

# class IX-X

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## *Learning Outcomes*

### *The learner*

- exhibits healthy eating habits, and personal hygiene.
- awareness about importance of sanitation and cleanliness among people.
- identifies factors affecting health and wellbeing
- explores the relationship between endurance activity choices (jumping skipping or any other exercise, etc.), and health.
- performs yogic activities for holistic health
- analyses factors affecting growth and development during adolescence period.

## *Suggested Activities*

Children at home should be asked to do the following activities

- Prepare a menu for healthy meal-breakfast, lunch and dinner. Involve yourself in the preparation.
- Develop at least 6 slogans on promoting healthy eating habits and justify. Share with friends.
- Create an advertisement on how you can build awareness about healthy eating habits, and personal hygiene among your family members and peers.
- Gather information about communicable and non-communicable diseases through pictures, news items about their causes, risk factors, and preventive measures, etc.
- Gather information on the mission of *Swachh Vidyalaya- Swachh Bharat*
- Do exercise daily at home like jumping skipping, sit-ups, pull-ups, push ups or any other exercise, etc.
- If you have space in your home, you can practice the skills of that game.
- You may also see the videos given on the website of the Game/sport Federation.
- Observe the changes of physical activities and yoga in your body and write down daily in your diary.

Yogic practices are found effective for development of all dimensions of personality. Before starting asanas, Yoga *Sukshma Vyayama* (micro yogic practices) to be done. One can do the micro yogic practices related to neck shoulder, knee and ankle movement everyday, each for 3 rounds as suggested by Morarji Desai National Institute of Yoga (MDNIY) which is an autonomous organisation under Ministry of AYUSH, Government of India. In Yoga Protocol, the neck movement includes forward and backward; right and left bending, right and left twisting and rotation of the neck both clockwise and anti-clockwise. Ankle movement includes ankle stretch and rotation. All these activities require about 8 minutes. These Micro Yogic Activities are also important for making one ready to undertake the following *yogasanas*.

**Neck Movement**

- Forward and backward bending,
- Right and left bending,
- Right and left twisting and
- neck rotation.

**Shoulder Movement**

- Shoulder stretch
- Shoulder rotation

**Trunk movement**

- Trunk twisting

**Knee movement**

- Ankle movement

All these should be done with ease without any jerk. Some of the yogic practices are given below you can do asanas for 15 minutes.

**Asanas**

- *Surya namaskar*
- *Tadasana*

- *Katichakrasana*
- *Bhujangasana*
- *Shalabhasana*
- *Dhanurasana*
- *Makarasana*
- *Halasana*
- *Hastottanasana*
- *Padhastasana*
- *Trikonasana*
- *Shashankasana*
- *Ushtrasana*
- *Ardhamatsyendrasana*
- *Bhujanagasana*
- *Shalabhasana*
- *Matsyasana*
- *Shavasana*

### ***Kriya***

- *Kapalabhati*

### ***Pranayama***

- *Anuloma-viloma Pranayama*
- *Bhramari Pranayama*
- *Bhastrika Pranayama*

### ***Meditation***

*Yoga Nidra*

**All these asanas are explained in the textbooks mentioned as resources. We should spare 45 minutes every day for yogic activity.**

- Should take at least eight hours of sound sleep.