

REPORT

Education, of course, is not a modern practice. So far as we assume it a system of teaching and learning, all traditional communities have passed on their experiences from one generation to another. Even the animals teach various skills needed for survival to their offspring. The modern practice of the teaching learning process, however, lay enormous emphasis on academic subjects like Physics, Chemistry, History, Economics etc. and also on interventions provided through external classroom interactions. The innate capabilities of the child in Art, Music, Physical ingenuity etc. are often overlooked in order to secure good scores in the academic subject especially at the examinations conducted to certify the child's learning. In the process, the role of co-academic subjects like Art, Music and Work Education, which not only make careers in themselves, but also enhance the learning of academic subjects, are not given due importance in the school life of students. The exclusionary character of Indian education does not produce a holistic personality with congruence of head, heart and hand.

Kendriya Vidyalaya Sangathan, an autonomous organization under the Ministry of HRD, Govt. of India, has provision for teaching of co-academic subjects – Music, Drawing, Work Experience, Yoga and Physical Education. About 4000 teachers are working in Kendriya Vidyalayas to impart training in all these areas. It is, of late; however, felt that Kendriya Vidyalayas have not been able to make fullest use of the so-called “Miscellaneous Category” of teachers appointed to teach these subjects, possibly because there are no explicit guidelines to make gainful use of this category of teachers. There are no widely accepted syllabi, norms for infrastructure required for effective teaching, and supporting service conditions especially promotional avenues for higher posts. In the absence of definite guidelines it is difficult to assess the affectivity of teachers and make them accountable for non performance. The National Curriculum Framework – 2005 has highlighted the role of Art, Music, Dance and Theatre, Heritage Crafts, Work education and Health & Physical Education as essential ingredients of school curriculum. The KVS has also rechristened the designation of these teachers from Physical Education Teacher to Trained Graduate Teacher (Health & Physical Education), Drawing Teacher to Trained Graduate Teacher (Art Education) Work Experience Teacher to Trained Graduate Teacher (WE) and from Music Teacher to Primary Teacher (Music), perhaps to give a feeling among the teachers that they are

not away from main stream of teaching fraternity and to recognize their contribution in the holistic development of the children studying in Kendriya Vidyalayas. In order to strengthen their role and their gainful use in the system, KVS sought suggestions from the Assistant Commissioners through the letter dated 07.07.2009. The suggestions received from the Assistant Commissioners were compiled and it was thought prudent to workout a strategy for gainful use the teachers teaching these subjects in consultation with the stakeholders. Accordingly, a 3-day workshop from 22nd to 24th September, 2009 was organized at Zonal Institute of Education & Training, Mumbai to facilitate the discussion and workout syllabi, various accountability tools and to find solutions to the issues related to empowerment and gainful use of the teachers. 42 Teachers of 5 different subjects viz. Art, Physical Education, Work Education Music and Yoga participated in the workshop. The teachers, by and large, are motivated and willing to take additional responsibilities related to their job. What they require is professional support and recognition of their work. The present report is the outcome of the deliberations held during the workshop. I hope the suggestions made in the report would be considered at the appropriate level for implementation.

DR VK AGRAWAL
DIRECTOR

WORK EDUCATION

MEMBERS OF THE TEAM

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OBJECTIVES OF WORK EDUCATION

Work Education is viewed as purposive and meaningful manual work organized as integral part of the learning process resulting into goods or services useful to the community. The competencies to be developed in this field should include knowledge, understanding skills and values through need based life activities.

Work Education helps the pupils to –

- a) Develop respect for manual work and regard for manual workers.
- b) Inculcates socially desirable values such as self reliance, helpfulness, cooperativeness team work, perseverance, tolerance etc.
- c) Develop proper work habits and values such as regularity, punctuality, discipline, honesty, efficiency, love of excellence and dedication to duty.
- d) Develop self esteem and confidence through achievements in productive works and services.
- e) Develop a deeper concern for environment and a sense of belongingness, responsibility and commitment to the society.
- f) Develop awareness of socio- economic problems of the society.
- g) Appreciate the utility of Productive work and services to the community.

Hence utmost importance is to be given by the authority for effective implementation of Work Education in the Vidyalayas and also the parents and the society be involved suitably for the proper implementation of Work Education in every Vidyalaya.

Format for Lesson plan:

Class: _____ Section: _____ Month: _____

Date of commencement: _____

Expected date of completion: _____

Topic :

Gist of the Topic (Theme in brief / Points / Figures etc.)

Important Questions :

Projects / Practical work:

Signature of the Teacher

Principal

A sample lesson Plan

Class : VII Section : A

Month : July

Date of Commencement: 01.07.2009

Expected date of Completion: 15.07.2009

SUBJECT : Work Education

TOPIC : Test Lamp Circuit

GIST : Test lamp is a very important electrical tool for checking the presence of Potential Difference and the continuity of flow of current. We can also check whether a material is conductor or insulator.

Diagram

Important Questions :

1. Identify the components of a Test Lamp
2. What is the use of a Test Lamp
3. How can we check the presence of Voltage or current with the help of a Test lamp?

Project: Assemble a Test lamp as per the circuit diagram.

INSPECTION PROFORMA

Kendriya Vidyalaya _____
Academic Inspection proforma for TGT (Work Experience)

Name of the Teacher _____

Date of joining KVS _____

Class observed & Period _____

- 1- Has the teacher covered the topics as per split up of syllabus - Yes/ No
- 2- Whether Teacher is able to communicate properly - Yes/ No
- 3- Whether projects undertaken are useful- Yes/ No
- 4- Does lesson aims at enhancing creative skill of the students Yes/ No
- 5- Do the students regularly visit Work Experience Lab.- Yes/ No
- 6- Is there sufficient Materials/ Equipment in work Experience Lab. - Yes/No
- 7- Is imprest money utilized properly- Yes/ No
- 8- Whether the Projects are evaluated by the teacher
- 9- Students involvement in making project - Yes/ No

Signature of inspecting team member

Name of Inspector _____

Date- _____

Noted

Signature of Teacher

Name of Teacher _____

Facilities required :

1. Well equipped electrical / electronics work station / lab.
2. Computer with Internet connection.
3. Working tables and other furniture.
4. All equipments / machines/ tools / items as per the need of the teacher.
5. List of materials, tools and machines:
 - a) Electrician's Hand tools
 - b) Electrical / Electronics measuring Instruments.
 - c) Safety devices
 - d) First Aid kits and Fire Extinguishers.
 - e) Grinding machines, Electrical Drill machines, Carpentry tools, Plumbing tools and plumbing materials
 - f) Cathode ray Oscilloscope
 - g) Bench Vice.
 - h) Spray painting and compressors.
6. Electrical / Electronics Accessories :
 - a) Switch, socket, fuse, plugs, resistors, transistors etc. as per the syllabus.
7. Working Table with necessary electrical connections, bench, etc.

Work load of Work experience teachers :

1. The TGT (WE) should concentrate on imparting Work Experience Education to the students. He / She has to carry out the theory, practical and evaluation of the performance of the students.
2. As the present work load is much tedious, it is not possible for one TGT WE to take all three or four sections per class up to class XII. The proposal for the sanction of post of TGT Work Experience is as under :
 - a) For one and two sections KV: One TGT WE
 - b) For three section KV: Two TGT WE
 - c) For more than three or more section KV: Three TGT WE
3. The present practice of appointing additional contractual teacher for work experience according to the need of the Vidyalaya and the subject as per the prescribed qualification may be continued.
4. The TGTs (WE) will however continue to carry out other responsibilities (if any) assigned by the Principals/ KVS

Coaches and their Qualifications :

As mentioned earlier the practice of deployment of contractual Work experience coaches (Experts) may be continued.

The applicant should have recognized Academic degree or diploma in addition to Degree / Diploma / one year Certificate in the specialized field.

The applicant should have effective communication skill in Hindi and / or in English.

The TGT (WE) / Expert should be a member for the Interview panel of such coaches.

SYLLABUS

FOR SUPW CLASSES IN KENDRIYA VIDYALAYAS

CLASSES COVERED: VI TO XII

SUBJECTS COVERED: ELECTRICAL / ELECTRONICS ENGINEERING

GIST

1. Prepared for all category of students
2. Both theory and practical classes are covered.
3. Safety rules for students have been taken care of.
4. Class room as well as outside activities is incorporated.
5. Lessons suitable only for school level students are incorporated.
6. Topics having general awareness and public utility are also covered.

Notes for the teachers

1. Safety of the students is the matter of prime concern.
2. Do not leave the students alone for practical work.
3. Practical classes are to be taken in the block of two periods.
4. Theory and practical classes go alternatively.
5. All students are to be involved in practical works.
6. Group wise activities are to be done in the room.
7. Project works should be useful and displayed in the room/ out side for visitors

Notes for the Vidyalaya

1. Periods are to be allotted as per the norms of KVS
2. Materials required for practical work are to be provided from the VVN of the Vidyalaya.
3. Outside trips as mentioned in the syllabus are to be organized by the Vidyalaya out of VVN funds.
4. Blocks of two periods are to be provided in the timetable for practical works.
5. As SUPW / W.E. Teacher is having Engineering qualification, apart from regular teachings, a he / she may also be involved in the **supervision** of maintenance of the Vidyalaya.
- 6.

