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Laboratory Manual

Course- Physical Education & Yoga Practices

(PEYP))

B.Sc.(Ag.) Ist&IIIrd Semester

**Department of Agriculture,
Faculty of Science & Engineering
Jharkhand Rai University, Ranchi.**

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Exercise- 1 : Rules and Regulations of Kabaddi

The game of Kabaddi shall be governed and played under the following rules of IKF(International Kabaddi Federation).

1) Ground

Ground shall be level and soft/Mat surface

2) Play Field Measurements

a) **Men and Junior Boys** 13 X 10 Meters
MEN Below 80 Kg Weight
Boys: Age 20 years & below (last day of the year) and below 65 Kg weight

b) **Women and Junior Girls** 12 X 8 Meters
WOMEN Below 70 Kg Weight
Age 20 years & below (last day of the year) and below 60 Kg Weight.

c) **Sub-Junior Boys and Girls** 11 X 8 Meters

OR BOYS Age 16 years & below (last day of the year) and below 50 Kg weight.
OR GIRLS Age 16 years & below (last day of the year) and below 50 Kg weight.

3) Play Field

The play field means that portion of the ground, which measures 13 meter by 8 meter (ABCD) for Men & Junior Boys and 12 meters by 6 meter for Women, Junior Girls and 11meter by 6 meter in case of Sub-Junior Boys & Sub-Junior Girls before struggle.

4) Sitting Block

The sitting block shall be at a distance of 2 meter from the end lines. It shall be a rectangle of 1 meter by 8 meter in case of Men & Junior Boys and 1 meter by 6 meter in case of Women, Junior Girls, Sub-Junior Boys and Sub-Junior Girls.

5) Boundary

The lines on the four sides of the play field are known as the boundaries (AB, BC, CD and DA). All lines shall be of 3 to 5 cm width and form the part of the play field.

Note: It is necessary to have 4-meter clear space outside the boundaries.

6) Lobbies

The strips on both the sides of the playfield measuring one meter in width are known as the Lobbies. When the lobbies, as per rule 4 under 'Rules of Play' are included in the playfield, the boundaries of the play-field are extended up to the four lines, which enclose the play-field including the lobbies.

7) Mid Line

The line that divides the play field into two halves is known as the mid-line.

8) Court

Each half of the play field divided by the mid line is known as the Court.

9) Baulk Line

Each of the lines in court parallel to the midline is known as baulk line. The distance of the baulk line from the mid line shall be 3.75 meter in case of Men and Junior Boys and 3 meter in case of Women, Junior Girls, Sub-Junior Boys and Girls.

10) Bonus Line

The line parallel to Baulk line towards end line is known as Bonus line. The distance between Bonus line and Baulk line shall be 1 meter

Note: Raider is said to have crossed the Bonus line when he comes into contact with the ground between the End line and Bonus line. At the same time any part of his body should not have contact with the ground between the mid line and Bonus line.

11) Cant

The repeated, without break; at a stretch and clear aloud sounding of the approved word “KABADDI” within the course of one respiration shall be called ‘Cant’.

12) Raider

One who enters into the court of the opponent with the cant is known as a ‘RAIDER’. The raider must begin his cant before he touches the opponent’s court.

13) Anti or Anti-Raider

Every player in whose court the raid is being made shall be called Anti or Anti Raider.

14) Loosing the Cant

To stop the repeated and clear aloud sounding of the word ‘KABADDI’ or take in a breath during cant by the raider is known as loosing the cant. A cant must be continued within one and the same respiration.

15) To put out an anti

If a raider touches an anti with out the breach of rules of play or if any part of the body of an anti touches any part of the body of the raider and then the raider touches his court with the cant, the anti is said to be put out.

16) To Hold a Raider

If the anti or antis hold the raider without breach of rules of play and keep the raider in their court and do not allow him to reach his court until he loses his cant or the Referee/Umpire blows the whistle, is known as holding the raider.

17) To reach court safely

If the raider touches his court with any part of the body through the midline with out breach of rules with cant, he is said to have reached his court safely and turn of raid is over.

18) Touch

If the raider touches the anti or antis by any part of his body or even the clothing, shoes or any other outfit, it is called a touch.

