# Senior Secondary Course 373 – Physical Education and Yog

# Book-1



373er



### NATIONAL INSTITUTE OF OPEN SCHOOLING

(An autonomous organisation under MHRD, Govt. of India) A-24-25, Institutional Area, Sector-62, NOIDA-201309 (U.P.) Website: www.nios.ac.in, Toll Free No: 18001809393

Printed on 70 GSM NIOS Water Mark Paper
© National Institute of Open Schooling
January, 2019 (1,000 copies)  Published by the Secretary National Institute of Open Schooling, A 24/25, Institutional Area, Sector 62
Published by the Secretary, National Institute of Open Schooling, A-24/25, Institutional Area, Sector-62, NOIDA-201309 and Printed at M/s

#### ADVISORY COMMITTEE

Prof. C. B. Sharma Dr. Rajiv Kumar Singh Dr. Sandhya Kumar

Chairman Director (Academic) Deputy Director (Academic)

NIOS, NOIDA (U.P.) NIOS, NOIDA (U.P.) NIOS, NOIDA (U.P.)

#### **CURRICULUM COMMITTEE**

Prof. Kalpana Sharma Mrs. Sarita Sharma Prof. Ikram Hussain

Director ASPESS & Sports Director, Yog Sarita Foundation, Department of Physical Education

Amity University, U.P. Delhi A.M.U., Aligarh

Prof. Arvind Malik Prof. Ishwar Bharadwaj Dr. Lalit Sharma

Head & Professor, Department of Head of Yoga Department Associate Professor, IGIPESS, Physical Education, Kurukshetra

Gurukul Kaangri, Haridwar University of Delhi University, Kurukshetra Dr. Ashminder Singh Bahal

Mr. S.K.Sinha Director (Vocational), NIOS Assistant Director (Academic), NIOS

Director (Academic)

Dr. Azmat Noori Mr. P.K.Chauhan **NIOS** Assistant Director (Academic) Senior Executive Officer, (Voca-

**NIOS** tional), NIOS

Dr.B.K.Rai

#### **LESSON WRITTERS**

Dr. Nidheesh Kumar Yadav Dr. Rakesh Kumar Dr. Satish Yadav Assistant Professor Assistant Professor **Assistant Professor** 

Patanjali University, Haridwar Gargi College, University of Delhi Govt. PG College, Gurgaon

Dr. Udham Singh Dr. Jyoti Mann Dr. Ajit

Assistant Professor Assistant Professor Physical Education Teacher Gokul Kangri University, Haridwar Delhi Administration, Delhi

Amity University, Noida, U.P. Acharya Kaushal Kumar Dr. Vineet Mehta Dr. Arif Mohammand

Director Director of Physical Education Assistant Professor

Yoga India Foundation, Delhi SRCC, University of Delhi Jamia Miliia Islamia, New Delhi Dr. Snehalata Domala

Dr. Shubhra Kathuria Dr. Arun Kumar Associate professor, PG Deptt. of Director of Physical Education Assistant Director, Sport

Balarog, VYDS Ayurveda Bharti College, DU Sharda University, Greater Noida

Mahavidyalaya, Khurja (U.P.) Dr. Meenakshi Ms. Seema Singh Assistant Professor Director

Integrated Yog Centre, Ghaziabad

## **EDITORIAL BOARD**

Prof. Ikram Hussain Dr. Lalit Sharma Prof. Kalpana Sharma

Department of Physical Education Associate Professor, IGIPESS, Director, ASPESS & Sports A.M.U., Aligarh University of Delhi, Delhi Amity University, U.P.

Mrs. Sarita Sharma Acharya Kaushal Kumar Dr. B.B. Paliwal

Director, Yog Sarita Foundation, Director Freelance, U.P.

Delhi Yoga India Foundation, Delhi

#### **COURSE COORDINATOR**

Dr. Azmat Noori Mr. P.K.Chauhan Assistant Director (Academic), NIOS Senior Executive Officer (Vocational), NIOS

#### LASER COMPOSING

IGIPESS, University of Delhi

M/s. Tessa Media & Computers, C-206, Shaheen Bagh, Jamia Nagar, New Delhi-110025