

MOUNT LITERA ZEE SCHOOL JOKA

Session : 2020-2021

Circular:JOKA/Acad/20/024

21 June, 2020

Dear Parents,

Greetings from MLZS, Joka !

21st June is observed as International Yoga Day. The aim of yoga is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. It helps in the development of strength, stamina, endurance and high energy at physical and mental levels. Yoga Olympiad is a venture with the objective to promote the awareness of yoga and to build up a network of yoga students, teachers and Yoga practitioners from schools to the national level and to spread the message of yoga as a science for holistic living. With this idea, this new initiative named as “**Yoga Olympiad**” is organized by collaborative effort of Ministry of Human Resource Development (MHRD) through National Council of Educational Research and Training (NCERT) and CBSE.

Time Schedule of Organization of Online Yoga Quiz

The quiz will be open for one month, starting on 21st June 2020 and will close on 20 July midnight, 2020.

Process of Online Quiz.

1. Each question in the Quiz will be in the Multiple Choice Format and with only one correct answer.
2. Each Question carries 1 mark. Students are required to attempt as many questions in 20 minutes.
3. The Quiz questions are prepared in both Hindi and English. You may select one medium for answering.
4. You are allowed to attempt the Quiz only once and only one option will be accepted for a question. However, you may revise your answer before final submission within 20 minutes duration.
5. After responding to a question, click on the “Next Question” button to go to the next question.
6. No negative marking will be done.
7. After attempting questions, final submission should be clicked. No changes can be made after the final submission.
8. For logging into quiz, the participants have to register on DIKSHA portal to take part in the quiz. In details, please provide information like your name, class, date of birth, gender, mobile number (yours parents/guardian) and school name.
9. For learners with visual impairment there is a text to speech option in both the medium i.e English and Hindi
10. Answer keys will be published after the closure of the Quiz

BOOKS FOR Online Quiz.

NCERT has developed a syllabus for Upper Primary Stage and Secondary Stage. NCERT has also developed textbooks for Upper Primary and Secondary Stages titled “Yoga: A Healthy Way of Living”. These books are available in Hindi, Urdu and English. These books are also available on e-pathshala and on NCERT website. The Quiz will be based on the syllabus of NCERT developed for yoga.

(available on <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf> and <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf>)

Syllabus For Yoga

Class VI

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Health	How yoga is suitable for me and why should we do asanas and pranayamas	Benefits of yoga Practices	Textbook, other materials, diaries, charts, video clips, etc.	<ul style="list-style-type: none">• Surya Namaskara Asanas <ul style="list-style-type: none">• Tadasana• Vrikshasana• Utkatasana• Vajrasana• Swastikasana• Ardhapadmasana• Niralamba• Bhujangasana• Ardha-shalabhasana• Makarasana• Uttanapadasana• Pawanmuktasana• Shavasana Breathing with Awareness <ul style="list-style-type: none">• Trataka Meditation

Class VII

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Physical Fitness	How flexibility and physical fitness can be achieved through yogic practices	What is flexibility? Various yogic practices to enhance flexibility	Textbook, other materials, diaries, charts, video clips, etc.	<p>What is flexibility?</p> <p>Yogic Practices to Enhance Flexibility</p> <ul style="list-style-type: none"> • Surya Namaskara <p>Asanas</p> <ul style="list-style-type: none"> • Tadasana • Hastottanasana • Trikonasana • Katicnakrasana • Padmasana • Yogamudrasana • Paschimottanasana • Dhanurasana • Makarasana • Supta Vajrasana • Chakrasana • Ardhalasana • Shavasana <p>Kriya</p> <ul style="list-style-type: none"> • kapalabhati <p>pranayamas</p> <ul style="list-style-type: none"> • Anuloma-viloma • Bhastrik • Meditation

Class VIII

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Concentration	How yogic practices help in developing concentration and harmony	Benefits of yogic practices for developing concentration and harmony	Textbook, other materials, diaries, charts, video clips, etc.	<p>Yogic practices for health and Harmony</p> <p>Asanas</p> <ul style="list-style-type: none"> • Grudasana • Baddhapadmasana • Gomukhasana • Ardhamatsyendrasana • Bhujangasana • Shalabhasana • Makarasana • Matsyasana • Naukasana • Setubandhasana • Halasana • Shavasana <p>Kriya</p> <ul style="list-style-type: none"> • Agnisara <p>Pranayamas</p> <ul style="list-style-type: none"> • Anuloma-viloma • Seetkari • Bhramari <p>Meditation</p>

Class IX

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Unit 1 Introduction	Why Yoga is important	What is Yoga, importance of yoga and Guidelines for Yogic Practices	Charts, Posters, Various Visual Aids	Discussion
Unit 2 Personality Development through Yoga	1. Role of Yoga in all-round Development 2. How can we improve flexibility and Strength through Yogic Practices	Yoga and personality development Personality: <ul style="list-style-type: none"> • Physical • Mental • Intellectual • Emotional • social Yogic practices for personality development Meditation <ul style="list-style-type: none"> • Introspection • Meditation/ introspection Or self-observation Meditation Yognidra, etc.	Playground, Halls, Classrooms, Charts, Posters, Various Visual Aids, Discussion	Surya Namaskar Asanas <ul style="list-style-type: none"> • Tadasana • Katichakrasana • Simhasana • Mandukasana • Uttana mandukasana • Kukkutasana • Akarna Dhanurasana • Matsyasana • Bhujangasana • Shalabhasana • Dhanurasana • Sarvangasana • Halasana • Shavasana Kriyas <ul style="list-style-type: none"> • Kapalabhati • Agnisara Pranayamas <ul style="list-style-type: none"> • Anuloma-viloma • Bhastrika Bandna <ul style="list-style-type: none"> • Uddiyana Meditation Bhastrika & Introspection

Class X

Themes/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
Yoga for Stress Management	Do we feel stressed?	Stress Factors inducing stress. Yogic Life Style Role of Yoga in Stress Management	Photographs, posters of yogic practices, Audio-Visual Aids	<p>Demonstration and performing of various Yogic Practices:</p> <p>Yoga for stress Management</p> <ul style="list-style-type: none"> • Hastottanasana • Padhastasana • Trikonasana • Shashankasana • Ushtrasana • Ardhamatsyendrasana • Bhujangasana • Shalabhasana • Sharvangasana • Matsyasana • Makarasana • Shavasana • Kapalabhati • Anuloma-viloma <p>Pranayama</p> <ul style="list-style-type: none"> • Bhramari Pranayama • Bhastrika Pranayama • Meditation <p>Yoga for Healthy Living</p> <ul style="list-style-type: none"> • Shirshasana • Bakasana • Mayurasana (for boys) • Hamshasana (for girls) • Uttana kurmasana (for boys)

Regards

MLZS Joka