19) Struggle

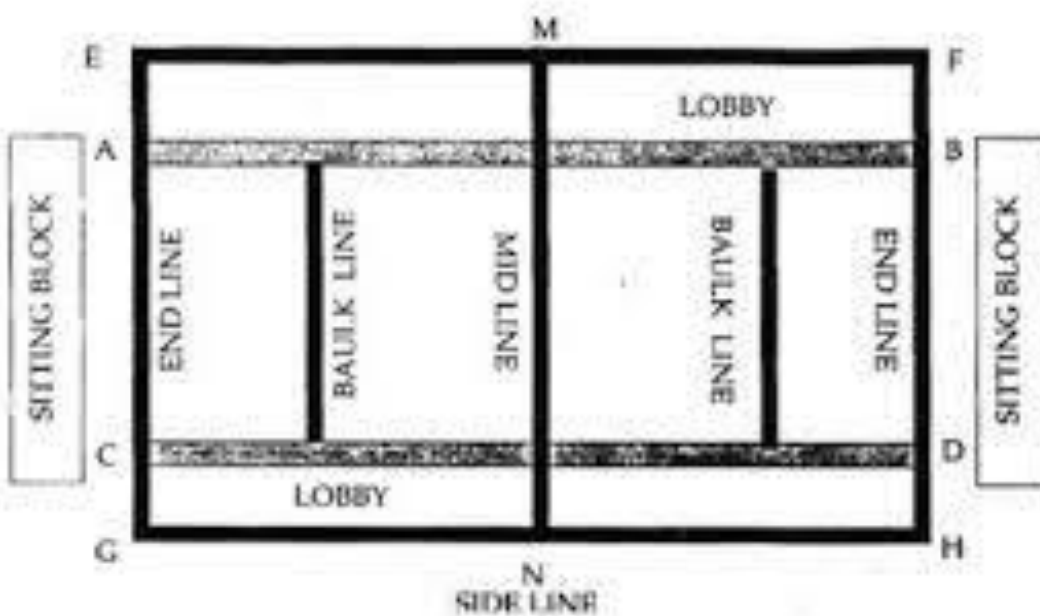
When the anti or antis come into contact with the raider, it is called struggle. After touch or struggle the play field includes the lobbies.

20) Raid

When the raider enters the court of opponent with cant, it is known as Raid.

21) Successful Raid

When the raider crosses the Baulk line of the defending team at least once during the course of a raid and reaches his court with cant, it is known as Successful Raid.



Exercise- 2. Rules and Regulations of Badminton

Doubles and Singles:

Badminton can be played by two or four players. In a singles, two single players (two men or two women) play against each other. A doubles consists of two opposing pairs of players. There are ladies' doubles (two pairs of ladies playing against each other), men's doubles (two pairs of two men playing against each other) and mixed doubles (two pairs consisting of one man and one woman playing against each other). The game therefore has five disciplines: ladies' singles, ladies' doubles, men's singles, men's doubles, and mixed doubles.

The Court

In normal play, the court is 13.40m long and 5.10m (singles) or 6.10m (doubles) wide. The height of the net is 1.524m over the centre of the court, but 1.55m over the side lines of the doubles court.

The singles court always covers the full length of the court, from base line to base line, both in normal play and for the service. Similarly, singles are always played on the narrow court.

Doubles are always played on the wide court. During a rally, the base line at the back of the court marks the end of the court. However, a doubles service must be played into the short service court, marked by the doubles service line 80 centimetres before the base line.

The Toss

At the beginning of each match, a toss is made to determine which side serves first. The winner of the toss can chose whether to make the first service of the match or whether to return first, thus leaving the first service to the opponent. The side that lost the toss can then chose on which end of the court he/she/they want to start.

Alternatively, the side that wins the toss may also choose to select the end of the curt on which he/she/they want(s) to start. The right to decide who makes the first service in the match then goes to the side that lost the toss.

The Sets

A badminton match commonly consists of up to three sets. The side that first reaches 21 points

wins a set (exception: when there is no two-point difference - see below). The side that first wins two sets wins the match. A third set is played if, after two sets, both sides have won one each.

