

## PHYSICAL EDUCATION, SPORTS AND YOGA

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### Unit I: Asanas (Physical Education, Sports and Yoga)

#### 1. Knowledge

- Identify and describe different types of yoga asanas.
- Explain the benefits of practicing various yoga asanas.
- Differentiate between standing, sitting, prone position, supine position, meditative, and relaxation asanas.

#### 2. Comprehension

- Demonstrate the correct technique and alignment for each type of asana.
- Explain the importance of warm-up exercises like Suryanamaskara in yoga practice.
- Understand the significance of each category of asanas in improving overall physical and mental well-being.

#### 3. Application

- Perform a series of yoga stretching exercises with proper breathing techniques.
- Construct a personalized yoga routine incorporating different types of asanas based on individual needs and limitations.
- Apply appropriate modifications and adjustments to make the practice accessible for specially challenged students.

#### 4. Analysis

- Analyze the impact of different yoga asanas on flexibility, strength, and balance.
- Evaluate the effectiveness of specific asanas in reducing stress and promoting relaxation.
- Compare and contrast the benefits of various categories of asanas for overall health and wellness.

#### 5. Synthesis

- Develop a comprehensive yoga session plan for specially challenged students focusing on a combination of different types of asanas.
- Design innovative variations of traditional yoga postures to cater to the individual needs and abilities of students.
- Create a portfolio showcasing the progression and improvement of students in their yoga practice over time.

#### 6. Evaluation

- Assess the performance and progress of specially challenged students in practicing different types of asanas.
- Evaluate the effectiveness of incorporating yoga asanas in improving the overall physical and mental health of students.
- Provide constructive feedback and guidance to support continuous growth and development in yoga practice.

By the end of the course, students will be able to demonstrate a high level of proficiency in practicing and teaching various yoga asanas, catering to the specific needs of specially challenged individuals.