.73
Good	27 – 28	174 – 184	144 – 161	11.74 – 13.03
Average	26	185 – 187	162 – 165	13.04 – 13.94
Poor	25	188 – 195	166 – 174	13.95 – 14.84
Very Poor	≤ 24	≥ 196	≥ 175	≥ 14.85

Basic Rules and Specification of Judo

Particular	Specification
Team Composition	Individual sport (one judoka competes against one opponent); Team events may also be conducted
Competition Area	8 m × 8 m contest area
Safety Area	Minimum 3 m wide surrounding the contest area
Total Competition Area	14 m × 14 m (including safety area)
Playing Surface	Tatami mats
Uniform (Judogi)	Judogi consisting of jacket, trousers, and belt
Belt Width	4–5 cm
Protective Equipment	Generally no protective equipment is used, except mouth guards if permitted
Match Duration (Senior Men & Women)	4 minutes
Match Duration (Cadets)	4 minutes
Golden Score	If scores are tied, the contest continues until a score or penalty determines the winner



**Note**

Practical 4 (Yog Practical-I) Sukshma Vyayama (Leg Joints)

Sukshma Vyayama is a system of physical and breathing exercises that sequentially work out all joints of the body, to warm it up. Sukshma Vyayama is a practice in yoga that involves gentle and subtle movements aimed at preparing the body and mind for deeper yogic practices such as asanas (postures), pranayama (controlled breathing), and meditation. The word “sukshma” means subtle or minute, and “vyayama” means exercise or movement. These movements are performed with awareness and in synchronization with the breath, allowing for a deep connection between the body and mind.

Aim

- To perform a series of Leg Joints practices.
- After completion of this practical, you will be able to perform and demonstrate the series of practice of Leg Joints in the correct format.

Objectives of Sukshma Vyayama

- To increase flexibility and mobility of joints;
- To loosen up the body, release tension, and enhance overall mobility;
- To purify the energy of the body;
- To improve blood circulation in various body parts.

Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft in length, 10-15 cm in thickness)– 1

Preparation of Yog classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable, loose and light cotton clothes.
- Remove accessories like spectacles, wristwatches, belt, etc. before practice.





Note

(i) Toe Bending



Method

- Sit on the yog mat with your back straight and your feet flat on the mat. Make sure you are in a comfortable and stable position.
- Keep your palms behind your buttocks and focus on your toes.
- Gently bend your toes down towards the sole of your feet while exhaling and move the toes slowly backward while inhaling.
- As you bend your toes forward and backward hold for a few seconds. Repeat it 10 times.





Note

(ii) Ankle Bending



Method

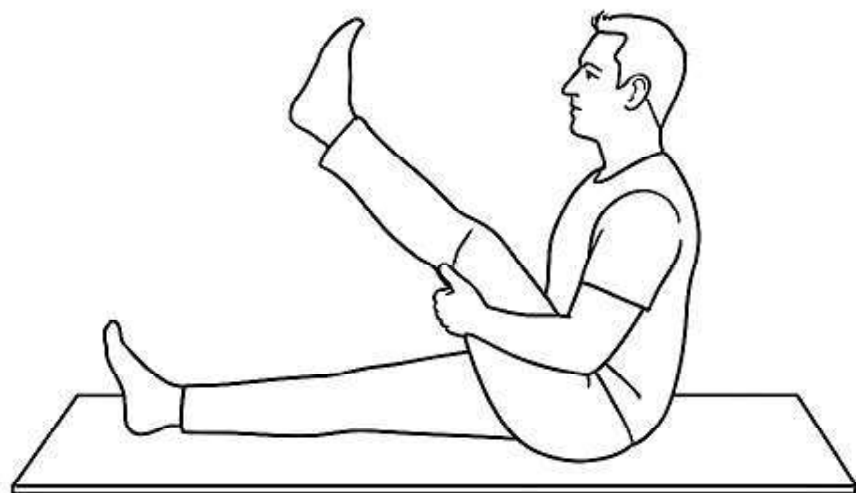
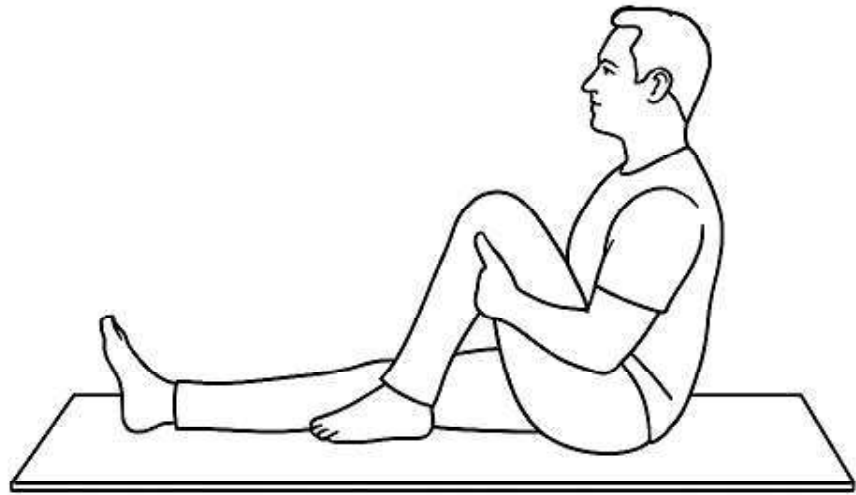
- Stay in the base position with your legs outstretched and the feet together. Place the hands beside and slightly behind the buttocks.
- Gently bend both ankles forward while exhaling, then slowly move them backward while inhaling.
- Hold each position for a few seconds. Repeat the ankle bending ten times, then relax in the initial position.





Note

(iii) Knee Bending



Method

- Sit in the base position with your legs outstretched, feet together and spine erect. Place the hands beside and slightly behind the buttocks.
- Bend the right knee and clasp your hands under the right thigh. Move the right leg upward while inhaling and downward while exhaling.
- Keep your awareness on the knee joint.
- Do the same with the left leg. Repeat it 10 times.





Note

Contraindication

- People with sciatica and acute condition of back pain should avoid this practice.

Benefits

- Prepares the legs for meditative and advanced asanas.
- Relieves tension in the inner thigh muscles.
- Reduces stiffness from prolonged sitting and alleviates fatigue from long hours of standing and walking.

Suggestion – Prepare a table of effects and observations

- Perform the above-mentioned leg joint practices daily for 8 days and record the effects.

Physical Effects	D1	D2	D3	D4	D5	D6	D7	D8
Difficulty in stretching								
Stiffness								
Sensation of warmth								
Muscular knots								
Cracking sounds								
Relaxation								

- ✓ or ✗ under physical effect and submit the record.

Observation

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.....

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Remarks

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.....

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(Signature of the Instructor)





Note

Sukshma Vyayama (Hand and Neck Joints)

Aim

- To perform a series of practices for Hand and Neck joints.
- After completion of this practical, you will be able to perform and demonstrate the series of practice of Hand and Neck Joints in the correct format.

Objectives

- To increase flexibility and mobility of the joints;
- To loosen up the body, release tension, and enhance overall mobility;
- To purify the energy of the body;
- To improve blood circulation in various body parts.