*This syllabus is framed suitably for a Summer KV only;
Winter KVs may convert the same according to their vacations.*

Class VI (THEORY)

- | | | |
|----|---|-------------------------|
| 1. | Scope of Work Education | April |
| 2. | Safety Precaution while working on Electrical system | |
| 1. | Identification of various types of electrical accessories and components | July |
| 2. | Awareness and recognition of Electrical appliances. | |
| 1. | Precaution to be observed while carrying tools from one place to another | |
| 2. | Electrical Tools and their uses | August |
| 1. | Study of accessories like Switch, holder, Plug sockets etc. | September |
| 2. | Identification of wire joints. | |
| 1. | Line Tester—construction and uses | October |
| 2. | Assembling of a test lamp and its use. | |
| 1. | Sources of Electricity | November |
| 2. | Study on electrical terms and their definition such as current , voltage etc. | |
| 1. | Introduction to cell, battery and generator etc. | December |
| 2. | Assembling of a simple electrical circuit | |
| 7. | Conductors and Insulators | January |
| 8. | Domestic appliances | February / March |

PRACTICAL FOR CLASS VI

- 1 Disassembling & assembling of a holder, know its part and re fit the same.
- 2 Disassembling & assembling of a switch know its part and re fit the same
- 3 Disassembling & assembling of the parts of a tester and refit the same
- 4 Assemble a simple circuit of a torch bulb, two cells and wire
- 5 Test an insulator with a series board and see the bulb is not glowing
- 6 Connect a bulb in a holder.
- 7 Make the Connection of a simple circuit with and see the bulb is glowing.

Class VII (THEORY)

April

1. Introduction of Alternating Current & Direct Current

- Sources of AC & DC
- Use of AC & DC
- Static and dynamic electricity
- Brief idea of different kinds of Power generating stations viz. thermal, Hydroelectric, solar, nuclear etc.

2. Matter, molecule, atom

July

- Elements & compounds
- Atom
- Molecule
- Properties of atom, proton, neutron, electron.

3. Definitions of electrical terms

August

- Charge, kinds of charge, characteristics of charge, unit etc.
- Potential, potential difference (brief idea only), unit, Voltmeter
- Current, flow of electron, unit, Ammeter. (brief idea only)
- Resistance, unit, Ohm meter. (brief idea only)

4. Electromagnet:

September

Making a simple circuit of electromagnet by using soft iron and copper wire.

5. CELL

October

- Primary Cell, Secondary cell.
- Different types of cells: Dry cell, Voltaic cell , Lead acid Battery, solar cell; chemical reactions in such cells, drawing etc.
- Difference between cell and battery

6. Electrical measuring devices and their uses

Idea of Electric Circuit

November

7. Phase, Neutral, Earth wire

December

- Open circuit, Closed circuit, short circuit diagram and explanation.
- Effects of short circuit

8. Phase Neutral & Earth Wire

Functions of Phase wire and neutral wire, way of returning of current Earth wire, Importance, how it save us from accidents (Basic idea)

January

7. Effects of electric current

Heating effects, lighting effects, chemical effects etc.

February

8. **Electrical symbols**

March

- Symbols of basic electrical items and terms

PRACTICAL FOR CLASS VII

1. Assembling of a simple circuit with one bulb, one holder and a switch
2. Assembling of two bulbs, two holders with controlled by a switch
3. Assembling of two bulbs, two holders controlled by two switches
4. Assembling of a bed switch connection.
5. **Learn P.A. System functioning and do assembly duty group wise.**
6. Assembling of a test lamp and know its importance
7. Observe the earth wire and see whether the bulb of a test lamp glows with phase wire and also with neutral wire.
7. Observe the inner components of a lead acid battery used for your School P.A. System.
8. Various types of wire joints.

Class VIII (THEORY)

1. **Safety rules**

April

- Electrical safety rules
- Electrical Shock and its treatment
- First aid to be observed in case of Electrical Shock

2. **Fuse**

July

- Function
- Types of fuse, use and their diagram
- Importance of fuse
- Possible accidents with out a fuse.

3. **House Wiring (Part A)**

August

- Types of wiring
- Materials required for wiring
- Connection from Energy meter to switch board via distribution board and main switch.

September

4.

Identification and study of various types of resistors
Study of Measuring Instruments.

5. **Series Parallel Connection**

Octobe

- Series connection resistance /Bulb

- Parallel connection of Resistance / Bulb

6. Electronics : **Atomic structure** November

- Proton, neutron, Electron -- Properties
- Orbits of electrons
- Flow of electron (Why are the metals good conductor of electricity)
(Why are the insulators poor conductors of electricity?)
- Study of Electronic Components

7. **Work, Power and Energy** December

- Definition, unit, practicality
- Potential and kinetic energy

8. January

- Sources of energy: Fossil fuel, biogas, solar, hydel etc
- Description of Hydro electric power station
- Solar energy : Scope of use & problems.

9. Study of Semi Conductor device

10. **Magnet** February

- Types,
- Use
- Properties

11. Electromagnet March

- Electromagnet, difference between magnet and electromagnet

PRACTICAL FOR CLASS VIII

1. Practical on electric safety rule, shock treatment and first aid.
(Perform skit in the morning assembly on the above topic)
2. Learn the replacement of a fuse in a domestic circuit.
3. Connection of three bulbs in series and learn its properties
4. Connection of three bulbs in Parallel and learn its properties
5. Learn to calculate the value of a resistor by seeing its color code.
6. Hang a magnet and learn why it remains in N-S direction
7. Draw the magnetic lines of force with the help of a bar magnet and a compass.
8. **Visit to a nearby substation and learn the items over there.**

Class IX (THEORY)

1. **Safety device** April
 - Fuse (already in lower class)
 - Circuit breakers (Earth leakage Circuit breaker, Miniature circuit breaker)
 - Isolators (Two poles & Four poles)
2. **Earthing** July
 - Importance
 - Use
 - Types of earthing, diagrams
3. **Electromagnetism** August
 - Faraday's law of Electromagnetism
 - Fleming's left hand rule
 - Fleming's right hand rule
4. **Motor and Generator** September
 - **Motor:** principle, types, uses
 - **Generator:** Principles, types and use
5. **House wiring (Part B)** October
 - Basic principle of switch board connections
 - Why a switch is to be connected in phase wire only and never in neutral wire

6. **Switch Boards**

November

- Connection of Switch board of following types:
 - a) One load, one switch
 - b) Two loads, two switches
 - c) One load, two switches
 - d) Two loads, one switch
 - e) Bed switch
 - f) Fuse in a switch board
 - g) Tube light connection

7. **Bulbs / Tubes**

(In brief)

December

- Basic principle
- Types of bulb
- Domestic and Industrial bulbs
- Power saving bulbs i.e. CFL
- Tube lights

8. **Electrical Instruments**

December

- Ammeter: principle, use and types
- Voltmeter: principle, use and types
- Multi meter: importance, Principle, use and types

9 **Electronics**

January

a) **Soldering Iron**

- Working Principle
- Types , use

b) **Basic electronics materials**

- Resistors: functions & use, Color code
- Capacitors: functions & use
- LED : Function & use

10. **Diodes and their characteristics**

February

Transistors

- Working Principle
- Types , use

11. **Ohm's law**

March

- Explanation of Ohm's law

PRACTICAL FOR CLASS IX

1. Identify the objects needed for house wiring
2. Do the practical switch board connection of :
 - a) One load, one switch
 - b) Two loads, two switches
 - c) One load, two switches
 - d) Two loads, one switch
 - e) Bed switch
 - f) Fuse in a switch board
 - g) Tube light connection
3. Measure Current by using an ammeter
4. Measure voltage by using a voltmeter.
5. connect all the components of a normal tube light fittings.
6. Do soldering on a practice board and join two wires.
7. Identify different electronics items like resistors, capacitors, transistors etc
8. **Visit to a near by industry and see various types of bulbs & lighting accessories.**

Class X (Theory)

1. **Thermal Power Station**

April

- Working Principles
- Schematic Diagram
- Places where thermal power houses are located

2. **Nuclear Power Station**

April

- Working Principles
- Schematic Diagram
- Places where thermal power houses are located

3. **Electrical Fundamentals**

July

- Potential
- Potential Difference
- Current
- Resistance
- Resistivity
- Properties of specific resistance
- Calculation of resultant resistance in a circuit

4. **Transformer (Basic idea)**

July

- Principle
- Construction
- Types
- Uses

August

5 House Wiring

Switch Board suitable for: (ahead of previous class)

- a) Multiple switches with multiple loads
- b) Multiple switches and plugs points
- c) Incorporation of fuse
- d) Incorporation of Indicator
- e) Incorporation of regulator
- f) Quiz burger cum light switch board

6. Electronics

September

- **Integrated circuit (IC)** : Principle Types , and use
- **A simple battery eliminator:** Principle, use and construction
- **Simple Electronics Circuits** : Principles, types & Construction

7. Renewable sources of energy:

October

- Types of renewable sources of energy
- Importance of exploration of non conventional sources of energy
- Importance of reduce reuse and recycle.