After each set, the sides change ends. A short break of up to 90 seconds can be made between sets and in the middle of each set, when the first player reaches 11 points. Strictly speaking, the players may not leave the court during the break, but coaching is allowed.

Scoring

A rally is won by one side if it plays the shuttle in such a way that it cannot be returned by the opponents and hits the ground inside the opponent's court (including on the lines), if the opponent's return does not cross the net or if the opponent's return hits the ground outside the court boundaries. Furthermore, a side wins the rally if:

- (one of) the opposing player(s) touches the shuttle with the body before it hits the ground (whether inside or outside the court)
- (one of) the opposing player(s) touches the net with the racket or the body while the shuttle is in the air
- (one of) the opposing player(s) hits the shuttle before it has crossed the net (i.e. reaching over to the opponent's side of the court)
- both players of one side in a doubles touch the shuttle
- one player touches the shuttle more than once
- a faulty service is played

The basic scoring rules are:

- The winner of each rally scores a point, regardless of who is serving. This means that every mistake, even a faulty service, wins the opponent a point. (Avoidable) mistakes are thus penalised quite heavily.
- The player winning a rally scores a point and simultaneously wins (or keeps) the right to serve.
- The winning score in each set is 21 points, but to win a set, a side must lead their opponents by two points or more (see below).
- A player must lead his/her opponents by a minimum of two points in order to win a set. The closest possible winning score with 21 points is therefore 21-19. If the score reaches 20-20, the set is won by the first player or pair building up a two point lead or by the first player or pair to score 30 points. This means that possible winning scores are 22-20, 21-23, 22-24, 29-27, 30-28 - or 30-29: if score reaches 29-29, the next player to score a point wins the set with a score of 30-29. This is the only exception when no margin of two points is needed to win a set.

- The winning score for a set is the same in all five disciplines.

- Even in a doubles, each side only has one service. As in the singles disciplines, the service is played from the left or the right service court, depending on whether the score of the serving side is odd or even. The service is always played from the left service court if the serving side's score is odd or from the right service court if it is even. In doubles, players of the serving side change service courts with every point they score, but if a side scores a point without having served, they do not change service courts.

Serving

Every service, in singles and doubles, must be played across the front service line, nearly 2 metres away from the net, and always into the diagonally opposite service court. Each side has one service (in singles and in doubles). If the serving side's score is even, the service must be played from the right service court, if it is odd, from the left service court. The first service (at 0-0) is always played from the right service court.

If the serving side scores a point, it keeps the service and starts the next rally with a new service from the left or right service court, depending on whether its score is odd or even. If the returning side scores a point, it also wins the right to serve. This principle applied to singles as well as to doubles matches.

In singles, the position of the serving player is easy to ascertain as it always and only depends on whether the serving player's score is odd (left service court) or even (right service court).

In doubles, a little more care needs to be taken as the two players of a side take it in turns to serve. Again, the service court from which the service is played depends on whether the score is odd (left) or even (right). If the side of the serving player scores a point, the player keeps the right to serve and moves to the other service court for the next service. This procedure continues until the returning side wins a point. In this case, they also win the right to serve, but they do not change service courts at that point. Service courts are only changed by the serving side.

Example: A and B play against C and D. A and C start the set on their respective right service courts, B and D on the left service courts. At 0-0, A plays the first service from the right service court. C is the returning player. If A and B win the rally, they score a point and lead 1-0. A then moves to the left service court (and B, by implication, to the right one). C and D remain where they are. At 1-0, A serves again, this time from the left. C and D win the rally and score a point. However, as they did not serve in this rally, they do not change service courts. At a score of 1-1, their score is odd and therefore D, being the player on the left service court, wins the right to serve. D then serves to A and C and D win another point. They therefore change service courts and D continues to serve, this time from the right hand side, at a score of 2-1. If A and B win the

next rally, they equalise and win back the right to serve without changing service courts. A is now on the left service court and the side's score is even (2-2), therefore B wins the right to serve

(from the right service court).

