



10

KRIDA YOGA

Games play an important part in creating awareness, concentration and attention. Games (Krida) helps in bringing these abilities and the games itself turn into Yoga, called Krida Yoga. To Sum up if we keep constant awareness while playing, which in turn will bring love, harmony, group dynamics, peace and bliss. The games described in this lesson do not require any variety of equipments or expenses. The only apparatus used is body-mind. Different actions of the body are utilized and the games are formed. Others can easily prepare new games or change them, based on single or combination actions.

In this lesson you are going to learn about some Yogic games, which will help you to develop awareness, concentration and attention abilities. Here are some of the best yogic games of Awareness, Speed, Creativity and Group Co-ordination that will naturally improve your Memory, IQ and Creativity skills.



Notes



OBJECTIVES

After studying this lesson, you will be able to:

- practice yogic Games; and
- develop their awareness, concentration and attention abilities.

10.1 YOGIC GAMES

Usually do not learn by being taught, but learn by experiencing the results of their actions. It has been found that learning through playing games has a number of necessary qualities, one of these being their attention-focusing quality. Games tend to focus attention more effectively than most other teaching devices. It is also used as a way to learn social skills and group awareness.

I. NAMASTE

Practice

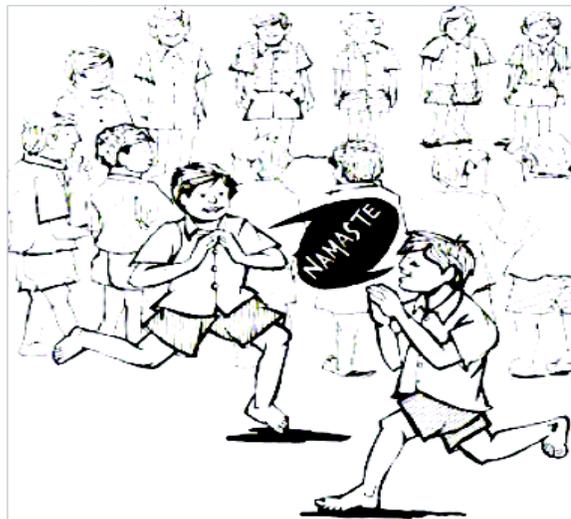


Fig. 10.1 Namaste Mudra



- All players will form a circle.
- One of them 'X' will run around the circle clockwise.
- While running he will touch one of the players say 'Y' on the back.
- 'Y' has to run in the reverse direction.
- When they meet while running, they will say 'Namaste' and then both will try to reach 'Y's place first, running in their own direction.
- Whoever reaches the place late will continue running and he will touch some other player and thus the game continues.

I. Variation

- When 'Y' meet 'X', how 'X' acts like that 'Y' has to imitate.

II. Variation

- 'X' can hop on one leg instead of running.

II. MANDAL KHO (CO - ORDINATION)

Practice

- All the players stand in a circle at equal distance.
- Alternate players will stand in opposite directions.
- The first player of each team will be given a baton.
- He should run and give the baton to the second player.

CLASS-V



Notes



Fig. 10.2 Mandal Kho Posture

- Second player in turn to the third and so on until the last player receives the stick.
- Second team should run in the opposite direction and complete the process.
- Whichever team completes the process first is the winner.

III. TRAIN RACE**Practice**

Fig. 10.3 Train Race Game



- The groups will be standing in a straight line.
- When the game starts, the first player of the group will start running towards the boundary line.
- After reaching there he starts running in reverse direction without changing the direction of his face.
- When he reaches the starting line, the second player, holds his/her waist, then both of them start running up to the boundary line and again return to starting line without changing the direction of their face, to take the third player.
- The game continues right up to the last player forming a chain.
- The group which reaches the starting line first is the winner.

IV. FLAG RACE (SPEED)

Practice



Fig. 10.4 Flag Race Game Posture

CLASS-V



Notes

- 16 players can play this game at a time.
- Divide them into four groups of four each according to their state/class.
- Arrange all the four groups to play in four different corners. Give each group a flag.
- When the whistle is blown, first player will move to another corner, handover the flag to the second, second to third, third to fourth, fourth to first, where the game ends.
- Like that all the four groups will play simultaneously, who ever finishes the job first will be the winner of the game.

V. MASTER-DISCIPLE (STRENGTH)

Practice

- A person assumes the role of a guru.
- Two players will be his/her disciples.



Fig. 10.5 Master Disciple Game Posture

- Two disciples will catch hold of the players and bring him/her to the guru.
- New disciple will be made to bow down his/her head to the guru by force and then he becomes the new disciple.
- Like that all the players have to be converted as disciples.

**Notes**

VI. LION, LION-WHAT IS TIME?

Practice



Fig. 10.6 Lion, Lion - What is Time?

- A participant will be selected and he will be made as Lion and he/she will be walking in front and other players will be walking behind the Lion, keeping 2 feet distance.
- The players will ask him question 'Lion, Lion-what is time?'
- The Lion will reply 2 O'clock or 5 O'clock etc.
- But when he says twelve, he will suddenly turn back and will catch the running players.



Notes

- If he catches before the player touches the boundary line, the player is out and becomes Lion and the earlier Lion join other players.