8. Magnetic effect of electric current

November

PRACTICAL WORKS FOR CLASS X

1. Do the practical switch board connection of:
 - a) Multiple switches with multiple loads
 - b) Multiple switches and plugs points
 - c) Incorporation of fuse
 - d) Incorporation of Indicator
 - e) Incorporation of regulator
 - f) Quiz burger cum light switch board
2. Make a Battery eliminator by stepping down it to 230V AC to 6/9/12 V DC.
3. Make any Electronic circuit by using an Integrated Circuit (IC)
4. **Visit to a nearby power station and understand its functioning**
(in any month between April to October)

Class XI

1. Resistance , color code
2. resistance in series and parallel

July

1. Lay out diagram of a domestic supply

August

Or, Block diagram of an audio Amplifier

1. Study of Fluorescent Tube light
Complete details of all components and circuit
Or assembling of a regulator power supply circuit using transistor / zener diodes.

September

1. Detailed study on series and parallel circuit
a) properties & formulas
b) Assembling a series & parallel circuit and mixed circuit using bulbs and resistors

October

1. Study on Public Address system and its installation
a) Study of units and sub units of the system
b) Demonstration
c) Connections used with microphone and loud speakers.

November

Detailed study on all Electrical measuring instruments.

December

1. Soldering Practice
a) Soldering of Electrical & Electronics components.
b) Precautions to be observed while doing soldering

January

1. Dismantling, fault analyzing, rectifying and reassembling of domestic appliances

February

Class XII

1. Study on Electrical motors
 - a) Basic principals
 - b) Working method
 - c) Construction

April

Or, Assembling of a rectifier circuit using diodes and associated components.

1. Study on appliances having Induction motors
 - a) Table fan
 - b) Ceiling fan
 - c) Exhaust fan
 - d) Room cooler etc.

July

Or, assembling of a filter circuit having Capacitors and inductors.

1. Study on Electrical Generators
 - a) Basic principals
 - b) Working method
 - c) Construction

August

Or, Working principle and Block diagram of a simple transmitter circuit.

1. Working Principle of fans and regulators
To study the parts of fans and regulators –their testing and repairs

September

Or, Working Principle and Block diagram of a Radio receiver.

1. Multi-meter
 - a) Detailed Study to measure various Electrical quantities
 - b) Types of Multi-meters

October

1. Study on Transformer
 - a) Basic principals
 - b) Working method
 - c) Construction

November

Or, Study & Assembling of various types of Logic Circuits.

December
/ January

1. Career Counselling and Guidance
To learn various options after Class XII
2. Soldering and soldering practice to solder Electrical & Electronics Components.

NON ELECTRICAL WORKS (OPTIONAL)

As KVS is recruiting Electrical / Electronics Diploma / Graduate Engineers for the post of W.E. / SUPW Teachers, the syllabus is prepared according to the concerned chapters only.

However, besides the above, a few non –electrical topics may also be taught to the students based on :

- a) **Availability of local resources / Experts**
- b) **Skill of the teacher**
- c) **Ability of students**
- d) **Need of time and place**

A few such non electrical items are given below :

1. *Paper works/ design*
2. *Origami*
3. *Can / Bamboo works*
4. *Wood works*
5. *Clay molding.*
6. *Envelop / paper bags /duster making*
7. *Candle making / wax moulding*
8. *Chalk making*
9. *Detergent powder / soap making*
10. *fabric works*
11. *fancy designs*
12. *Greetings Card making.*
13. *Making flower pot*
14. *Calendar / dater making*
15. *Wall hanging and decorative items*
16. *Agarbati stand and other similar useful items*
17. *Flower making with stocking cloth or others*
18. *ThermoCol design*

PROJECTS

Projects should be

1. Useful
2. Less expensive
3. Enjoyable and educative.
4. Using locally / easily available materials and resources
5. Without disturbing the study hour of the students.

At least one project to be given in a Term

Evaluation:

Evaluation of the students' performance in all respects viz. Theory, Practical and Project is compulsory

The evaluation system is as under :

1. Evaluation is to be done thrice in a year (Term wise)
2. Marks of the tests are to be converted to Grades.
3. The grade should include the assessment result of Theory, Practical and project.
4. The grades allotted are as under :

Terms	Theory (Oral)	Practical	Projects
First term	9 point grades	9 point grades	9 point grades
Second Term	9 point grades	9 point grades	9 point grades
Third Term	9 point grades	9 point grades	9 point grades

- Teacher should ensure 100% result.
- At the end of each term the total mark is to be converted to grades and to be submitted to the Examination Deptt.
- The record of the assessment is to be displayed in the Teachers' Diary too.

ART EDUCATION

MEMBERS OF THE COMMITTEE :

- 1. SURYANARAYANA. Y.A TGT (art) K.V. Hassan, Bangalore Region**
- 2. NANDHA KUMAR. I.N. TGT (art) K.V. Coimbatore, Chennai Region**
- 3. AMRENDRA K.R. SINGH TGT (art) K.V. Danapur cantt. Patna Region**
- 4 D.C. DAS TGT (art) KV-1 Tezpur, Guwahati Region**
- 5. C.K.PALIWAL TGT (art) K.V. Kanpur cantt. Ist shift. Lucknow Region**
- 6. S. A MUKIM TGT (art) No.1 Colaba, Mumbai Region.**
- 7. SUDARSHAN GUPTA TGT(art) INS. Hamla, Mumbai Region.**

LESSON PLAN FORMAT

DATE	TOPIC	VALUES	CORRELATION WITH THE SUBJECT

ACTIVITY

Kendriya Vidyalaya _____
Academic Inspection proforma for TGT (Art Experience)

Name of the Teacher _____

Date of joining KVS _____

Class observed & Period _____

- 1- Has the teacher covered the topics as per split up of syllabus - Yes/ No
- 2- Whether Teacher is able to communicate properly - Yes/ No
- 3- Whether projects undertaken are useful- Yes/ No
- 4- Does lesson aims at enhancing creative skill of the students Yes/ No
- 5- Theme and quality of Paintings made by the teacher and the students
- 6- Is there sufficient Materials/ Equipment in the drawing room? - Yes/No
- 7- Is imprest money if any, utilized properly- Yes/ No
- 8- Whether some specific projects are undertaken by the teacher Yes/No
- 9- Students involvement in making project
10.
 - a) Quality of morning assembly
 - b) Maintenance of musical instruments
 - c) Contribution in Annual function
 - d) Contribution in Social Science Exhibition
 - e) Celebration of other festivals in the school

Signature of inspecting team member
Name of Inspector _____

Date- _____

Noted

Signature of Teacher

Name of Teacher _____

Facilities required:

1. Separate art department with suitable infrastructures
2. Art materials... stationeries and computer facilities should be provided.

SYLLABUS ON ART EDUCATION

ACTIVITIES:

Sketching:

- Geometrical (shapes. Forms, Designs. etc.)
- Free hand (fruits... vegetables... flowers, birds... animals...human figures
- Figurative, caricatures, line drawing, stick Drawing, cartoons,
- Perspective drawings, building plans, elevations etc.,

Print Making:

- * Block Printing (vegetable printing, etc,)
- Hand printing, Finger printing
- Mono printing, (leaf...leno...coins...etc)
- Stencil printing (spray...paper cutting...)

Collage:

- Paper collage
- Mixed collage

Mask Making:

- Paper mask (Human....Animal...etc)
- Mixed material masks.....3d masks. etc..

Drawing and Paintings:

- Basic Knowledge of Art...
- Color theory...Compositions...Colorings...Memory Drawings..

Clay Modellings:

- Basic knowledge of clay moldelling
- Coil technique.... Plat technique
- 3d modeling....POP moulding...Casting

Calligraphy:

- Basic of calligraphy
- Lettering.... Cards...Thought writing..
- Handwriting...etc..

Design :

- Geometrical... Decorative...
- Patterns... Paper designs... Floral...Rangoli ...etc.