Requirements

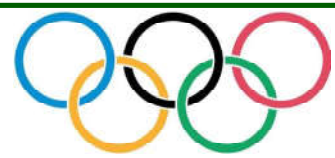
- Yog mat–1
- Cylindrical cushion (1-2 ft in length, 10-15 cm in thickness)–1

Preparation of Yog classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

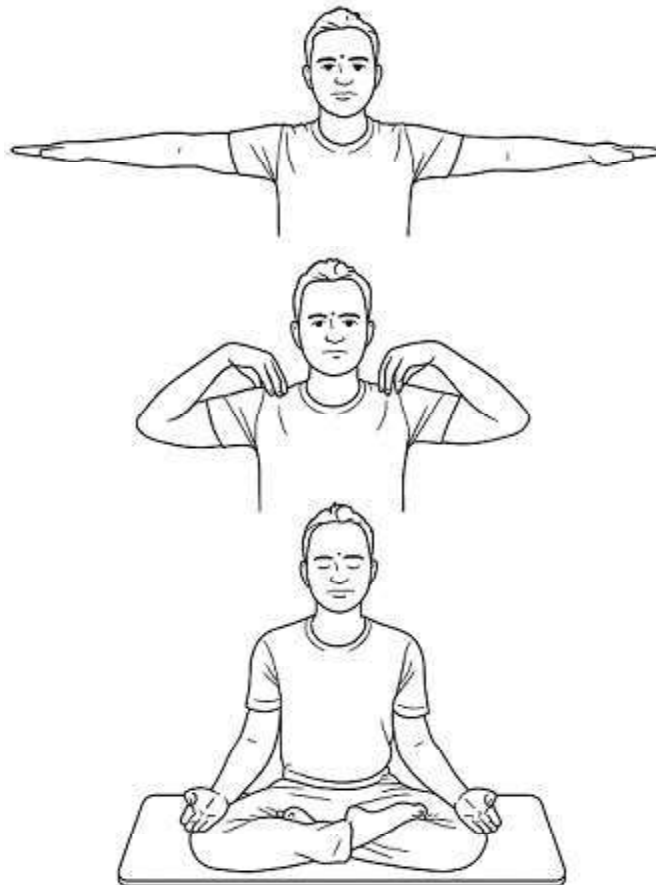
- Wear comfortable, loose and light cotton clothes.
- Remove accessories like spectacles, wristwatches, belts etc. before practice.





Note

(i) Elbow Bending



Method

- Sit on the yog mat in a cross-legged posture. Make sure you are in a comfortable and stable position.
- Stretch both arms sideways at shoulder level.
- The hands should be open with the palms facing upward.
- Inhale, straighten or unbend the arms to straight position. Exhale, bend the arms at the elbows and touch the fingers to the shoulders. This is one round. Repeat it 10 times.





Note

(ii) Shoulder Rotations

Method

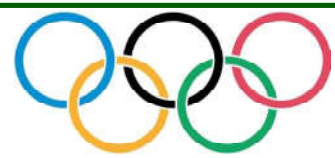
- Remain in initial position.
- Stretch both hands sideways at the shoulder level.
- Bend both arms at the elbow. Place the fingers of both hands on the shoulder.
- Now, start rotating the shoulders in a large circular motion while maintaining normal breathing.
- Practice 10 times clockwise and 10 times anti-clockwise.

Precautions

- Make sure that the head, trunk, and spine remain straight and still.
- Maintain normal or natural breathing during the practice.

Benefits

- This practice relieves strain in the shoulder and chest region.
- It is helpful in managing cervical spondylitis and frozen shoulder.
- It maintains the shape of the shoulders and chest.





Note

(iii) Neck Bending



Method

- Remain in the initial position.
- Take a deep breath. Then while exhaling, slowly bend the neck forward and try to touch the chin to the upper chest.
- Inhale, slowly bend the neck backward as far as comfortable.
- Repeat it 10 times.

Precautions

- Do not strain. Feel the stretch of the muscles in the front and back of the neck, and the loosening of the vertebrae in the neck.
- Avoid jerking or fast movement of the neck.





Note

(iv) Neck Twisting



Method

- Remain in the same sitting position.
- Take a deep breath. Then, while exhaling, slowly twist the neck towards the right side of the right shoulder and try to touch the right ear to the shoulder without raising the shoulder.
- Inhale, slowly come to the center. While exhaling slowly twist the neck towards the left side of the left shoulder and try to touch the left ear to the shoulder without raising the shoulder.
- Practice 10 times.

Precautions

- Do not strain. Feel the stretch of the muscles in the neck, and the loosening of the vertebrae in the neck.
- Avoid jerking movement or fast movement of the neck.





Note

(v) Neck Rotation

Method

- Remain in the initial position with normal breathing.
- Slowly rotate the head downward, to the right, backward and then to the left side in a relaxed, smooth, rhythmic, circular movement.
- Feel the shifting stretch around the neck and the loosening up of the joints and muscles of the neck.
- Practice 10 times clockwise and then 10 times anti-clockwise with normal breath.

Precaution

- Do not strain. If dizziness occurs, open your eyes, and discontinue the practice for that day.
- After the practice, keep the neck straight and the eyes closed. Be aware of the sensations in the head and neck.
- The neck movements should not be performed by elderly people and those suffering from low blood pressure, high blood pressure, vertigo, or extreme cervical spondylosis.

Benefits

- It releases tension, heaviness and stiffness in the head, neck, and shoulder region.

Suggestion – Prepare a table of effects and observations

- Perform the above-mentioned hand and neck joints practices daily for 8 days and record the effects

Physical Effects	D1	D2	D3	D4	D5	D6	D7	D8
Difficulty in stretching								
Stiffness								
Sensation of warmth								
Muscular knots								
Cracking sounds								
Relaxation								

- ✓ or ✗ under physical effect and submit the record.



PRACTICAL MANUAL



Note

Practical Manual

Observation

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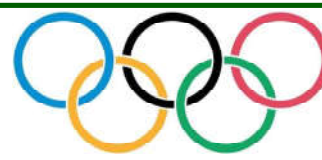
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Note

Surya Namaskar (Sun Salutation)

The Surya Namaskar, or offering salutations to the Sun, is practiced either in the early morning or in the evening. This is a sequence of 12 yog postures performed in a particular order. **It is a comprehensive exercise routine that synchronizes body movements with breathing. Surya Namaskar enhances physical strength, mental well-being, and spiritual awareness in practitioners.**

Aim:

- To perform the series of asanas of Surya Namaskar.
- After completion of this practical, you will be able to perform and demonstrate the series of practice of Surya Namaskar in the correct format.

Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft in length, 10-15 cm in thickness)–1

Preparation of Yog Classroom

- The room should be clean and well ventilated.

Preparation of Practitioner

- Wear comfortable, loose and light cotton clothes.
- Remove accessories like spectacles, wrist watches, belts etc. before practice.





Note

Procedure to practice Sun Salutation (12 steps)

Starting prayer of the Sun salutation

हिरण्मयेनपात्रेणसत्यस्यापिहितंमुखम् ।

तत्त्वंपूषन्नपावृणुसत्यधर्मायदृष्टये ॥

Hiranmayenapaatrenasatyasyaapihitammukham,
Tattvampushannapavrinusatyadharmayadrishtaye.

Step1- Pranamanasana

- Stand in Samasthiti (Tadasana) with feet together.
- Join your palms in Namaskar mudra.
- Keep the legs together and stand straight. Breathe normally.
- Chant the mantra 'Om Mitraya Namah' and feel the resonating effect of the mantra.

