

**BANASTHALI PUBLIC SCHOOL**  
G-Block, Vikas Puri, New Delhi-110018

Circular No. BPS/20-21/10

Dated: 25.6.2020



Dear Parent,

As you are aware that the International Day of Yoga (IDY) is celebrated on 21st June of every year. In the wake of COVID -19 pandemic, this year it was observed virtually.

NCERT is organizing an **ONLINE NATIONAL QUIZ COMPETITION ON YOGA**, on the theme “**YOGA FOR HEALTH AND HARMONY**”. The Quiz will remain open for one month i.e. **from 21<sup>st</sup> June to 20<sup>th</sup> July 2020 (midnight)**.

**OBJECTIVE:**

The objective of Online Quiz competition is to motivate students to develop healthy habits and lifestyle as well as to inculcate humane values in children.

**ELIGIBILITY CRITERIA:**

**Students of classes VI to XII** are eligible to participate in this online Quiz Competition.

**GUIDELINES:**

The Following dimensions of Yoga are embedded into Yoga Quiz:

- Yama and Niymaa.
- Shatkarma /Kriya (Cleaning Process).
- Asanas.
- Pranayama
- Meditation
- Bandha and Mudra

**PROCESS OF ONLINE QUIZ:**

For logging on to Quiz competition, the participants have to download **DIKSHA** portal from Google Play Store and have to register themselves on the same.

In details, they have to provide information like Name, Class, Date of Birth, Gender, Mobile Number (of parents/guardian) and School Name. ***It is mandatory for all the students to participate in this competition.*** The process for attempting the Online quiz is as follows:

- Each question in the Quiz will be in the Multiple Choice Format and with only one correct answer.
- Each question carries 1 mark. Students are required to attempt as many questions in 20 minutes.

- The quiz questions are prepared in both, Hindi and English. you may select one medium for answering.
- 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.
- After responding to a question, click on the "Next Question" button to go to the next question.
- No negative marking will be there.
- After attempting the questions, final submission should be clicked. No changes can be done after the final submission.

**AFTER PARTICIPATION:**

After submitting the Quiz, parents are requested to send the screen shot of page of the submitted Quiz, on [bpscreativity@gmail.com](mailto:bpscreativity@gmail.com) along with their ward's details viz. Student Name, Admission No., Class, Section, Date of attempt.

This COVID-19 pandemic has made it imperative for all of us to gear up whole heartedly and participate enthusiastically in the online celebration to achieve fitness and peace through Yoga.

**Keep Learning!! Stay at Home ... Stay Safe!!!**

Principal

P.S. The Syllabus of Online Quiz is attached below.

**SYLLABUS:**

The Quiz will be based on the syllabus of *NCERT* developed for Yoga. NCERT has developed the textbooks for Upper Primary and Secondary Stages titled "Yoga: A Healthy Way of Living". (Enclosed are the books).

1. Yoga A Healthy Way Of Living: Upper Primary Stage:  
<http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf>
2. Yoga A Healthy Way Of Living: Secondary Stage:  
<http://www.ncert.nic.in/gpPDF/pdf/tiyhwls1.pdf>

## UPPER PRIMARY STAGE

### 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"> <li>• Surya Namaskara</li> </ul> <b>Asanas</b> <ul style="list-style-type: none"> <li>• Tadasana</li> <li>• Vrikshasana</li> <li>• Utkatasana</li> <li>• Vajrasana</li> <li>• Swastikasana</li> <li>• Ardhapadmasana</li> <li>• Niralamba</li> <li>• Bhujangasana</li> <li>• Ardha-shalabhasana</li> <li>• Makarasana</li> <li>• Uttanapadasana</li> <li>• Pawanmuktasana</li> <li>• Shavasana</li> </ul> <b>Breathing with Awareness</b> <ul style="list-style-type: none"> <li>• Trataka</li> </ul> <b>Meditation</b>

### 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.	<b>What is flexibility?</b> <b>Yogic Practices to Enhance Flexibility</b> <ul style="list-style-type: none"> <li>• Surya Namaskara</li> </ul> <b>Asanas</b> <ul style="list-style-type: none"> <li>• Tadasana</li> <li>• Hastottanasana</li> <li>• Trikonasana</li> <li>• Katicnakrasana</li> <li>• Padmasana</li> <li>• Yogamudrasana</li> </ul>
				<ul style="list-style-type: none"> <li>• Paschimottanasana</li> <li>• Dhanurasana</li> <li>• Makarasana</li> <li>• Supta Vajrasana</li> <li>• Chakrasana</li> <li>• Ardhalasana</li> <li>• Shavasana</li> </ul> <b>Kriya</b> <ul style="list-style-type: none"> <li>• kapalabhati</li> </ul> <b>pranayamas</b> <ul style="list-style-type: none"> <li>• Anuloma-viloma</li> <li>• Bhastriak</li> </ul> <b>Meditation</b>

## UPPER PRIMARY STAGE

### 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"> <li>Physical</li> <li>Mental</li> <li>Intellectual</li> <li>Emotional</li> <li>social</li> </ul> Yogic practices for personality development Meditation <ul style="list-style-type: none"> <li>Introspection</li> <li>Meditation/ introspection</li> </ul> Or self-observation Meditation Yognidra, etc.	Playground, Halls, Classrooms, Charts, Posters, Various Visual Aids, Discussion	<b>Surya Namaskar Asanas</b> <ul style="list-style-type: none"> <li>Tadasana</li> <li>Katichakrasana</li> <li>Simhasana</li> <li>Mandukasana</li> <li>Uttana mandukasana</li> <li>Kukkutasana</li> <li>Akarna Dhanurasana</li> <li>Matsyasana</li> <li>Bhujangasana</li> <li>Shalabhasana</li> <li>Dhanurasana</li> <li>Sarvangasana</li> <li>Halasana</li> <li>Shavasana</li> </ul> <b>Kriyas</b> <ul style="list-style-type: none"> <li>Kapalabhati</li> <li>Agnisara</li> </ul> <b>Pranayamas</b> <ul style="list-style-type: none"> <li>Anuloma-viloma</li> <li>Bhastrika</li> </ul> <b>Bandha</b> <ul style="list-style-type: none"> <li>Uddiyana</li> </ul> <b>Meditation</b> <ul style="list-style-type: none"> <li>Bhastrika</li> <li>Introspection</li> </ul>

### 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	Demonstarion and performing of various Yogic Practices: <b>Yoga for stress Management</b> <ul style="list-style-type: none"> <li>Hastottanasana</li> <li>Padhastasana</li> <li>Trikonasana</li> <li>Shashankasana</li> <li>Ushtrasana</li> <li>Ardhamatsyendrasana</li> <li>Bhujangasana</li> <li>Shalabhasana</li> <li>Sharvangasana</li> <li>Matsyasana</li> <li>Makarasana</li> <li>Shavasana</li> <li>Kapalabhati</li> <li>Anuloma-viloma</li> </ul> <b>Pranayama</b> <ul style="list-style-type: none"> <li>Bhramari Pranayama</li> <li>Bhastrika Pranayama</li> <li>Meditation</li> </ul> <b>Yoga for Healthy Living</b> <ul style="list-style-type: none"> <li>Shirshasana</li> <li>Bakasana</li> <li>Mayurasana (for boys)</li> <li>Hamshasana (for girls)</li> <li>Uttana kurmasana (for boys)</li> </ul>