Group Activity:

- Murals...
- Group Paintings ... Display of Art works

SPLIT UP OF SYLLABUS – CLASS WISE:

Class: VI

April :	Sketching: Geometrical shapes. Forms, Designs etc.
May/June:	Print making: Block Printing
July :	Collage: (paper collage)
August:	Mask Making: Paper mask – 2D
Sept: painting	Drawing and Painting: basic knowledge of drawing and painting
Oct:	Clay Modelling : Free hand clay Modelling
Nov:	Calligraphy : Basic strokes
Dec:	Design: Geometrical Design
January:	Memory Drawing
Feb/ March:	Revision

Class: VII

April :	Sketching: free hand sketch (Indoor.... Out door).
May/June:	Print making: Hand printing...finger printing. etc..
July :	Collage: Mixed collage
August:	Mask Making : Mixed material...2D..3D..
Sept: colors..	Drawing and Painting: Colour Theory. Primary and Secondary colors..
Oct:	Clay Modelling : Coil technique
Nov:	Calligraphy : Lettering..... Card making
Dec:	Design: Decorative...motif...
January:	Memory Drawing: Topic Based...
Feb/ March:	Revision

Class: VIII

April: etc.	Sketching: free hand sketch....Figurative sketch. line drawing
May/June:	Print making: Mono printing etc..
July:	Collage: Mixed collage
August:	Mask Making: Mixed material...2D..3D. Expressions
Sept:	Drawing and Painting: Compositions ..
Oct:	Clay Modelling : Plate technique....relief works
Nov: making	Calligraphy : Lettering.....Thoughts... quotation writing... card
Dec:	Design: Patterns. 2D
January:	Group activity: Group Painting
Feb/ March:	Revision

Class: IX

April:	Sketching: Cartoons... Line art... Free hand sketching
May/June:	Print making: Stencil cutting and spray
July:	Collage: Mixed collage
August:	Mask Making: Mixed material...2D. 3D Expressions
Sept: Illustrations..	Drawing and Painting: Compositions... Pictorial and
Oct: works	Clay Modelling : Moulding ... POP ... paper mache. Clay relief
Nov:	Calligraphy : Poster designing... card making....etc.
Dec:	Design: Paper designs...thermocool design. etc..
January:	Group activity: Mural painting
Feb/ March:	Revision

Class: X

April:	Sketching: Perspective, basic plans, elevations.
May/June:	Print making: Mono printing etc.. Stencil...spsy....
July:	Collage: Mixed collage
August:	Mask Making: Mixed material...2D .3D. Expressions.
Sept:	Drawing and Painting: creative painting based on topics
Oct:	Clay Modelling : Clay / POP works
Nov:	Calligraphy: Poster making on Awareness, Conservations etc..
Dec:	Design: Rangoli... floral.. paper...
January:	Group activity: Mural painting.. Display of art works..
Feb/ March:	Revision

Activities and split-up of syllabus has been prepared on the basis of Art education syllabus developed by the KVS New Delhi.

MUSIC

MEMBERS OF THE TEAM

SR NO	NAME OF THE TEACHER	KV	REGION
01	MR.N MISHRA	SONPUR	PATNA
02	MRS.ASHA SHARMA	NO.1, VASCO GOA	BANGALORE
03	MRS.MANGALA CHAURE	INS HAMLAM	MUMBAI
04	MRS.RAJNI RAGHAV	RDSO LUCKNOW	LUCKNOW
05	MR.M HAQUE	ONGC JORHAT	GUWAHATI
06	MRS.LOVELY CHANDRA	PASCHIM VIHAR	DELHI
07	MRS.S SARASWATHY	NO.2, PONDICHERRY	CHENNAI

LESSON PLAN FORMAT

DATE	TOPIC	VALUES	CORRELATION WITH THE SUBJECT

ACTIVITY

Kendriya Vidyalaya _____
Academic Inspection proforma for TGT (Work Experience)

Name of the Teacher _____

Date of joining KVS _____

Class observed & Period _____

- 1- Has the teacher covered the topics as per split up of syllabus - Yes/ No
- 2- Whether Teacher is able to communicate properly - Yes/ No
- 3- Whether projects undertaken are useful- Yes/ No
- 4- Does lesson aims at enhancing creative skill of the students Yes/ No
- 5- Songs / Poems composed and quality of songs/dances taught to the students
- 6- Is there sufficient Materials/ Equipment in work Experience Lab. - Yes/No
- 7- Is imprest money utilized properly- Yes/ No
- 8- Whether the Projects are evaluated by the teacher
- 9- Students involvement in making project - Yes/ No
 - f) Quality of morning assembly
 - g) Maintenance of musical instruments
 - h) Contribution in Annual function
 - i) Contribution in Social Science Exhibition
 - j) Celebration of other festivals in the school

Signature of inspecting team member
Name of Inspector _____

Date- _____

Noted

Signature of Teacher
Name of Teacher _____

SYLLABUS

CLASS – I

a) Major competencies

Singing: It develops interest and sensibility for listening and singing songs and sounds of Musical instruments in the local environment. Patriotic songs and National Anthem.

Dance: Expresses himself/herself through action and movements.

Action songs : Actions with their beautiful expression, gestures and mimicry action words etc.

Display : Exhibition and stage performance co-operation sharing his or her ideas. Display, exhibits and performs activities at home, in the school and community.

CONTENT/TOPIC SPLIT-UP SYLLABUS

CLASS – I

APRIL	Start with school readiness rhymes, action songs and bal geet.
JULY	Prayer, slokas, rhymes based on climate or festivals etc
AUGUST	Prayer and National Anthem
SEPTEMBER	Makes a rhythmic beat with an empty can / pot. Listen to certain types of local / folk music in class
OCTOBER	Festival songs or rhymes Responds to a given rhythm by body movements
NOVEMBER	Revision and evaluation individually
DECEMBER	Mimics voices and actions of animals and birds. Enacts on Rhymes and poems from the text books
JANUARY	Patriotic songs like Hind Desh ke
FEBRAURY	Observes, listens and responds to his or her own and other class mates and display Art Expression

CLASS – II

Major Competencies:-

Develops interest and sensibility for listening to and singing songs and sounds of Musical instruments in the local environment.

Sings patriotic songs and National Anthem.

Action – Expresses himself through action and rhythmic movements.

Drama – Expresses dramatically his/her thought and emotions by gestures, mimicry action, words etc.

Display – Exhibition and stage performance co-operation shares his/her ideas displays and performs activities at home, in the school and community.

CONTENT/TOPIC SPLIT-UP SYLLABUS

APRIL	Revision of Prayer, Rhymes and preparation of Annual Day
JULY	Sings in chorus / individually any song/rhymes
AUGUST	Sings in small groups, National Anthem in company with the class teacher.
SEPTEMBER	Marching song and makes a rhythmic beat with an empty can / pot. Listens to certain types of local / folk music in class.
OCTOBER	Identify two/three local instruments. Text book songs can be tuned and in action
NOVEMBER	Revision and evaluation individually.
DECEMBER	Follows the gesture / step movement in small groups. Responds to a given rhythm by body movement. Action song
JANUARY	Inspirational Song like Honge Kamayab etc and Mimics voices and actions of animals and birds
FEBRUARY	Revision and Evaluation, observes, listens and response to his / her own and other class mates.

CLASS – III

Major Competencies – Sings patriotic songs and National Anthem.
Develops interest and sensibility for listening to and singing songs and sounds of musical instruments in local environment.

Values - Inculcating values like patriotism, sharing, co-operation.

Dance - Expresses himself / herself through action and rhythm movements.
Participants in popular folk dance

Drama - Expresses grammatically his/her thoughts and emotions by gestures, mimicry action, words etc.

Display – Exhibition and Stage performance, co-operates, shares his/her ideas display and exhibits/performs activities at home, in the school and community.

APRIL	Pasting the pictures of instruments in the notebook,. Sings in chorus, local folk songs, bhajan with some instruments. Preparation of Annual Day celebration
JULY	Patriotic songs with action. Listen to certain songs and local instrumental tunes popular in the locality.
AUGUST	Identify some musical instruments and sounds Flag song and preparation of Independence day.
SEPTEMBER	Basics of Music, Alankars (Sarli Varse) Performs simple movements of local dance
OCTOBER	Mimics typical voices of different types of hawkers Enacts role in a drama from a story in text book / local folk / mythology
NOVEMBER	Revision and evaluation individually and preparation of CMP Programme.
DECEMBER	Song pf a Text book tuned by teacher
JANUARY	Marching song with action
FEBRUARY	Revision and evaluation individually. Appreciation and discussion with the teaching, any performance in school or community.

CLASS – IV

Major competencies – Singing patriotic song, folk song, National Anthem and Bhajans.

Develops interest and sensibility for listening to and singing songs and sounds of musical instruments in the local environments.

Values – Inculcating the values like – spiritually, patriotism, sharing and caring , co-ordination

Skills

Dance – Expresses himself/herself through action and rhythmic movements.
Participates in popular programmes.

Drama – Expresses dramatically his / her thoughts and emotions by gestures, mimicry, action and words etc.

Display – Stage performance, co-operates, shares ideas, and performs activities at home, in the school and community.

APRIL	Bhajan or devotional songs and preparation of Annual Day celebration. Sings individually or in group National Anthem with a beat of Music in the background.
JULY	Flag song and vidyalaya song. Identify songs through listening through varieties of tunes.
AUGUST	Patriotic / other language song Participates in the folk dance in the community
SEPTEMBER	Basic of Music Alankars (05) / Sarli varsi (05) Mimics expressions showing fun, anger, sadness Plays a role of any person
OCTOBER	Text book songs or enact a drama.
NOVEMBER	Preparation of CM P (Bal Utsav) and revision and evaluation individually.
DECEMBER	Inspirational songs / community song
JANUARY	Co-operates in arranging display in class room, school compound and in the stage making activities in school function
FEBRUARY	Revision and evaluation individually. Appreciates and discusses with the teacher any exhibition / performance / stage activity / musical instruments played in the school or outside

CLASS – V

Major competencies - Learns the basics of Music

Develop interest and sensibility for listening to and singing songs and sounds of musical instruments in local environment.

Sings patriotic songs and marching songs, flag songs and other language songs and bhajan

Values – Spiritually, patriotism, caring and sharing, national integration and Co-ordination

Skill

Dance - Expresses himself/herself through action and rhythmic movements.
Participates in folk dances.