10.2 MEMORY SONG : AAO BACCHO TUMHE DIKHAEE

Aao Bachchon Tumhen Dikhaae Jhaanki Hindustaan Ki

Es Mitti Se Tilak Karo Ye Dharati Hai Balidaan Ki

Vande Maataram ...



Fig. 10.7 The Himalaya

Uttar Men Rakhavaali Karataa Parvataraj Viraat Hai

Dakshin Mein Charanon Ko Dhota Saagar Kaa Samrat Hai

Jamunaa Ji Ke Tat Ko Dekho Ganga Kaa Ye Ghaat Hai

Baat-Baat Pe Haat-Haat Mein Yahan Nirala Thath Hai

Dekho Ye Tasviren Apne Gaurav Ki Abhimaan Ki,

Es Mitti Se ...



Fig. 10.8 Veer Maharana Partap

Ye Hai Apanaa Rajaputana Naaz Ise Talavaron Pe
 Esane Saraa Jevan Kataa Barachhi Tir Kataron Pe
 Ye Pratap Ka Vatan Pala Hai Aazaadi Ke Naron Pe
 Kud Padi Thi Yahan Hazaron Padminiyan Angaron Pe
 Bol Rahi Hai Kan Kan Se Kurabani Rajasthaan Ki.....

Es Mitti Se ...

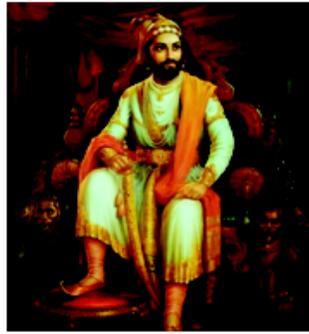


Fig. 10.9 Veer Shivaji

Dekho Mulk Marathon Kaa Ye Yahan Shivaji Dolaa Tha
 Mugalon Ki Taakat Ko Jisane Talavaaron Pe Tolaa Thaa
 Har Parvat Pe Aag Lagi Thi Har Patthar Ek Sholaa Thaa
 Boli Har-Har Mahadev Ki Bachcha-Bachcha Bolaa Thaa
 yahaan shivaaji ne rakhi thi laaj hamaari shaan ki

Es Mitti Se ...

Notes



Notes

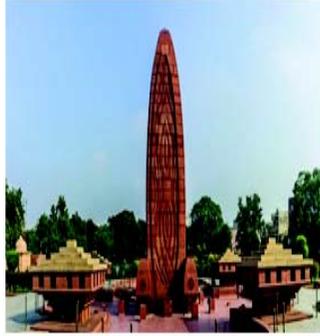


Fig. 10.10 Jallianwala Bagh

Jallianwala Bagh Ye Dekho Yahaan Chali Thi Goliyaan
 ye Mat Puchho Kisane Kheli Yahaan Khoon Ki Holiyaan
 Ek Taraf Banduken Dan Dan Ek Taraf Thi Toliyaan
 Maranevaale Bol Rahe The Inaqalaab Ki Boliyaan
 yahan Laga Di Dahanon Ne Bhi Baaji Apani Jaan Ki
 Es Mitti Se ...



Fig. 10.11 Netaji Subhash Chandra Bose

Ye Dekho Bangal Yahaan Kaa Har Chappaa Hariyala Hai
 Yahaan Kaa Bachchaa-Bachchaa Apne Desh Pe Maranevaala Hai
 Dhalaa Hai Isako Bijali Ne Bhuchalon Ne Paalaa Hai
 Mutthi Mein Tufaan Bandhaa Hai Aur Praan Mein Jvaalaa Hai
 Janmabhumi Hai Yahi Hamaare Vir Subhaash Mahaan ki
 Es Mitti Se....!

**INTEXT QUESTIONS 10.1**

1. How to practice Flag race game?
2. How to practice Train race game?

**WHAT HAVE YOU LEARNT**

- Education is incomplete without sports and games. In this lesson you have learnt some games inspired by yoga, which are very useful in teaching us punctuality, responsibility, patient, disciplined and dedicated towards our goal. Each game has a particular quality. It promotes harmony, group dynamics, peace and bliss.
- You have learnt the following games along with the song :
Aao Baccho Tumhe Dikhae
 - Namaste
 - Mandal Kho
 - Train Race
 - Flag Race
 - Master-Disciple
 - Lion, Lion-What Is Time?

**TERMINAL QUESTIONS**

1. How to practice Mandal Kho?
2. How to practice “Lion Lion - What is Time” game?

**Notes**



Notes

**ANSWERS TO INTEXT QUESTIONS****10.1**

1. 16 players can play this game at a time, divide them into four groups of four each according to their state/class, arrange all the four groups to play in four different corners. Give each group a flag, When the whistle is blown, first player will move to another corner, handover the flag to the second, second to third, third to fourth, fourth to first, where the game ends, Like that all the four groups will play simultaneously, whosoever finishes the job first will be the winner of the game.
2. The groups will be standing in a straight line, when the game starts, the first player of the group will start running towards the boundary line, after reaching there he starts running in reverse direction without changing the direction of his face, when he reaches the starting line, the second player, holds his/her waist, then both of them start running up to the boundary line and again return to starting line without changing the direction of their face, to take the third player, The game continues right up to the last player forming a chain. The group which reaches the starting line first is the winner.