Step 2- Hastottanasana

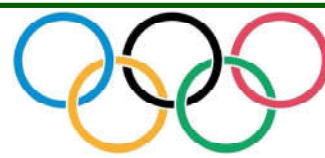
- Chant the mantra 'Om Ravaye Namah', visualizing the energy flowing down from the crown of the head to the base of the spine in prayer position.
- Slowly inhale and raise both arms above the head. The inhaling and raising of the hands should be in unison.
- Stretch the arms and upper trunk backwards as much as you can and hold with normal breath.

Step 3-Padahastasana

- Chant the mantra 'Om Suryaya Namah', visualizing the energy moving through the entire body.
- Slowly exhale and bend forward till the palms are kept flat in line with the feet.
- Touch the knees with your head keeping the legs straight without bending.
- Feel the stretch and sensation in your legs and back muscles.

Step 4-Ashwasanchalanasana

- Chant the mantra 'Om Bhanave Namah', visualizing the energy moving up from the base of the spine to the heart chakra.
- Inhale and bring your right leg back and gently place your right knee on the yog mat.
- Keep the hands and the left foot firmly on the ground without moving sideways.
- Raise the head and look upward, the left knee should be between the hands in the final posture and breathe normally.





Note

Step 5-Parvatasana

- Chant the mantra 'Om Khagaya Namah', visualizing the energy moving through the entire body.
- Exhale, lift the hips and the tail bone up, chest downward in an 'inverted V' posture.
- Try as much as possible to keep your heels in contact with the floor (yog mat).
- Look towards the navel or your knees in the final posture and breathe normally.

Step 6-Ashtanga Namaskarasana

- Chant the mantra 'Om Pushne Namah', visualizing the energy moving through the entire body.
- Exhaling slowly, lower the body and let eight limbs of the body—two toes, two knees, two hands, chest, and chin—touch the floor.
- The abdominal region is to be kept slightly raised and breathe normally.

Step 7-Bhujangasana

- Chant the mantra 'Om Hiranyagarbhaya Namah', visualizing the energy moving up from the base of the spine to the crown of the head.
- Flatten both feet, lower the buttocks and hips on the mat.
- Inhale slowly, raise your head, and arch your upper spine backward while keeping your navel on the ground.
- Open your shoulders, keep your elbows close to your body, and focus on the eyebrow center while breathing normally.

Step 8-Parvatasana

- Chant the mantra 'Om Marichaye Namah', visualizing the energy moving through the entire body.
- Repeat the same position of the Step-5.

Step 9-Ashwasanchalanasana

- Inhale and step forward with your left foot into a low lunge.
- Chant the mantra 'Om Adityaya Namah' visualizing the energy moving up from the base of the spine to the heart chakra.
- The Final position is the same as Step-4

Step10-Padahastasana

- Chant the mantra 'Om Savitre Namah' visualizing the energy moving through the entire body.
- Bring the right leg forward.
- Final pose is the same as Step-3



PRACTICAL MANUAL



Note

Practical Manual

Step11-Hastottanasana

- Chant the mantra 'Om Arkaya Namah', visualizing the energy moving down from the crown of the head to the base of the spine.
- Inhale and raise the hands overhead and bend backwards as in **Step No. 2.**

Step12-Pranamasana

- Chant the mantra 'Om Bhaskaraya Namah', visualizing the energy moving down from the crown of the head to the base of the spine.
- Slowly bring your hands as in **Step 1.**
- Exhale and relax in Pranamasana.

Benefits

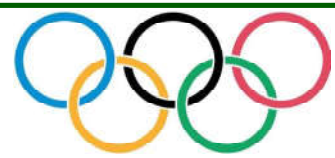
- Improves overall flexibility and strength of the body.
- Improves digestion, metabolism and promotes better sleep and relaxation.
- Helps to reduce stress and anxiety and balances the chakras and harmonizes the energy flow in the body.
- Helps in weight loss and weight management and improves focus, concentration, and memory.
- Enhances overall physical, mental, and spiritual well-being.
- Stimulates and regulates the vital organs, muscles, and glands of the body.
- **Contradication**
- People with joint issues, such as arthritis, back pain, should practice with caution.
- Avoid during **high blood pressure, injuries, pain, pregnancy, menstruation, or other medical conditions.**

Suggestion – Prepare a table of effects of Surya Namaskar on the body

Perform Surya Namaskar as mentioned above daily for 4 weeks and record the effects.

Physical Effects	Week 1	Week 2	Week 3	Week 4
Difficulty in stretching				
Stiffness				
Sensation of warmth				
Compression of abdominal muscles				
Energy Level Enhancement				
Relaxation				

- ✓ or ✗ under physical effect and submit the record.





Note

Observation

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Remarks

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Note

ASANA

(i) Seated- Siddhasana



Siddhasana

Siddhasana is a seated yog posture that is commonly used for meditation and pranayama (breathing exercises). The word “siddha” means “accomplished” or “perfect,” and “asana” means “pose” or “posture.”

Aim

- To perform Siddhasana.
- After completion of this practical, you will be able to perform and demonstrate Siddhasana in the correct format.

Requirements

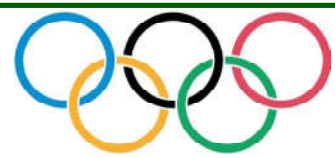
- Yog mat–1
- Cylindrical cushion (1-2 ft in length and 10-15 cm in thickness)– 1

Preparation of Yog Classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable, loose and light cotton clothes.





Note

- Remove accessories like spectacles, wristwatches, belts, etc. before practice.

Method

- Sit on the yog mat with your legs extended in front of you.
- Bend your left knee and bring your left heel to the perineum (the area between the anus and the genitals).
- Place your right heel on top of the left heel.
- Rest your hands on your knees in the Jnana Mudra.
- Rest your hands on your knees in the Jnana Mudra (ज्ञानमुद्रा) (touching the thumb and index finger).
- Keep your spine straight and your head in a neutral position with normal breath.

Benefits

- Promotes stability.
- Enhances concentration.
- Improves posture and alleviates back pain by strengthening the muscles of the back and hips.
- It is a powerful yog posture that offers numerous physical, mental, and spiritual benefits for those who practice it regularly.

Contraindications

- People suffering from arthritis, knee surgery and spinal injuries should avoid it.

Suggestion – Prepare a table of effects and observations

Perform the above-mentioned practice daily for 5 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5
Concentration					
Relaxed muscles					
Deep Breathing					
Mental relaxation					

- ✓ or ✗ under physical effect and submit the record.