Drama – Expresses dramatically his / her thoughts and emotions by gestures, mimicry, action and words etc.

Display – Stage performance, co-operates, shares ideas, performs activities at home, in the school and community.

APRIL	Devotional song and preparation of annual day. Sing individually any song of his/her own choice in the class.
JULY	Flag song and patriotic song Sings patriotic song with background music.
AUGUST	Prepare any dance in a group and preparation of Independence day celebration
SEPTEMBER	Alankars (10)/ Sarliverse (10) Telling stories of any famous musician
OCTOBER	Prepare a skit based on Text book / Moral values mythology
NOVEMBER	Community song Revision and preparation of CMP (Bal Utsav)
DECEMBER	Inspirational / other language songs. Develop a script in a group or any imaginative situation and enact.
JANUARY	Decorates classrooms and compounds and some contribution either alpana decoration, display on special occasion like Republic day celebration.
FEBRUARY	Revision and evaluation individually.

PHYSICAL EDUCATION

COMMITTEE MEMBERS

Sl.No	Name	Designation	KV	Region
1	Mr.R.S.RANU	TGT (P&HE)	INS Hamla	MUMBAI
2	Mr.P.R.RATHISH	TGT (P&HE)	RWF	BANGALORE
3	Mr.SUDHAKAR DUBEY	TGT (P&HE)	Faizabad Cant	LUCKNOW
4	Mr.ANTO ISAAC	TGT (P&HE)	AFS Akkulam	CHENNAI
5	Mr.B.R.DAIMARY	TGT (P&HE)	Narangi	GUWAHATI
6	Mr.S.K.SINGH	TGT (P&HE)	AFS Tugalkabad	DELHI
7	Dr.GYAN PRAKASH	TGT (P&HE)	Kankarbag	PATNA
8	Mr.D.K.MEENA	TGT (P&HE)	No.1.Colaba	MUMBAI
9	Ms.AMUTHAMBIHALI	TGT (P&HE)	Minambakkam	CHENNAI

PHYSICAL & HEALTH EDUCATION

Introduction – Healthy mind in healthy body is an old saying. But it is rather more meaningful in the present sedentary life style of people. Health consciousness is not of very important in man's life, it is equally important for the health of the nation. Play is a natural instinct of an individual. Children especially learn easily through play. Games and Sports thus are given due importance in school curriculum. NCF 2005 identifies four areas related to health, yoga and physical education.

1. Personal health, physical and psycho – social development.
2. Movement concepts and motor skills
3. Relationship with significant others
4. Healthy communities and environment

In order to address these four areas, it is necessary to develop a syllabus for various stages of school curriculum. It is also necessary to identify infrastructure required in school to meet the requirements. An attempt has been made to suggest class-wise syllabus and to outline facilities required in terms of physical assets and manpower requirements.

PHYSICAL & HEALTH EDUCATION

MODEL LESSON PLAN

GAME / ACTIVITY TO BE TAUGHT :
LENGTH OF PERIOD : 35 MINUTES
CLASS / AGE GROUP :
SPECIFIC AIM OF THE LESSON : TO TEACH THE SKILL
MATERIAL REQUIRED :

Sr No	Subject Matter	Class formation	Method followed / Details
01	Assembly and Roll call	Single line formation	Demonstration/ Mirror / learning by doing/ playing (any method as per the topic)
02	Warming up activity	Semi-circle formation	
03	Teaching fundamentals Game/Sports/other activity		
04	a)Practice of fundamentals / correction b)Playing the Game	2 or 3 groups By dividing them into 2 equal groups	
05	Relaxation and dispersal	Single line	

Teacher's Signature

PRINCIPAL

Inspection Proforma

- Name of teacher_____
- Class observed & period_____
- Has the teacher covered the syllabus as per split up plan?
Yes/No
- Is the teacher teaching diary up dated?
Yes/No
- Involvement of teachers in his/her
period?_____
- Motivation of students towards subject._____
- Specific observation about the teacher and
methodology_____
- Has the teacher identified the gifted / talented children and specific action taken
to develop the school
team?_____
- Any other observation about the teacher.

Signature of the teacher

Signature of the inspecting officer

Facility required.

- Separate room should be provided for the Dept. of Physical and Health Education
- Separate grounds man should be provided for the regular maintained and marking of play field.
- Computer with internet facility should be provided to the Dept. pf Physical & Health Education.
- Physical and Health Education Teacher should appointed as per the Section sanction and the strength of the Vidyalaya (In one section school there will be one PHE Teacher, in two section there will be two PHE Teacher as on to reduce the work load. And the expert may be apoited as per the strength of the Vidyalaya.

Qualifications of Coaches

- The qualification for the coaches should be minimum medalist in inter university meet or represented Open national/ State/Country/
- Coaches should be appointed on part time basses from April to Feb
- Summer coaching camp should be organized at regional or school level as we can concentrate on the basic and advance level of coaching which will really help us to get good result at KVS national sports meet and SGFI Meet.
- The same coaches should be allowed to continue in the next academic year depending on their contribution and performance.

KVS Age group & norms as per SGFI Norms

- KVS should fix the age group and weight category as per the SGFI norms.
- The KVS team for SGFI should be put up on KVS website as soon as the national meet is over.
- The students should be intimated well in advance about the venue of coaching camp and SGFI meet.

SYLLABUS PHYSICAL EDUCATION FOR CLASS 1 TO XII

CLASS – I

1. MOVEMENT ORIENTATION:

- a) Walk first in a Straight line and then in a circle- run, hop, jump, skip, etc.
- b) Walk first in a Straight line and then in a circle- run, hop, jump, skip, etc. with the music and drum.
- c) Walk around the circle on your heels and vary the type of locomotion- walk backwards, sideways, sidestepping etc.
- d) Walk around the circle on your tip-toes and heels alternately and vary the type of locomotion.

2. LOCO MOTOR COORDINATION:

- a) walk and hop
- b) walk and leap
- c) Hop and side walk
- d) Gollap and walk

3. IMITATION, STORY PLAYS AND MIMETICS:

- a) Imitation- like Elephant, frog, Lion etc,
- b) Mime tics- Horse, dog, cat, etc.
- c) Story Plays- fox and Grapes, thirsty Crow etc.

4. SMALL AREA GAMES:

- a) Cats and Rats
- b) Motioning the tail
- c) Statue
- d) Follow the Leader
- e) In the pond, on the bank and the like.

5. DEVELOPMENT OF SKILLS:

- a) Ball Sense
- b) Free play with ball
- c) Rolling the Ball
- d) Bouncing the Ball
- e) Catching and Throwing the Ball

6. SIMPLE COMBATIVE:

- a) Hand push,
- b) Hand pull
- c) Back to back push

CLASS – II

1. MOVEMENT ORIENTATION:

- a) walk/Run Zig Zag
- b) Jump on heels- moving forward, backward, sideward, climbing etc.
- c) Jumping over different obstacles
- d) Balancing on the toes and heels

2. LOCO MOTOR COORDINATION:

- a) bend and stretch
- b) Swing and push
- c) push and pull
- d) Strike and Dodge,
- e) Skipping

3. IMITATION:

- a) Old man, soldier, Monkey, Bear etc.
- b) Mime tics- Bird fly, Bear, Camel, Lamb etc.
- c) Story play-Fox and crocodile, Trip to Sea etc

4. SMALL AREA GAMES/ LEAD UP GAMES:

- a) Fire on the mountain
- b) Crocodile can not catch me
- c) Blind man's buff etc.

5. DEVELOPMENTS OF SKILLS:

Practices and develop variety of ways of sending, receiving and traveling with a ball

6. SIMPLE COMBATIVE

- a) Back to back lift
- b) Back to back stick pull
- c) Pushing into pit.

CLASS – III

1. MOVEMENT ORIENTATION:

- a) Exercises for Stretching, bending, twisting, turning Etc
- b) Jumping forward and backward and sideward
- c) Zig-Zag running

2. LOCO MOTOR COORDINATION:

- a) Run and Hop
- b) Run and Skip
- c) Run and Gallop

3. SMALL AREA GAMES:

- a) Raja Rani
- b) Lion and the Cave
- c) Find out the leader
- d) Comic tag
- e) Number game

4. DEVELOPMENT OF SKILL:

- a) Receiving and throwing the ball to the partner
- b) Drilling the ball
- c) Kicking the ball

5. SIMPLE COMBATIVE:

- a) Dog fight
- b) Cock fight
- c) Lamé duck fight
- d) Knock over fight

CLASS – 1V

1. FREE MOVEMENTS AND COMMANDS:

- a) Free movements
 - 1. Swinging, bending, twisting, turning, stretching of different body parts
 - 2. Locomotors movements- running, jumping, hopping, skipping and rolling
Combination of their movements
 - 3. Commands: line up, attention, stand at ease, and stand easy, as you were.

2. RHYTHMIC MOVEMENTS:

- a) Arms swing progression
- b) Foreword and backward progression
- c) Side bend progression
- d) Performing two and four count Exercises with music.

3. LEAD UP GAMES:

- a) Circle Kho-kho
- b) Line Kho-kho
- c) Pin football
- d) Circle football
- e) Tenicoit ring.