Laws of the Game

There are 17 laws that govern how the game is to be played so that it is fair to all players taking part in a game. The most basic rule is that a player needs to move the ball towards the opponents' goal line and away from his/her own using any body part except the hands and arms. But what are the main rules and regulations of football? The Laws of the Game were created by the FA in 1863 when there were just 13 rules.

Rule 1: The field of play

The pitch must be a rectangle, marked with touchlines, goal lines and areas, a halfway line, a center circle, penalty areas, spots, arcs corner arcs and flag post. The short edges are the touch lines whereas the shorter lines are referred to as goal lines. A half line runs across the center of the field dividing it into two equal parts. All these must be marked as well as the goal areas, center circle, penalty area and corner arcs with a flag on each corner. The acceptable dimensions of a football field are 90-120meters length by 45-90meters width.

Rule 2: The ball

The ball must be made of approved materials. The ball that will be used in a game must have a diameter of 68-70 cm (27-28in), weight between 410-450g (14-16oz) and must have an internal pressure of between 0.6 and 1.1 atmospheres at sea level. It can only be changed by the referee. If ever it bursts during a game, the play is stopped and restarted with a new drop ball.

Rule 3: The number of players

A football match consists of two teams of not more than 11 players each including a goalkeeper. An outfield player may swap with the goalkeeper during a stoppage of play. Teams must have at least seven players to begin or continue a match. A maximum of three substitutions are allowed per team in official matches but the number can be more in friendly games.

Rule 4: The players' equipment

All players must wear a shirt, socks, shorts, shin pads or shin guards and football boots. Goalkeepers from both teams should wear gloves and jerseys that distinguishes them from their own team, opponents and from the officials. Headgear is permitted if it does not present a threat to other players. Wearing any forms of jewelries during a match is prohibited.

Rule 5: The referees / officials

Every game must be controlled by a referee whose role is to ensure that all rules are followed and punish those who do not adhere as well as stopping and starting the game as is necessary. He or she is the final decision-making authority on all facts connected with play. Referees' remuneration for their services varies between leagues.

Rule 6: The assistant referees

Assistant referees (at least two) also known as linesmen have a role to assist the main referee in manning the game. The assistant referee's duties generally consist of judging when the ball has left the field of play. They support the referee primarily by signaling for corner kicks, throw-ins, and offside infringements. At higher levels of play the referee is also assisted by a fourth official. The fourth official's duties are usually administrative in nature and vary depending on the match rules and the discretion of the referee.

Rule 7: The duration of the match

A football match is played for two sessions, 45 minutes each with a break of 15 minutes maximum in between. Additional minutes or injury time may be added at the end of the game to cater for time lost caring for injured players. Overtime is the time added to a match when no winner has been determined by the end of regular time.

Rule 8: The starting and restart of play

A coin is tossed by the captains of the competing teams and the team to start the game predetermined. A kick-off between two members of a team then starts the game at the center circle. After halftime, the opposing team begins the match.

Rule 9: Ball in or out of play

he ball is in play when it is inside the field of play and the referee has not stopped play.

The ball is out of play when it has completely crossed the touchlines or the goals lines, whether in the air or on the ground.

If the ball rebounds off a goalpost, crossbar, corner flag post, or the referee or one of the assistant referees and remains in the field of play, it is still in play.

Rule 10: The method of scoring

A goal is scored when the ball has completely crossed the goal line between the goalposts and under the crossbar, provided that no other infringements have taken place. The team with the most goals wins. If both teams score the same number of goals, or if no goals are scored at all, the match is a draw.

Rule 11: Offside

A player is offside, at the moment a ball is passed forward, when he is: in the opponents' half of the field; is closer to the opponents' goal line than the ball; and there are fewer than two defenders including the goalkeeper closer to the goal line than the attacking player. When a player is called offside, the opposition is awarded a free-kick.

Rule 12: Fouls and Misconduct

The referee decides on the deserving punishment depending on how extreme a foul is. A foul has been committed if a player trips, kicks, pushes, charges another player recklessly, striking of any kind (punching, headbutting, elbowing, kneeing, choking including biting), attempts to strike or spits at an opponent, makes a tackle but connects with the player before the ball, deliberately handles the ball (except for the goalkeepers), obstructs an opponent or prevents them from releasing the ball. These include issuing red and yellow cards to those at fault and giving free kicks, throw-ins or penalties to the opposing team.