PRACTICAL MANUAL



Note

Practical Manual

Observation

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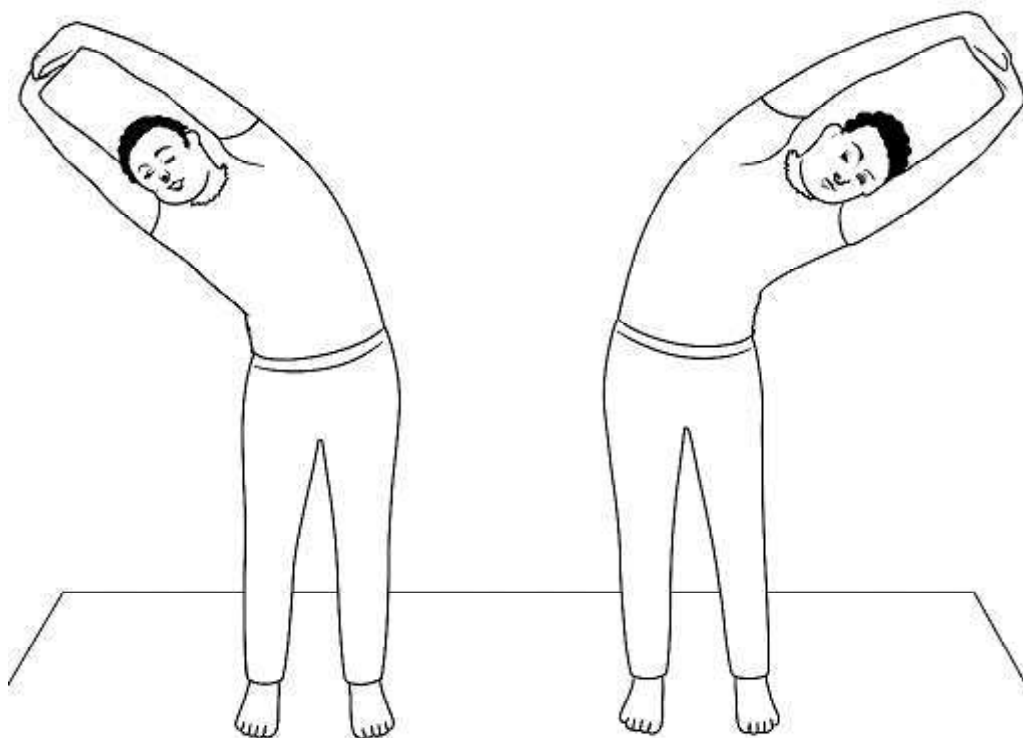
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Note

(ii) Standing- Triyak Tadasana



Triyak Tadasana

Triyak Tadasana is a yog posture that is also known as the swaying palm tree pose. It is a standing posture that helps to stretch the spine and improve overall balance and stability.

Aim

- To perform Triyak Tadasana.
- After completion of this practical, you will be able to perform and demonstrate Triyak Tadasana in the correct format.

Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft in length and 10-15 cm in thickness)– 1

Preparation of Yog classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable, loose and light cotton clothes.



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Note

Practical Manual

- Remove accessories like spectacles, wristwatches, belt etc. before practice.

Method

- Stand with your feet hip-width apart, with your arms by your sides.
- Inhale and raise your arms above your head, keeping your palms facing each other.
- Exhale and bend to the right side, bringing your right arm down towards your right leg and keeping your left arm stretched up towards the ceiling.
- Inhale and come back to the center.
- Exhale and bend to the left side, bringing your left arm down towards your left leg and keeping your right arm stretched up towards the ceiling.
- Inhale and come back to the center.
- Repeat this sequence for several rounds, swaying gently from side to side.

Benefits

- Triyak Tadasana helps to stretch and lengthen the spine, hips, and legs, improving overall flexibility and range of motion.
- The swaying motion of this posture challenges your balance and helps to improve stability and coordination.
- It tones the abdominal muscles, stimulates digestion, relieves stress and enhances the lung capacity.

Precautions

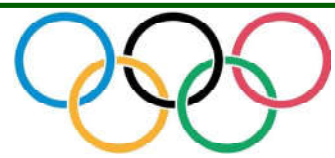
- Avoid this asana in spinal injuries, vertigo, heart disease and in severe arthritis conditions.

Suggestion – Prepare a table of effects and observations

Perform the above-mentioned practice for 5 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5
Strength of the spine					
Flexibility of the spine					
Relaxed muscles					
Deep Breathing					
Improvement in body balance					

- √ or × under physical effect and submit the record.



Observation

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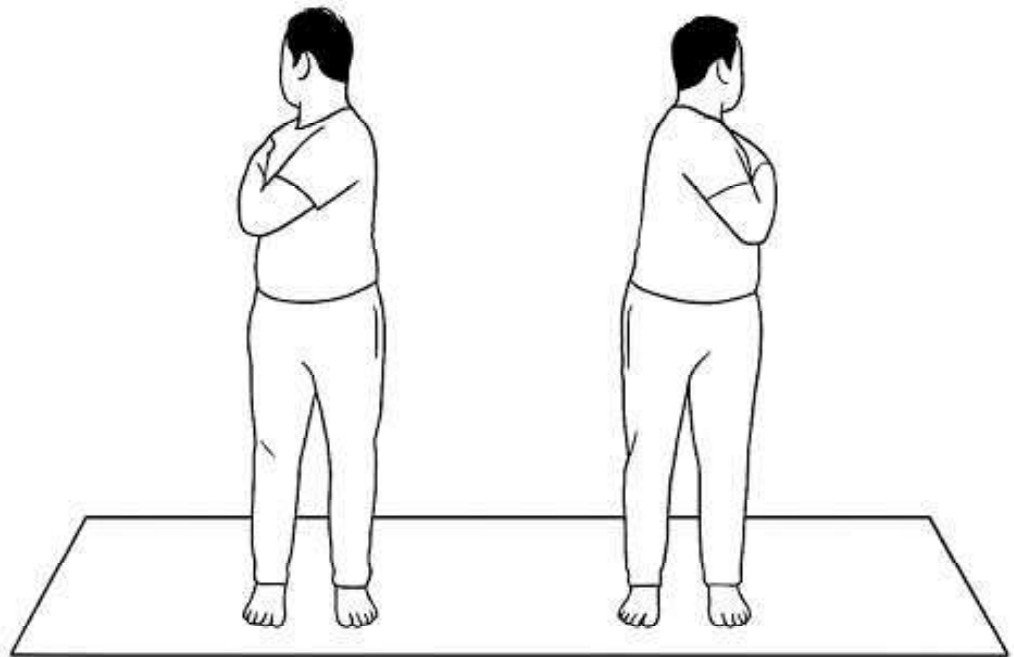
Note





Note

(iii) Spinal Twisting - (a) Kati Chakrasana



Kati Chakrasana

Kati Chakrasana is a yog posture that involves twisting the torso while standing.

Aim

- To perform Kati Chakrasana.
- After completion of this practical, you will be able to perform and demonstrate this asana in the correct format.

Requirements

- Yog mat-1
- Cylindrical cushion (1-2 ft in length and 10-15 cm in thickness)- 1

Preparation of Yog Classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable, loose and light cotton clothes.
- Remove accessories like spectacles, wristwatches, belts etc. before practice.





Note

Method

- Begin by standing with your feet hip-distance apart and your arms by your sides.
- Inhale and raise both arms up to shoulder height with palms facing each other.
- Exhale and twist the body towards the left side so that the right palm touches the left shoulder and the left hand moves to the lower back.
- Return to the previous position while inhaling, lengthen your spine and lift your chest.
- Exhale and twist your body towards the right side so that the left palm touches the right shoulder.
- Hold the posture for several breaths, keeping your feet grounded and your shoulders relaxed.
- Inhale and return to the center, arms out to the sides. Repeat it 10 times.

Benefits

- It stretches the spine and hips, improving overall flexibility and range of motion.
- It tones the abdominal muscles and improves digestion.
- It stimulates the nervous system, promoting mental clarity and focus.
- It relieves tension in the back, neck and shoulders.
- It enhances overall balance and stability.