4. SMALL AREA GAMES:

- a) Crows and cranes
- b) Chain tag
- c) Find your partner

d) Bean bag scramble

5. SIMPLE COMBATIVES:

a) Push of the bench

b) Push of stole

c) Stepping on the toes etc.

CLASS----- V

1. CALISTHENICS:

Four and Eight count exercises involving different body parts done to command/music

2. COMMANDS AND MARCHING:

Repetition of attention, stand at ease, stand easy, as you were, line formation, right and left dress, eye front, count the numbers, turn while standing, mark time, break off and dismiss,

3. ATHLETICS:

a) Short Sprints: 50M and 80M standing starts

b) Endurance: 200m

c) Throwing: Ball throws

d) Hoping- 15 to 30M

4. GAMES:

a) Dodge ball

b) Simon says

c) Bombing the City

d) Dog and the ones

e) The games popular in the different regions.

RELAYS:

a) simple Relays-

b) Zig-Zag Relays

c) Hop and Run

d) Tunnel Ball

e) Passing the ball

5. LEAD UP GAMES:

Lead games involving fundamental Skills in Football, Cricket, Kabaddi, Kho-kho, to be taught in the form of Relays, small area Games etc.

Class VI

1- Calisthenics, Exercise/ tables

2- Fundamental skills in drill and marching with proper heel & Toe movements

3- Athletics – a) General Physical fitness exercises

b) Short sprint (30 mtrs, 50 mtrs, 80 mtrs.)

c) Jumping for distance & height emphasizing on basics fundamentals of take off & landing

d) Throwing light ball/ light equipments

4- Major games-

Basic fundamental skills of foot ball, volley ball, Basket ball, table tennis, Lawn tennis, Badminton etc. to be taught through lead up games/ recreational games with the related of major games.

5- Adventure activities.

Class VII

1- Calisthenics, Exercise tables consisting of 6 to 8 exercise movements

2- Arm-shoulder bending & twisting exercises

3- Athletics – a) General Physical fitness exercises

b) Techniques of start, Finish and relays

c) Techniques of Jumps, run and approach, flying action, crossing the bar and landing

d) Techniques of Throws, holding / grip the equipments, stance, glide, delivery, follow through & practice repetition

4- Major Games-

Basic fundamental skills of Foot ball, Volley ball, Basket ball, hand ball, Hockey, Kho-Kho, Kabbadi, Table tennis, Lawn tennis, Badminton etc. as per availability of infrastructure.

Providing opportunities of practicing the skills and playing the games with the players.

5- Conditioning exercises-

i) Wall bar exercises

ii) Stretching exercises

Class VIII

- 1- Calisthenics, Exercise tables involving different body parts
- 2- Athletics –
 - a) Running events (100, 200, 400, 600 mtrs. & 4x 100 mtrs Relay)
 - b) Basic fundamentals of Hurdles
 - c) Jumping events (Long Jump, High Jump) emphasizing on techniques
 - d) Throwing events (Shot put, Discuss & Javelin) with emphasizing on techniques
- 3- All the Major games to be taught on the basis of modern techniques & skills with the playing situation (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.)

Class IX & X

- 1- Meaning and Definition of Physical education
 - a) To gain Clarity about the principles underlying in physical education
 - b) To understand sacred & fit body is a requisite of good performance.
- 2- Need and importance of physical education
 - a) To become aware about the importance of Physical fitness & organic efficiency
in individual and social life.
 - b) To know about the Physical condition as required by the demand.
 - c) To analyse and interpret on Physical Education orally and effective planning
Phy. Education Programme.
- 3- Meaning & definition of health Education
- 4- Growth & development meaning & factors influencing in growth & development
- 5- Characteristics of growth and development in boys & girls in adolescence age.
- 6- Contents of Physical education-
 - a) Drill & marching, repetition of previous work.
- 7- Athletics-
 - a) Sprint/ Middle and Long distance races.
 - b) Jumping events- Long Jump, High Jump, Triple Jump, Pole vault techniques.

8- Judo & Taek-wondo repeating previous skills as per availability of the infrastructure.

9- Major Games- (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.). History of these game and rules, fundamental skills, service, passing, spike, block, shorts, grips as per the required technique of above games.

Class XI

Part-A

- 1- Concept of Physical education
 - a) Meaning and definition of Physical education- its aim and objectives
 - b) Place of Physical education in the total education process
 - c) Misconception about Physical education
- 2- Physiological aspect of Physical education. Effects of exercise on-
 - a) Muscular system
 - b) Circulatory system
 - c) Respiratory system
 - d) Digestive System
 - e) Nervous system
- 3- Psychological aspect of Physical education-
 - a) Definition of Psychology and sports psychology
 - b) Achievement and motivation in sports
 - c) Sportsman ship & sports ethics
 - d) Methods of motivation

Part-B

- 1- History of games and sports as per the choice of the students
- 2- Latest general rules of the game
- 3- Measurements of play field and specification of sports equipment.
- 4- Fundamental skills of the game
- 5- Important Tournaments and venues
- 6- Sports personalities, sports award.

Part-C

1- Health education

- a) Concept and objective of the Health education
- b) Importance of Health education
- c) Importance of community-health and health-promotion and welfare of individual, family and community.

2- Communicable diseases

- a) Meaning of communicable diseases
- b) Common alert signals indicating onset of communicable diseases

3- Mode of transmission, common symptoms and prevention of spread of AIDS, Hepatitis B, C, Rabies, Tetnus, Malaria and Tuberculosis.

4- Health problem

- a) Abuse of alcohol, Tobacco, Drugs and the effect of abuse on individual, family, community and its effects on sports person.
- b) Eating habits that cause obesity and effect on health of individuals.

Practical part

- 1- Repetition of what has been done at the secondary stage in Athletics events.
- 2- One major game what has been done at the secondary stage.
- 3- Physical fitness test.

Class XII

1- Physical fitness & wellness

- a) Meaning and importance of Physical fitness, wellness & its importance
- b) Components of Physical fitness
- c) Factors of Physical fitness developments
- d) Factors affecting in Physical fitness & wellness
- e) Principles of Physical fitness development
- f) Aerobic exercises, Anaerobic exercises
- g) Recreational activities
- h) Training methods
 - 1- Introduction
 - 2- Meaning & concept of training
 - 3- Training methods
 - 4- Methods of strength development
 - 5- Isometric exercises
 - 6- Isotonic Exercises
 - 7- Isokinetic exercises
- i) Methods of endurance development
 - 1- Continuous method
 - 2- Interval training method
 - 3- Fertilac method
- j) Method of speed development, acceleration and pace run.
- k) Circuit training method
- l) Sociological aspect of physical education
 - 1- Meaning of sociology and sports sociology
 - 2- Games and Sports as men's cultural heritage
 - 3- Socialization through Physical education
 - a) Leadership training in Physical education
 - b) Value education through Physical Education Programme
 - c) Olympic movement

m) Sports and environment

- 1- Meaning of environment and need for environment in Physical Education
- 2- Essential elements of positive environment
- 3- Role of individual in improvement of environment for prevention of sports related accidents

2- Athletics-

- a) Sprint/ Middle and Long distance races.
- b) Jumping events- Long Jump, High Jump, Triple Jump, Pole vault techniques.

3- Judo & Taek-wondo repeating previous skills as per availability of the infrastructure.

4- Major Games- (Foot ball, Volley ball, Basket ball, Hand ball, Hockey, Kho-Kho, Kabbadi, Table Tennis, Lawn Tennis, Badminton, Swimming, Chess, Taek-wondo, Skating, Cricket, Judo etc. as per the availability of infrastructure.). History of these game and rules, fundamental skills, service, passing, spike, block, shorts, grips as per the required technique of above games.

NOTE: The performance of the students is to be evaluated by the teachers of Physical education at regular intervals only through observation process. For this purpose the performance of the child is to be observed throughout the year and grading is to be given as follows-

- A- Excellent
- B- Very good
- C- Good
- D- Average

SPLIT OF SYLLABUS-PHYSICAL AND HEALTH EDUCATION

APRIL

CLASS	ACTIVITIES
I	Ribbon drill/Turning/swinging 30mts,50mts dash
II	Twisting/ Turning/Swinging 30mts,50mts dash
III	30mts,50mts,80mts dash
IV	Heats-50mts,80mts dash, standing Ball throw,
V	Heats-80mts,100mts ,standing Ball throw,
VI	General fitness exercises,100mtrs,200 mtrs run Throws jumps, skill development – Football, Throwball/Major Games
VII	General fitness exercises,100mtrs,200 mtrs run Techniques-Throws jumps,Football, Throwball/Major Games
VIII	General fitness exercises,100mtrs,200 mtrs run Techniques-Throws jumps,Football,Throwball/ Major Games
IX	100,200,400mts run,relays,Throws ,jumps Meaning and definition of Physical education
X	100,200,400,800mts Throws ,jumps Meaning and definition of Physical education
XI	100,200,400,800,1500mts Throws ,jumps, concept, Meaning and definition of Physical education, History of games & Sports as per choice of students
XII	100,200,400,800,1500mts Throws ,jumps, concept, Meaning,definition and importance of Physical Fitness and wellness and, History of games & Sports as per choice of students