Rule 13: Free kicks (direct and indirect)

Free kicks restart play after a foul or infringement and are usually taken from the place from which the offense was committed. Free-kicks can be "direct" in which the taker may score directly, or "indirect", in which the taker and a second player from the same team must touch the ball before a goal can be scored.

Rule 14: The penalty kick

A penalty-kick is awarded for a foul committed by a defending player in his or her own penalty area. The kick is taken from the penalty spot and all other players except for the goalkeeper and taker must be at least 9.15m (10yrd) from the spot. The taker may touch the ball if it rebounds from the goalkeeper, but not if it rebounds from the post or crossbar.

Rule 15: The throw-in

A throw-in is awarded when the ball has crossed the touchline and an opposition player was the last to touch it. The throw is taken from the point from which the ball crossed the line. The taker must have both feet on the ground, use two hands throw the ball from behind and over the head, and be facing the field of play.

Rule 16: The goal-kick

A goal-kick is awarded to the defending team when the ball crosses its goal line, a goal has not been scored, and the last player to touch it was from the opposition. Any player may take the goal kick, placing the ball anywhere in the goal area. The kick must send the ball out of the penalty area or be retaken. The taker may not touch the ball again until it has been touched by a second player.

Rule 17: The corner-kick

A corner-kick is awarded to the attacking team when the opposition is last to touch the ball and the ball crosses the goal line without a goal being scored. It is also awarded if the ball enters the goal from a throw-in or indirect free kick. The attacking team restarts play by placing the ball in the corner arc nearest to where it crossed the goal line.

Court

The standard competitive volleyball court measures 59 feet long by 29.6 feet wide. The center line runs under the net, dividing the court into two equal sides. An attack line runs 9 feet, 10 inches behind the net on each side of the court. The attack line divides the front and back zones. The net measures 8 feet, 11 5/8 inches tall for standard men's competition and 7 feet, 4 1/8 inches tall for standard women's competition, according to the USA Volleyball and International Federation of Volleyball rule books.

Players

Both teams must have six players on the court to begin play. Players follow the proper rotational order through each set. Players rotate between six positions on the court, including three back-row positions behind the attack line and three front-row positions in front of the attack line. Each time a team gains the right to serve, its players must rotate one position clockwise. Once the server contacts the ball, players can move out of their rotational positions to play the point. Players in a back-row position must not attack the ball above the net and in front of the attack line, however.

Serve

Team captains complete a coin toss before the game to determine the team that will serve first. The player in the back right position in the rotation serves the ball. To serve, players must stand behind the court's end line and hit the ball out of the air. If the serve hits the net or lands out of bounds, the server's team loses the point. The same player continues to serve until his team loses a point. When a team loses a point on its serve, the other team gains the right to serve.

Play

Teams must return the ball over the net in three hits or fewer. Blocks do not count toward the team's hit total. If one player hits the ball twice in succession or contacts the ball illegally by palming, catching or throwing it, her team loses the point. If a back-row player attacks the ball

illegally, his team loses the point. If any player touches the net or net posts, her team loses the point. Teams win points when the opposing team commits a violation, fails to return the ball over the net, lets the ball touch the ground inbounds or hits the ball into the net or out of bounds.

Scoring

Teams can win points on their own serve and on their opponent's serve. The first team to win 25 points with a two-point lead wins the set. The first team to win three sets wins the match. If the match goes to a fifth set, the first team to win 15 points with a two-point lead wins the set and the match.

Exercise-5

Yoga asana (1) Bridge Pose (Setu Bandhasana)

Steps in Bridge Pose (Setu Bandhasana)

- To begin, lie on your back.
- Fold your knees and keep your feet hip distance apart on the floor, 10-12 inches from your pelvis, with knees and ankles in a straight line.
- Keep your arms beside your body, palms facing down.
- Inhaling, slowly lift your lower back, middle back and upper back off the floor; gently roll in the shoulders; touch the chest to the chin without bringing the chin down, supporting your weight with your shoulders, arms and feet. Feel your bottom firm up in this pose. Both the thighs are parallel to each other and to the floor.
- If you wish, you could interlace the fingers and push the hands on the floor to lift the torso a little more up, or you could support your back with your palms.
- Keep breathing easily.
- Hold the posture for a minute or two and exhale as you gently release the pose.