Precautions

- Avoid this asana in severe injuries, hypertension, vertigo and pregnancy.

Suggestion – Prepare a table of effects and observations

Perform the above-mentioned practice daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Stretching/Compression of back muscles								
Stretching of abdominal muscles								
Fat reduction								
Body relaxation								
Effect on mental state								

- ✓ or ✗ under physical effect and submit the record.



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Note

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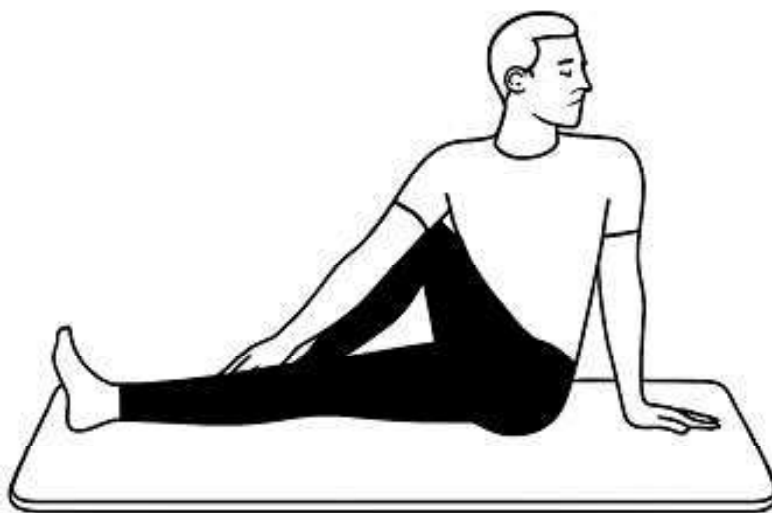
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Note

Spinal Twisting - (b) Vakrasana



Vakra means twisted. In this asana the spine position is twisted which gives rejuvenating effects on its functioning. Spinal twisting asanas are an important series of asanas for spinal health. On the emotional and psychological levels, controlled twisting represents a means of managing the knots and problems of life.

Aim

- To perform Vakrasana.
- After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm)– 1

Preparation of Yog classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc. before practice.



PRACTICAL MANUAL



Note

Practical Manual

Method

- Sit comfortably with your spine straight and your legs extended in front of you.
- Bend your right knee and bring your right foot to the outside of your left knee, placing your right hand behind your back for support.
- Inhale and raise your left arm up, and as you exhale, twist to the right, placing your left elbow outside your right knee.
- Hold the posture for a few deep breaths, lengthening your spine on each inhale and deepening the twist on each exhale.
- Release the posture and repeat on the other side, bending your left knee and twisting to the left. Repeat it five times.

Benefits

- Increases spinal flexibility, improves posture,
- Stimulates digestion,
- Relieves stress and anxiety,
- Enhances breathing, stimulates the nervous system and improves balance.

Contraindications

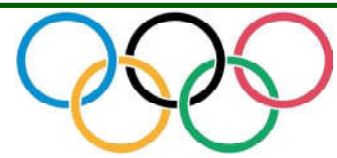
- Spinal injuries, abdominal surgery, pregnancy, hypertension, dizziness and joint injuries.

Suggestion – Prepare a table of effects and observations.

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/compress								
Abdominal muscles compress/stretch								
Fat reduction								
Body relaxation								
Effects on mental state								

- ✓ or ✗ under physical effect and submit the record.



Observation

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Remarks

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Note





Note

(iv) Forwarding Bending - (a) Shashankasana



Aim

- To perform Shashankasana.
- After completion of this practical, you will be able to perform and demonstrate this practice in the correct format.

Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft in length and 10-15 cm in thickness)– 1

Preparation of Yog Classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable, loose and light cotton clothes.
- Remove accessories like spectacles, wrist watches, belt etc. before practice.

Method

- Adopt the position of Vajrasana by placing your knees and feet together while sitting on your heels. Your heels should be slightly apart, and your big toes should be in contact with each other.
- Keep both the palms on the respective thighs with shoulders relaxed.
- Try to stay steady while keeping the spine, neck and head erect.





Note

- Inhale slowly and deeply. Start bending forward from your lower back while exhaling 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 stance, your buttocks should continue to rest on your heels.
- Your neck can be relaxed in this position, allowing it to be in a neutral position.
- In the final position, close the eyes and focus on your breath. Take slow, deep breaths, allowing your body to relax with each exhale.
- Stay in the final position for a few seconds.
- Slowly start coming to the initial pose, gently move your hands back toward your body, lifting your trunk and sitting back up on your heels.
- Gently stretch both legs forward. Keep both hands behind the back with fingers facing backward. Relax your head and entire body.
- Repeat this process for 5 to 10 rounds depending on time and comfort.

Benefits of Shashankasana

- It relieves stress and anxiety.
- It stretches the spine and hips.
- It massages the internal organs.
- It regulates blood pressure.
- It gives proper relaxation to the body.

Suggestion – Prepare a table of effects and observations

Perform the above-mentioned practice daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Spinal stretch								
Muscle relaxation								
Deep breathing								
Lower back relaxation								
Mental relaxation								

- ✓ or ✗ under physical effect and submit the record.



PRACTICAL MANUAL



Note

Practical Manual

Observation

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Remarks

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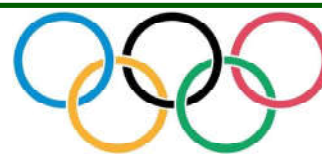
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Note

Forwarding Bending - (b) Padahastasana



Padahastasana is a standing forward fold posture that is beneficial for stretching the hamstrings, hips, and lower back. In Sanskrit, Pada means “feet” and Hasta means “hands”. Since this asana is demonstrated by touching the feet with the hands, it is known as Padahastasana.

Aim

- To perform the Padahastasana.
- After completion of this practical, you will be able to perform and demonstrate this practice in the appropriate format.

Method

- Stand with the spine erect, feet together and hands beside the body.
- Inhale slowly and raise the both arms up and stretch up body from waist.
- Exhale, bend forward from waist and try to touch the forehead on the knee and your palm on the ground beside the feet.
- Slowly return to the starting position in reverse order. This completes one round. Repeat 5 times.



PRACTICAL MANUAL



Note

Practical Manual

Benefits

- Stretches the hamstrings and calves, strengthens the thighs muscles and relieves the stress and tension.
- Improves digestion, calms the mind, energizes the body and promotes better posture.

Precautions

- Avoid in Back injuries, High blood pressure, Neck injuries, Pregnancy and Herniated disc.

Suggestion – Prepare a table of effects and observations.

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Stretching of the spine								
Relaxed muscles								
Deep breathing								
Relaxes lower back								

- ✓ or ✗ under physical effect and submit the record.

Observation

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Remarks

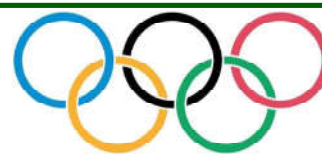
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Note

(v) Inverted Asana- Viparit Karni

Viparit Karani (Inverted posture): Viparita Karani is a yog posture that involves lying on your back with your legs raised against a wall or other supportive surface.



Viparit Karani

Aim

- To perform the Viparit Karani.
- After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm)– 1

Preparation of Yog classroom

- The room should be clean and well-ventilated.