MAY & JUNE

CLASS	ACTIVITIES
I	Ribbon drill, Completion of events April month, Walk /Hop/leap, recreational games
II	Drill, Completion of events April month Twisting/ Turning/Swinging/balancing/music beat jumping, recreational games
III	Jumping, free hand Exercise, Completion of events April month Ball throws, Kicking the Ball,
IV	Completion of events April month ,commands and drill,games,dodge ball,Relays,standing Jump, recreation games,
V	Completion of events April month ,commands and drill,games,dodge ball,Relays,standing Jump,recreation games,
VI	General fitness exercises,100mtrs,200 mtrs run Throws jumps, skill development – Football, Throwball/Major Games, athletics –inter house
VII	General fitness exercises,100mtrs,200 mtrs run Techniques-Throws jumps, Football, Throwball/Major Games–inter house
VIII	General fitness exercises,100mtrs,200 mtrs run Tecniques-Throws jumps, Football, Throwball/Major Games–inter house
IX	100,200,400mts run,relays,Throws ,jumps Meaning and definition of Physical education
X	100,200,400,800mts Throws ,jumps Meaning and definition of Physical education
XI	100,200,400,800,1500mts Throws ,jumps, Physiological aspects of Physical education, Latest general rules of games & Sports as per choice of students
XII	100,200,400,800,1500mts Throws ,jumps, Training methods of Games Latest general rules of games & Sports as per choice of students History of games & Sports as choice of students

JULY

CLASS	ACTIVITIES
I	Walking of straight line ,Zigzag running, Imitation-dog/cat/Train/motor, Running events final
II	Imitation- Monkey ,lion soldier etc. Fun Games-Lemmon Race
III	Zigzag Ruuning,Obstacle Running, Recreation games, Ball throws
IV	Running jEvents,Throws,fun games
V	Running jEvents,Throws,fun games,Basic Football and Basketball
VI	Athletics events competition, Inter house competition for major games
VII	Athletics events competition, Inter house- Jumps and Throws
VIII	Inter house competition athletics events, Coaching of the gifted students
IX	Inter house competition athletics events, Coaching.
X	Inter house competition athletics events, Coaching.
XI	Psychological aspects of Physical education, measurements of play fields, Inter house competition athletics events, Coaching.
XII	Sociological aspects of Physical education, measurements of play fields, Inter house competition athletics events, Coaching.

AUGUST

CLASS	ACTIVITIES
I	Practice of Ribbon Drill, Mimetic, Bird Fly, Deer, Camel, Lion- running.
II	Play with wall, Jumps, Back to back lift & Fun races.
III	Kicking the ball, Fancy races.
IV	Inter house competition Football.
V	Running Ball Throws, Inter house competition Team games.
VI	Inter house competition Team games, skills of games.
VII	Inter house competitions - Athletics events, Individual games, fundamental / techniques.
VIII	Inter house competitions - Athletics events, Individual games, fundamental / techniques.
IX	Commands, Ground marching, Inter house competition, selection of school team, coaching.
X	Commands, Ground marching, Inter house competition, selection of school team, coaching.
XI	Commands, Ground marching, Inter house competition, selection of school team, coaching.
XII	Commands, Ground marching, Inter house competition, selection of school team, coaching.

SEPTEMBER

Class	ACTIVITIES
I	Practice Ribbon Drill on Music Selection of Fancy Race for Sports Day 30 Mtrs Dash.
II	Practice of Ribbon Drill on Music, Selection of Fun Race for Sports Day 50 Mtrs Dash Boys & Girls.
III	Practice of Ribbon Drill on Music Selection of Fun Race for Sports Day 50 Mtrs Dash Boys & Girls. Final Selection
IV	Finals of Inter House Kho-Kho/Kabaddi, Selection of Races for Sports Day Races- Boys & Girls
V	Finals of Inter House Kho-Kho/Kabaddi, Selection of Races for Sports Day Races- Boys & Girls
VI	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
VII	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
VIII	Finals of all Inter House Competitions, selection of Sport Day Meet, Coaching of under 14 yrs Athletics and Games mass participation in Athletics Fancy Child must take part in 3 events organization of Regional Meet
IX	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
X	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
XI	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.
XII	Inter House Final Selection of Final School Team Coaching , Regional Meet Preparation, Participation & Organisation of Regional Meet.

OCTOBER

Class	ACTIVITIES
I	1- Picnic of one day Excursion 2-In Games Periods practice of Drill with Music 3- Practice of Sport Day Events Boys&Girls.
II	1-Excursion of one day 2-Practice of Drill with Music 3- Sport Day Preparations
III	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
IV	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
V	1-Picnic for one day 2- Sports Day Preparation 3-Practice of Races
VI	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
VII	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
VIII	1-National Meet 2-Excursion one Day Picnic 3-Team Selection for-National Meet Intensive Coaching of Athletes events
IX	1-Excursion on one day Picnic 2-Selected Team for National Practice and Coaching
X	1-Excursion on one day Picnic 2-Selected Team for National Practice and Coaching
XI	Psychological aspect of Physical & Health Education, Fundamental Skills &
XII	Fundamental Skills of the Games & Sports skills & Environments, Fundamental Skills of the Games & Sports

NOVEMBER

CLASS	ACTIVITIES
I	Fancy races- Obstacle race, Balloon race & Frog race.
II	Fancy races- Searching the coin, dressing up for school etc.
III	Fancy races- Skipping Rope-race, Needle & Thread race & Three lagged race.
IV	Races- Practice- Sack, Jalebi & Obstacle
V	Races- Practice- Sack, Jalebi & Obstacle
VI	Athletics short events Jumps & Throws
VII	Major game practices.
VIII	Major game practices.
IX	Need & importance of Physical education, Major game practices, Athletics Practice.
X	Health Education, major Games Practice, Athletics practice.
XI	Major Games Practice, Athletics practice, Important Tournaments and Venues.
XII	Major Games Practice, Athletics practice, Important Tournaments and Venues.

DECEMBER

CLASS	ACTIVITIES
I	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
II	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
III	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
IV	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
V	Medical Check up, Fun games- Dodge ball, Dog throw the bone.
VI	Medical Check up, usual games with proper organization.
VII	Medical Check up, usual games with proper organization.
VIII	Medical Check up, usual games with proper organization.
IX	Medical Check up, Major Games Practice, Athletics practice.
X	Medical Check up, Growth & development, Major Games Practice, Athletics practice.
XI	Medical Check up, Communicable diseases, Major Games Practice, Athletics practice, Sports personalities & awards.
XII	Medical Check up, Sports & Environment, Major Games Practice, Athletics practice, Sports personalities & awards.

JANUARY & FEBRUARY

CLASS	ACTIVITIES
I	Rhythmic exercises
II	Rhythmic exercises
III	Rhythmic exercises
IV	Rhythmic exercises
V	Relay races.
VI	Major Games Practices
VII	Major Games Practices
VIII	Major Games Practices
IX	Major Games Practices
X	Major Games Practices
XI	Major Games Practices
XII	Major Games Practices

YOGA

Committee Members

1. Sh. Sanjeev Trivedi, KV OEF, Kanpur - Lucknow Region
2. Sh.P. Girija Sankar, KV H.E.G Centre, Bangalore - Bangalore Region
3. Smt. K.J. Kaushal, KV I I T Powai, Mumbai - Mumbai Region
4. Sh.Nishan Singh, KV No-1 Navy Nagar, Colaba - Mumbai Region
5. Smt. Swati Np. Natu, KV Hamla, Mumbai - Mumbai Region
6. Sh.M.K. Pandey, KV No-1 Kankarbagh, Patna - Patna Region
7. Smt. P. Vijayalakshmi, KV I I T Chennai - Chennai Region
8. Smt. Veena Dhawan, KV NTPC, Badarpur, New Delhi - Delhi Region
9. Sh.Subhas Chakraborty, KV No-1 Tezpur - Guwahati

I) Lesson Plan format for the Yoga Teachers

Kendriya Vidyalaya Sangathan

Name of K.V
.....

Name of Region

Subject..... Month..... Date of
Commencement.....
Class Date of completion
.....

Topic / Chapter	Methods	Additional Information	Source of Addl. Information	Assignments

Sig. of the Teacher.....
Principal.....

Sig. of the

How to take the classes?

The following five steps may be adopted-

- Introduction
- Demonstration
- Demonstration with explanation
- Demonstration / practice by the students
- Evaluation and reinforcement

II) Inspection Proforma

Kendriya Vidyalaya Sangathan

Inspection proforma for Yoga Teachers

1. Name of Kendriya Vidyalaya -
2. Name of the Teacher -
3. Class observed & Period -
4. Is the Teacher Diary update -
5. Specific observation about class room teaching
 - a) Class management -
 - b) Subject proficiency -
 - c) Skill proficiency -
 - d) Language proficiency -
 - e) Students' response -
6. Has the teacher identified slow and bright learners -
7. General observation regarding punctuality of the teacher to class -
8. Any other observation about the teacher -

Date -

authority

.....

.....