Benefits of the Bridge Pose (Setu Bandhasana)

- Strengthens the back muscles

- Relieves the tired back instantaneously
- Gives a good stretch to the chest, neck and spine
- Calms the brain, reducing anxiety, stress and depression
- Opens up the lungs and reduces thyroid problems
- Helps improve digestion
- Helps relieve the symptoms of menopause and menstrual pain
- Helpful in asthma, high blood pressure, osteoporosis, and sinusitis

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Exercise-6

Yoga asana (2) Bow pose (Dhanushasna)

Steps for Dhanurasana (Bow pose)

- Lie on the ground (on stomach) facing downwards.
- Relax completely with 2-3 breaths.
- Inhale slowly and starts bending your legs backwards and catch the ankles with the hands as shown in the above image.
- You will see that your body is now in the shape of a bow.
- In this position your whole weight will come on your abdomen. Only your stomach and pelvic area will touch the ground.
- Hold this position for few 15-20 seconds and continue taking a deep breath. You can increase the time after practicing this.
- Now after 15-20 seconds exhale slowly and come back to starting position.
- Repeat this cycle for 4- 5 times daily.



Benefits of Dhanurasana

- Effective in weight loss.
 - Improves digestion and appetite.
 - Helps to cure dyspepsia (obesity), rheumatism and gastrointestinal problems.
 - Cures constipation.
 - Improves blood circulation.
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- Gives flexibility to the back.
 - Strengthens back muscles.
 - Improve the function of liver, pancreas, small intestine and big intestine.

- Act as a stress reliever.
- Strengthens ankles, thighs, groins, chest, and abdominal organs.
- Cure menstruation disorder.
- Improve function of kidney and liver.
- It improves posture.
- Releases back pain.
- Cures respiratory disorder like asthma.
- Helpful is stimulating reproductive organs.
- Improve function of the pancreas and it is beneficial in diabetes.

Exercise-7

Yoga asana (3) Cat pose (Marjari asana)

Step for Marjariasana – Cat Pose

1. Build a pose like a cat as shown in the above picture.
2. Arms should be perpendicular to the ground and hand should be flat to on a ground.
3. Look straight.
4. While inhaling raise your head back and push your navel downwards.
5. Hold this cat position and take a deep breath.
6. As you exhale curl your head inward and press the middle of your back towards the ceiling, rounding your spine upward.
7. Hold this position for some seconds before you come to table like stage.
8. Continue for 5 to 6 round.



Benefits of Marjariasana (Cat Pose)

1. Give flexibility to the spine.
2. Improve digestion.
3. Improve your blood circulation.
4. It relaxes the mind.
5. Releases back pain.
6. It tones the abdomen.

Exercise-8

Yoga asana (4) Locust pose (Salabhasana)

Locust Pose Steps

1. Begin lying on your belly with your legs extended straight back behind you, the tops of your feet down, and your forehead resting down on your mat.
2. Find a slight internal rotation of your thighs by turning your big toes in toward one another, and keep pressing the tops of your feet down as you lift your kneecaps away from the ground (you should feel your legs engage as you do this).
3. Reach back and interlace your fingers, pressing your palms together to touch and drawing your shoulder blades together on your back.
4. On an inhale, peel your chest up off the ground and reach your hands back actively toward your feet.
5. With your chest lifted, begin to also lift your feet and legs up off the ground. Reach the inner lines of your legs toward the ceiling, keeping the big toes together or the feet no wider than hip distance apart.
6. Keep your chin parallel to the floor and your gaze neutral to maintain length along the back of the neck as you extend out through your feet and use your breath to help lift you higher.
7. Remain in the pose for 5 breaths, then on an exhale, gently release your legs down and relax your arms by your side, resting on your belly.