Note

Practical Manual

Preparation of Practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wrist watches, belt etc. before practice.

Method

- Lie down on your back in a supine position comfortably with normal breathing.
- Raise your both legs till 90 degrees to the floor and roll the spine from floor gradually. Put your hands under the lower back on buttocks.
- Now raise the legs to the vertical position and relax the feet. In the final position, the weight of the body rests on the shoulders, neck and elbows, the trunk is at a 45 degrees angle to the floor and the legs are vertical.
- Be aware that the chin does not press firmly against the chest. Close the eyes and relax in the final pose for as long as is comfortable.
- To return to the starting position, lower the legs over the head, then place the arms and hands close to the body, palms facing down.
- Slowly lower the spine and vertebra along the floor. Do not lift your head. When the buttocks reach the floor, lower the legs, keeping them straight. Relax in shavasana.

Benefits

- Improves circulation, digestion,
- Relieves stress and anxiety, promotes relaxation,
- Relieves lower back pain,
- Reduces menstrual cramps,
- Enhances sleep quality.

Contra-indication

- Injuries or medical conditions, Pregnancy, Menstruation, Discomfort or pain.

Suggestion – Prepare a table of effects and observations

Perform this practice as mentioned above daily for 8 weeks and observe the effects.





Note

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/compress								
Abdominal muscles compress/stretch								
Fat reduction								
Body relaxation								
Effects on mental state								

- ✓ or ✗ under physical effect and submit the record.

Observation

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Remarks

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(Signature of the Instructor)





Note

(vi) Balancing Asana - Vrikshasana



Vrikshasana known as Tree Pose, is a standing yog posture that involves balancing on one leg while placing the sole of the opposite foot on the inner thigh of the standing leg. Vriksh in Sanskrit means tree. The posture resembles a strongly rooted tree, and hence the name. When one does this asana, one's body looks steady, balanced, and graceful like a tree.

Aim

- To perform the Vrikshasana.
- After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.



Requirements

- Yog mat–1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm)– 1

Preparation of Yog classroom

- The room should be clean and well-ventilated.

Preparation of the Practitioner

- Wear comfortable, loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, wristwatches, belts, etc. before practice.

Method

- Stand straight. 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 eyesight on a point.
- Then slowly, bring the hands down and then bring down the right leg on the floor next to your left leg.
- Repeat the same with the left leg.

Benefits

- Improves balance and stability and increases flexibility
- Improves posture and strengthens the legs
- Boosts concentration and calms the mind
- Increases lung capacity, improves digestion and blood circulation

Limitations

- Avoid in ankle, knee or hip injury, hypertension and pregnancy.

Suggestion – Prepare a table of effects and observations.

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

PRACTICAL Manual



Note



PRACTICAL MANUAL



Note

Practical Manual

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/compress								
Abdominal muscles compress/stretch								
Fat reduction								
Body relaxation								
Effects on mental state								

- “ or × under physical effect and submit the record.

Observation

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Remarks

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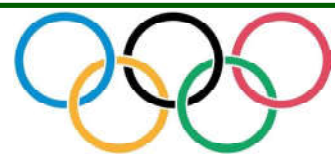
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Note

Practical-5

Yog Practical-II





Note

Shatkarma: The word Shatkarma comes from the Sanskrit language, where “shat” means six and “karma” means actions (purification).

These are Dhauti, Basti, Neti, Nauli, Trataka and Kapalabhati.

(i) Jihvamool Dhauti



Jihvamool Dhauti, also known as tongue cleaning or tongue scraping, is a yogic practice that involves cleaning of the tongue to remove toxins, bacteria, and debris from its surface. It is a simple yet effective technique that promotes oral hygiene, improves digestion, and enhances overall health.

Aim

- To perform the Kunjal Kriya.
- After completion of this practical you will be able to perform and demonstrate Jihvamool Dhauti kriya.

Requirements

- Lukewarm water – 1-2 litres
- Clean hand towel – 1
- Clean tissue/cloth (optional)





Note

Place for Practice

Jihvamool Dhauti can be performed while standing comfortably in a clean, quiet, and well-lit place where hand-washing facilities (sink/washbasin) are available.

Method

- Open your mouth and extend your tongue outward as much as is comfortable.
- Moisten your index, middle and ring fingers with lukewarm water.
- Slowly slide the fingers over the tongue and reach the root/base of the tongue.
- Apply gentle pressure at the tongue-root and pull-out accumulated mucus slowly.
- Repeat this process 4–5 times. If you feel a gag reflex, pause and relax.
- It is normal. Finally, rinse your mouth and clean it with a towel.

Benefits

- Removes mucus, toxins, and bacteria from the oral cavity.
- Reduces bad breath and improves oral hygiene.
- Enhances digestion due to stimulation of the vagus nerve.
- Improves the functioning of the throat, tongue, and vocal region.
- Helps release mucus from the respiratory tract.
- Supports activation and purification of the throat (Vishuddhi) chakra.

Precautions

- Perform the practice gently and softly.
- Nails must be fully trimmed to avoid injury.
- Fingers and mouth should be completely clean.
- Avoid this practice if you have tonsillitis, throat infection, ulcers, or swelling in the throat.
- Stop immediately if you experience excessive vomiting, bleeding, or pain.
- Beginners should perform it under a trained instructor's supervision.
- It is recommended to practice Jihvamool Dhauti daily, preferably in the morning before eating or drinking anything.

Note – In the present time, this Dhauti is also performed using a tongue cleaner. A tongue cleaner is a small, curved tool usually made of metal or plastic. Make sure that the edges of the scraper are smooth and not sharp.

Suggestion – Prepare a table of effects and observations.



PRACTICAL MANUAL



Note

Practical Manual

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Reduction in bad breath								
Feeling of lightness in throat								
Feeling of lightness in throat								
Ease in digestion								
Decrease in gag reflex								

- ✓ or ✗ under physical effect and submit the record.

Observation

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Remarks

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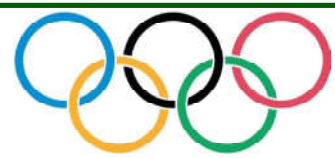
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Note

(ii) Trataka



Trataka is a yogic practice of steady gazing or concentrated gaze that involves focusing the eyes on a specific object, typically a fixed point or a symbol. It is a form of meditation technique that helps to cultivate concentration, improve focus, and awaken inner awareness. The word “Trataka” is derived from the Sanskrit word “trataka” which means “to look” or “to gaze fixedly.”

Aim

- To perform the Trataka Kriya.
- After completion of this practical you will be able to perform and demonstrate the practice of Trataka Kriya.

Requirements

- Yog mat – 1
- Candle stand (21/2 height) – 1
- Objects like candles, ghee lamp, Yantra, Bindu etc.

Preparation of Yog classroom

- The room should be calm, clean, dark & windless.





Note

Practical Manual

Preparation of Practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, contact lens etc. before practice.