Signature of the Inspecting

Name -

Designation -

III) **Facilities and Infrastructure Required-**

Effective teaching and learning can take place in conducive environment only. Like in other subjects, to practice Yoga we need a proper place. The committee has recommended and requested the KVS authorities to provide the following facilities to enable effective teaching and learning of Yoga in the vidyalaya.

- a) First and foremost requirement for the effective teaching of Yoga is availability of a hall or big room with proper ventilation and electric fittings like fans and lights etc. The room should be big enough (say 14m x 7m i.e double the size of a class room) to accommodate at least 40 students for Yoga practice.
- b) The room should have at least a coir carpet as a base and upon that individual durries / carpets / mats etc. may be spread.
- c) If possible a DVD player with speakers should be provided in the room so that certain cassettes (like 'Ohm' chanting, slow classical music) can be played during the practice of concentration.
- d) Various other equipments like Neti pots, Neti threads, Trataka stand, digital weighing machine, Wooden planks of 2'x2' size for meditation practice and charts etc. should also be provided in the yoga room.

IV) **Workload of Yoga teachers-**

The workload of yoga teachers should be as per the norms of KVS. In this regards a few suggestions are given here below-

- a) Yoga classes should not be clubbed together.
- b) For better teaching – learning only one section should be allotted in a period.

XIX) **Appointment of Coaches-**

Yoga is very important and essential subject not just for academic purposes but for ones own better life. Therefore, it should be taught in every Kendriya Vidyalaya. It is well known that at present there are only 200 and odd yoga teachers in KVS. Three fourth of the

KVs are with out yoga teachers depriving the young generation to learn yoga. It is therefore recommended that every KV, irrespective of numbers of sections, should have

a

regular Yoga teacher. As for as the appointments of coaches are concerned the following

formula may be adopted-

- a) 2 section Vidyalaya - 1 Regular Yoga Tr.

b) 3 section Vidyalaya - 1Regular + 1 Contractual Yoga Tr.

c) 4 and above Sections Vidyalaya - 1 Regular + 2 Contractual Yoga Tr.

Syllabus of Yoga Education (Theory & Practical)

The course content has been broadly divided into two parts. In the first part programme for the primary classes has been formulated. In the second part the programme for secondary and senior secondary classes has been formulated.

(A) Main Recommendations for Primary classes:-

Yoga may be taught informally in the primary classes to develop physical and moral values through simple Sukshma Vyayama and interesting stories based on Yama and Niyama. Yoga teacher may be entrusted with the responsibility to train the Primary teachers for this purpose during the In-service courses.

Physical Yogic Activities:-

1. Yogic Sukshma Vyayama (excercise No. 1-10)
2. Vajrasana, Tadasana
3. Walking on straight line to develop concentration
4. Relaxation

Value Education Based on Yama & Niyama:-

1. Lessons on personal and general hygiene.
2. Clean the teeth every day morning and evening.
3. Take bath everyday if weather permits.
4. Changes clothes every day.
5. Oil and comb the hair every day.
6. Wash hands with soap before and after taking meals.
7. Do prayer before the meals.
8. Emphasize on telling truth, non-violence and non-stealing.
9. Obey the parents, teachers and elders.
10. Inspire to do at least one good turn (help / service) every day.
11. Be courteous and don't abuse.
12. Develop the habit of keeping the things at proper place.
13. Avoid littering.
14. Learn your lessons every day.
15. Telling the stories of great persons like Dhruv, Prahlad, Nachiketa, Eklavya, Abhimanyu, Lav-Kush, Aaruni etc.

16. Learning school prayer, pledge, National Anthem and other prayers.

17. Collection and display of photos and thoughts.

(B) Programme for Secondary and Senior Secondary Classes:-

Class	Practical	Theory
VI	<p>Shatha karma- kapalbhathi(11-30 storkes)</p> <p>Shukshma vyayama- No 1-11</p> <p>Asanas- Trikonasana, Ardha-Kati, Chakrasana, Tadasana, Vrikshasana, Padmasana, Simhasana, Paschimottanasana, Uttanpadasana, Salabhasana, Shavasana</p> <p>Pranayama- Bhastrika</p> <p>Concentration- On own breath (2 minutes) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> 1. Yoga Definition 2. Knowledge of five yama with more emphasis on ‘Asteya’ 3. Knowledge of five Niyama with emphasis on ‘Santosh’ 4. Knowledge of Aahar-Vihar 5. Methods and benefits of Sukshma Vyayama, Asanas and prayers.
VII	<p>Shatha karma- Introduction of Trataka and Practice of concentration on nose-tip.</p> <p>Shukshma vyayama- No 12-23</p> <p>Asanas- Garudasana, Ek-Pad Pranamasana Kati Chakrasana, Urdhava Hastottanasana, Natrajasana, Parvatasana, Kukkutasana, Pawanmuktasana, Bhujangasana, Shavasana</p> <p>Pranayama- Bhramari</p> <p>Concentration- On own breath (3 minutes) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on ‘Ahimsa’ 2. Knowledge of Niyama with emphasis on ‘Shauch’ 3. A brief Knowledge of different type of yoga (Bhakti, Jnana, Karma and Hatha Yoga) 4. Methods and benefits of Sukshma Vyayama, Asanas and prayer.
VIII	<p>Shatha karma- Introduction of Nauli</p> <p>Shukshma vyayama- No 24-32</p> <p>Asanas- Pada Hastasana, Urdhv Pranamasana, Konasana, Vajrasana, Supta Vajrasana, Shashankasana, Gomukhasana, Janusirasana, Naukasana, Halasana, Chakrasana, Shavasana, Surya Namaskar(if possible)</p> <p>Pranayama- Anuloma-Viloma (Nadishodhan)</p> <p>Concentration- On own breath (So-ham) Ohm Chanting and shanti path.</p>	<ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on ‘Satya’ & ‘Aparigrah’ 2. Knowledge of Niyama with emphasis on ‘Swadhyaya’ & ‘Iswarpranidhan’ 3. Simple anatomical and physiological aspects of Human body 4. Methods and Benefits of Sukshma Vyayama, Asanas and Pranayama 5. Personal importance of hygiene and health.
IX	<p>Shatha karma- Jala Neti (if facility Available)</p> <p>Shukshma vyayama- No 33-48</p> <p>Asanas- Trikonasana, Tadasana, Natrajasana, Kato Chakrasana, Baddhapadmasana, Ushtrasana, Paschimottanasana, Bakasana, Kurmasana, Ardha Marsyendrasana, Makrasana, Dhanurasana, Shavasana,</p>	<ol style="list-style-type: none"> 1. Knowledge of Yama with more emphasis on ‘Brahmcharya’ 2. Knowledge of Niyama with emphasis on ‘Tapa’ 3. Relationship of yoga and education. 4. Methods and benefits of Sukshma Vyayama, Asanas and Prayer.

	<p>Surya Namaskar(if possible) Pranayama- Ujjayi and Suryabhedan Concentration-In between eyebrows, Ohm Chanting and shanti path.</p>	<p>5. Brief knowledge of ‘Astanga’ Yoga. 6. Importance of ‘Satvic Aahar’.</p>
X	<p>Shatha karma- Trataka Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Trikonasana, Vrikshasana, Parivrat Trikonasana, Padmasana, Yogmudra, Matsyasana, Mandukasana, Vristitapada Bhoonamanasana, Pawanmuktasana, Vipritkarni, Shavasana, Yoganidra Pranayama- Bhramari, Sheetkari Concentration-on ‘Dot’ or ‘Ohm’, Ohm Chanting and shanti path.</p>	<p>1. Objectives of yoga Education. 2. Difference between Yoga Asana and physical exercises. 3. Importance of Yoga in daily life. 4. Methods and benefits of Asanas, Pranayama and Concentration</p>
XI	<p>Shatha karma- Kunjal, jalaneti & Nauli (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- Surya Namaskar, Gomukhasana, Parvatasana, Supta Vajrasana, Hanumanasana, Sarvangasana, Uttanpadasana, Dhanurasana, Shavasana Bandhya- Moola, Uddiyana and Jalandhar Pranayama- Bhastrika, Nadisodhan Concentration-on ‘Dot’ or ‘Ohm’, Ohm Chanting and shanti path.</p>	<p>1. Role of yoga in character building 2. Therapeutic values of yoga 3. Introduction of yoga literature 4. Life history of Arvindo, Vivekanand and other yogis 5. Knowledge of Bandha, Mudra and Chakras 6. Methods and benefits of Asans, Pranayama and Concentration</p>
XII	<p>Shatha karma- Shatha kriyas by rotation (if facilities available) Shukshma vyayama- One or Two Vyayama for each part of body Asanas- All kinds of Asanas by rotation depending upon facilities Bandhya- Moola, Uddiyana and Jalandhar Pranayama- kapalbhati, Bhramari, Ujjayi Concentration-on ‘Dot’ or ‘Ohm’ & Trataka Ohm Chanting and shanti path.</p>	<p>1. Effects of Asanas and Pranayama on physiology of human body 2. Concept of Nishkama Karma Yoga 3. Role of Yoga practices in developing concentration, will power and discipline 4. Techniques of stress management 5. Methods and benefits of Asanas, Pranayama and concentration</p>