

MONTH → JULY
 CLASSES → VI to VIII
 SUBJECT → Physical Education

Topic → YOGA AND EXERCISE

EXPLANATION →

The word Yoga is derived from the Sanskrit word called 'Yuj' which means 'UNION', thus Union of oneself with almighty or mind.

Yoga is Originated from India.

The main aim of yoga is an all around progress or development in human life physically, intellectually, and spiritually.

Yogasanas gives sufficient exercises to the External Organs as well as internal Organs, which is now being practiced all over the world.

DO'S AND DON'TS

- Asanas to be performed in an empty stomach.
- Early in the morning is an apt time for doing asanas.
- Donot strain while doing Asanas.
- Wear a loose or comfortable clothes while doing Yoga.
- Do continue to breathe normally through the nose in the postures and exhale slightly.
- Daily practice gives an improvement.

EXERCISE

YOGASANAS

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| ① Physical Exercise are fast | ① Movements are slow. |
| ② The body becomes stiff due to unnatural pressure. | ② The body becomes elastic + flexible. |
| ③ Breathing becomes erratic | ③ Breathing becomes Rhythmic |
| ④ Outer muscles are exercised | ④ Internal Organs are toned up. |
| ⑤ Lack of Concentration. | ⑤ Concentration improves. |
| ⑥ Both Time + Our Vital energy are wasted | ⑥ Our Vital Energy is rejuvenated. |
| ⑦ Huge open space is necessary | ⑦ Little space is enough. |



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