Method

- Select a quiet and comfortable space where you will not be disturbed.
- Sit in a comfortable meditative posture, such as cross-legged on the mat or on a cushion. Ensure that your spine is upright, and your body is relaxed.
- Place the chosen object for Trataka at eye level, about arm's length away from you.
- Make sure the lighting in the room is dim, allowing the object to be clearly visible.
- Gently close your eyes and take a few deep breaths to relax your body and mind.
- Slowly open your eyes and fix your gaze on the chosen object. If using a candle flame, focus on the tip of the flame or the center of the flame.
- If the mind begins to wander, gently bring it back to the practice. After a minute or two, when the eyes become tired or begin to water, close them gently. Let the tears come out. Close your eyes and observe the flame in the space in front of the closed eyes.
- After external gazing, close the eyes once more and gaze at the inner image. Continue in this way 3 or 4 times. After completing the final round, practice the technique of palming 2 or 3 times, before opening the eyes.

Benefits

- Trataka enhances concentration and focus.
- It activates ajna Chakra and is an excellent preparation for meditation.
- Calms the mind and induces relaxation.
- Develops visualization abilities and inner awareness.

Contra-indications

- Avoid in glaucoma, epilepsy, eye infections, seizures and psychic conditions.

Suggestion – Prepare a table of effects and observations.

Perform this practice as mentioned above daily for 8 weeks and observe the effects.





Note

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Increase in concentration								
Headache								
Inner awareness								
Relax emotionally								
Lightness in forehead								

- √ or × under physical effect and submit the record.

Observation

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Remarks

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(Signature of the Instructor)





Note

(iii) Kapalbhati

Kapalbhati is a type of cleansing technique that is commonly practiced in yog. It involves short, powerful exhales and passive inhales through the nose, with a focus on the movement of the abdomen.

Aim

- To perform the kapalbhati Kriya.
- After completion of this practical you will be able to perform and demonstrate the practice of kapalabhati kriya.

Requirements

- Yog mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yog classroom

- The room should be calm, clean and well ventilated.

Preparation of Practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, belt, watches etc. before practice.



Method

- Sit in a comfortable position with your neck and back straight with closed eyes.
- Take a deep breath in, expanding your abdomen.
- Exhale forcefully by contracting your abdominal muscles, pulling them inwards towards the spine.
- Inhale passively, allowing the air to flow into your lungs without any effort.
- Repeat this process rapidly, exhaling forcefully and inhaling passively, for a duration of 1-2 minutes.





Note

- After completing the round, take a deep breath in and exhale slowly.
- Rest for a few moments and repeat the process for 3-4 rounds.

Benefits

- Cleanses sinuses.
- Improves digestion, increases energy.
- Helps in detoxification and weight loss.
- Reduces stress and anxiety.

Contraindications

- Avoid in hypertension, pregnancy, peptic ulcers, hernia, migraine and chronic heart disease.

Suggestion – Prepare a table of effects and observations

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Lightness of forehead								
Releasing of tiredness								
Proper breathing								
Weight loss								

- ✓ or ✗ under physical effect and submit the record.

Observation

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Remarks

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Note

Yogic Breathing



In a healthy and natural breath, all these three variations, i.e., diaphragmatic breathing, thoracic breathing and clavicular breathing occur. When one practices these types of breathing, utilizing the full lung capacity naturally and without any force, one is said to be practicing the Full Yog Breath.

Aim

- To perform the Yogic breathing.
- After completion of this practical, you will be able to perform and demonstrate the practice of Yogic breathing.





Note

Requirements

- Yog mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yog classroom

- The room should be calm, clean and well ventilated.

Preparation of Practitioner

- Wear comfortable, loose, light cotton clothes (Not too tight.
- Remove accessories like spectacles, belt, watches etc. before practice.

Method

- Sit in crossed legs keeping the neck and back straight and in relax position.
- Begin slowly by inhaling through the nose, while keeping the mouth closed. Let the air fill your abdomen then lungs without stopping the movement.
- Continue to inhale smoothly until your rib cage has expanded sideways.
- Without stopping the breath, continue until your chest has expanded and your collarbone has risen.
- Feel the air filling your chest. Retain your breath, but only for as long as you feel completely relaxed and comfortable.
- Now start exhaling slowly in exact reverse motion. Allow the breath to flow out and your abdomen to sink.
- Continue to exhale as slowly as you can, fully focus on your breath which is being expelled upwards and is reaching your rib cage. Feel the energy of your breath move through the rib cage as you continue to exhale and expel the energy from your rib cage into your larynx.
- Continue to exhale and feel how all the energy of your breath has left your body. Your chest and collarbone are now fully relaxed.

Benefits

- Yogic breathing reduces stress and improves respiratory functions.
- Enhances vitality energy and concentration.

Suggestion – Prepare a table of effects and observations.

Perform this practice as mentioned above daily for 8 weeks and observe the effects.



PRACTICAL MANUAL



Note

Practical Manual

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Increase in concentration								
Releasing of tiredness								
Proper breathing								
Mind Relaxation								

- ✓ or ✗ under physical effect and submit the record.

Observation

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Remarks

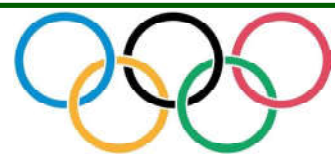
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**Note**

Pranayama

(i) Nadishodhana

Pranayama

Breathing is a vital process that starts at the time of birth and stops when a person dies. During breathing, the life sustaining oxygen is provided to all organs, and cells of the body. Pranayama is the formal practice of controlling the breath, which is the source of our Prana, or vital life force. The word Prana represents the vital energy responsible for life or life force, while Ayama means “control (by stretching/expanding)”. Hence, Pranayama translates to “control of the life force”.

Nadi Shodhana Pranayama (Alternate Nostril Breathing)

Nadi Shodhan Pranayama, also known as Alternate Nostril Breathing, is a powerful breathing technique in yoga that helps to purify and balance the energy channels in the body. “Nadi” refers to the energy channels, and “Shodhan” means purification.

Aim

- To perform Nadi Shodhan Pranayama.
- After completion of this practical you will be able to perform and demonstrate the practice of Pranayama.

Requirements

- Yog mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yog classroom

- The room should be calm, clean and well ventilated.

Preparation of Practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, belt, watches etc. before practice.

Method

- Sit comfortably in cross-legged or any meditative posture on a mat.
- Close the right nostril with the thumb of the right hand and exhale (Rechaka) through the left nostril. Thereafter, inhale (Puraka) through the same left nostril.
- Now close the left nostril with the little finger and ring finger, and retain the breath (Kumbhaka) for as long as you comfortably can. Then slowly exhale (Rechaka) through the right nostril.
- Now inhale deeply (Puraka) through the right nostril, then close the right nostril and retain the breath (Kumbhaka) according to your capacity. Thereafter, slowly exhale (Rechaka) through the left nostril.



PRACTICAL MANUAL



Note

Practical Manual

- Repeat this process approximately 10 times in the beginning.



Benefits

- Equalizes breathing through both the nostrils, thereby creating a wholesome personality conducive to meditation.
- Facilitates proper supply of oxygen in the body and allows deep breathing and improves lungs functions.
- Improves blood circulation and purifies blood. Helps in managing hypertension, headache migraine and stress.
- Calms the mind and reduces anxiety, depression, and other mental illnesses. Balances Ida and Pingala, removes all blockages in the Pranic energy channels.
- Cleanses, strengthens, and tones the nervous system.

Suggestion – Prepare a table of effects and observations

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Lightness of forehead								
Releasing of tiredness								
Proper breathing								
Mind Relaxation								

- ✓ or ✗ under physical effect and submit the record.

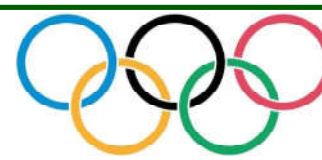
Observation

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Remarks

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**Note****Mudra****(i) Nasikagra Mudra**

Nasikagra Mudra, also known as Nasagra Drishti or Nose Tip Gazing, is a yogic hand gesture that involves focusing the eyes on the tip of the nose. “Nasikagra” translates to “nose tip,” and “Mudra” means “seal” or “gesture.” This mudra is commonly used in meditation and Pranayama practices to enhance concentration and inner awareness.

Aim

- To perform the Nasikagra Mudra.
- After completion of this practical, you will be able to perform and demonstrate the practice of Nasikagra Mudra.

Requirements

- Yog mat -1
- Cylindrical cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yog classroom

- The room should be calm, clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable loose, light cotton clothes (Not too tight).
- Remove accessories like spectacles, belt, watches etc. before practice.

Method

- Sit in a comfortable meditation posture, such as Sukhasana or Padmasana. Ensure your spine is erect, and your shoulders are relaxed.
- Close your eyes gently and take a few deep, conscious breaths to relax your body and mind. You can adopt Gyana Mudra or Dhyan Mudra.
- Direct your gaze downward, focusing your eyes on the tip of your nose without moving head. Keep your eyes relaxed and maintain a soft, gentle focus. Do not strain your eyes.
- You might observe double outlining of the nose. It would appear like V-shaped. Try to maintain focus on the apex of this V-shape.
- Hold the Nasikagra Mudra and continue to breathe naturally.
- Practice Nasikagra Mudra for a few minutes to start with, gradually increasing the duration as you become more comfortable.



PRACTICAL MANUAL



Note

Practical Manual

- After practicing gently close your eyes and relax for a while.

Benefits

- Increases concentration.
- Helps to calm the mind.
- Improves brain functioning and thus helps to balance energy.
- Improves self-awareness.
- Strengthens the focusing power of eye muscles.
- Helps to keep the eyes healthy.

Contra-indications

- Glaucoma, just after any eye surgery, if feeling any strain, headache.

Suggestion – Prepare a table of effects and observations

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Increase in Concentration								
Releasing of tiredness of eyes								
Proper breathing								
Mind Relaxation								

- ✓ or ✗ under physical effect and submit the record.

Observation

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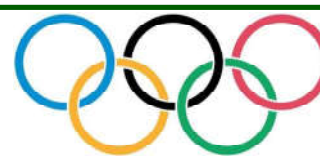
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Note

Bandha - (i) Moolbandha

The term “Moolbandha” is derived from Sanskrit, where “mool” means root or base, and “bandha” means lock or seal. By engaging and activating the perineal muscles, Moolbandha is believed to redirect and harness the flow of energy (prana) within the body, facilitating its upward movement along the spine.

Aim

- To perform the Moolbandha.
- After completion of this practical you will be able to perform and demonstrate Moolbandha in appropriate manner.

Requirements

- Yog Mat - 1
- Cylindrical Cushion (1-2 ft length and thickness 10-15 cm)- 1

Preparation of Yog Classroom

- The room should be clean and well-ventilated.

Preparation of Practitioner

- Wear comfortable, light, cotton clothes (Not too tight).
- Remove accessories like spectacles, wristwatch, belts etc. before practice.

Method

- Sit in a comfortable meditative posture, preferably cross-legged posture.
- Close your eyes, keep both the hands on the knees and relax yourself.
- Relax the body and bring your awareness to the area between the anus and genitals.
- Now inhale deeply and hold your breath inside as steadily and smoothly as possible.
- Slowly contract and squeeze the perineum area while retaining the breath.
- After a while, release the contraction and relax the perineum region completely.
- This is one round. Repeat the same for 10 times.



PRACTICAL MANUAL



Note

Practical Manual

- Relax your body, mind, hands, shoulders after completing 10 rounds of Moolbandha.

Benefits

- It helps in relieving menstrual cramps and pain.
- Lowers blood pressure levels and provides relief from respiratory problems.
- It aids digestion and helps in providing relief from gas and constipation.
- It helps in awakening self-awareness and consciousness.
- It unites the energies of the root and heart chakra and provides calmness to the soul.
- It makes the pelvis more robust, flexible, and stable and improves the spinal column movements.
- It makes the body flexible and light.
- It boosts energy and instils self-confidence.
- It helps in attaining peace and connecting to the divine power.
- It also provides support and a base for other standing asanas.
- It also increases core strength.

Contra-indications

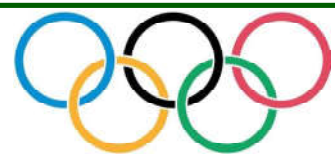
- Any pelvic or abdominal surgery, such as a cesarean section or hernia repair.
- Hypertension, or certain heart conditions.

Suggestion – Prepare a table of effects and observations

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Increase in the level of energy								
Effect on breathing								
Increase in internal awareness								
Experience of spiritual consciousness								

- √ or × under physical effect and submit the record.



Observation

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Remarks

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(Signature of the Instructor)



Note





Note

Meditation- (i) Breath Awareness

Breath awareness, also known as mindfulness of breath, is a common and effective meditation practice that involves focusing one's attention on the breath. It is a foundational technique in many meditation traditions and is widely practiced due to its simplicity and numerous benefits.

Aim

- To perform Meditation-Breath Awareness.
- After completion of this practical you will be able to perform and demonstrate Meditation-Breath Awareness in an appropriate manner.

Requirements

- Yog Mat – 1

Preparation of Yog Classroom

- The room should be clean and well-ventilated.

Preparation of the Practitioner:

- Wear comfortable, light, cotton clothes (Not too tight).
- Remove accessories like spectacles, wristwatch, belt etc. before practice.

Method

- Find a comfortable meditative posture, preferably a cross-legged posture.
- Close your eyes, keep both the hands on the knees and relax yourself.
- Relax the body and bring your awareness to the inspiration and expiration, the natural breathing pattern.
- Close your eyes or soften your gaze, allowing yourself to turn inward and let go of distractions.
- 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.
- As you continue the practice, you may notice the subtle qualities of the breath, such as its temperature, texture, or rhythm. Stay present with these sensations without trying to control or change the breath in any way. Let the breath be natural.





Note



Benefits

- Meditation stimulates the *parasympathetic* nervous system which results in relaxation of the body and mind.
- This practice enhances mindfulness and helps you develop a greater ability to be fully present in the current moment.
- It releases distracting thoughts. It activates the relaxation response and promotes a sense of tranquility.
- It deepens your connection to your inner self. Breath awareness regulates high blood pressure, relieves from tension, headache etc.
- Breath awareness removes unnecessary thoughts and bring your mind into present moment.

Contraindications

- Individuals with certain psychological conditions such as severe depression, schizophrenia, panic disorder, or post-traumatic stress disorder (PTSD).



PRACTICAL MANUAL



Note

Practical Manual

Suggestion – Prepare a table of effects and observations

Perform this practice as mentioned above daily for 8 weeks and observe the effects.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Effect in the body								
Effect on breathing								
Mind calmness and stability								
Effect in internal awareness								
Positive effects in body and mind								

- √ or × under physical effect and submit the record.

Observation

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Remarks

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(Signature of the Instructor)