Benefits of Locust Pose

- lower back pain (it strengthens the muscles along the sides of your lower back)
- arthritis of the knees (it strengthens the leg muscles)
- postural problems (such as excessive rounding and head-forward syndrome)
- arm strength (in the versions where you lift your arms)
- depression (for mild energizing when your energy is low)
- general weakness

Exercise-9

Yoga asana (5) Boat pose (Naukasana)

Steps for Naukasana (Boat pose)

- Lie on your back with your feet together and arms beside your body.
- Take a deep breath in and as you exhale, lift your chest and feet off the ground, stretching your arms towards your feet.
- Your eyes, fingers and toes should be in a line.
- Feel the tension in your navel area as the abdominal muscles contract.
- Keep breathing deeply and easily while maintaining the pose.
- Hold the position for few seconds.
- As you exhale, come back to the ground slowly and relax.
- Duration 3-4 repetitions daily but should not overdo.



Benefits of Naukasana

- Strengthens the back and abdominal muscles.
- Tones the leg and arm muscles.
- Useful for people with hernia.
- It helps to remove belly fat.
- It improves digestion.
- Helps in developing six packs ABS.
- Improves the circulation of blood.
- Give strength to thigh, hips, shoulder and neck.
- Regulates the function of liver, pancreas and lungs.
- Maintains the function of kidney, thyroid and prostate glands.

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Exercise-10

Yoga asana (6) Tree pose (Vrikshasan)

Tree pose steps

- Stand erect. Keep the feet together.
- Fold the right leg and placed it at the top of left thighs with the toes of right leg should pointed downwards.
- The right leg should perpendicular to the left leg.
- Extend your arms above your head.
- Inhale and try to make Namaskar mudra with your palms.
- Balance the pose as long as you can because balancing is utmost important in Tree pose.
- Try to make your spine straight and feel the stretching from toes to fingers.
- With deep exhale bring your arms and leg down.
- Repeat the same with left leg. It completes one round.
- Do three-five rounds.
- No. of rounds may increase as per your convenience.



Benefits of Tree pose (Vrikshasana)

- It stretches the entire body from toes to fingers, thus invigorates you.
- It gives tranquillity to your mind thus good for those who are facing the problem of depression and anxiety.
- It increases your stamina, concentration and immunity.
- It is good for your hips as it helps to open it.
- It is beneficial for those who are experiencing sciatica. But one should practice it under the supervision of a yoga expert.
- It enhances the flexibility of legs, back and chest muscles.
- It makes your ankle stronger.
- It is also good for your knees. The person who is having knee problems should perform it.
- It strengthens thighs and calves.
- It gives suitable stretching to the groins.
- Person suffering from flat feet should practice it.
- It makes you more focused and concentrated.
- By practicing this asana, the ligaments and tendons of the feet gets strengthen.
- It is also good for pelvic region.
- It develops esteem and self-confidence.
- It calms and relaxes the central nervous system.
- It helps to cure rheumatic pain and also treats numbness.

Exercise-11

Physical Education: Relationship to Growth, Development and Health

- Regular physical activity promotes growth and development and has multiple benefits for physical, mental, and psychosocial health that undoubtedly contribute to learning.
- Specifically, physical activity reduces the risk for heart disease, diabetes mellitus, osteoporosis, high blood pressure, obesity, and metabolic syndrome; improves various other aspects of health and fitness, including aerobic capacity, muscle and bone strength, flexibility, insulin sensitivity, and lipid profiles; and reduces stress, anxiety, and depression.
- Physical activity can improve mental health by decreasing and preventing conditions such as anxiety and depression, as well as improving mood and other aspects of well-being.
- Physical activity programming specifically designed to do so can improve psychosocial outcomes such as self-concept, social behaviors, goal orientation, and most notably self-efficacy. These attributes in turn are important determinants of current and future participation in physical activity.
- Sedentary behaviors such as sitting and television viewing contribute to health risks both because of and independently of their impact on physical activity.
- Health-related behaviors and disease risk factors track from childhood to adulthood, indicating that early and ongoing opportunities for physical activity are needed for maximum health benefit.
- To be effective, physical activity programming must align with the predictable developmental changes in children's exercise capacity and motor skills, which affect the activities in which they can successfully engage.

- Frequent bouts of physical activity throughout the day yield short-term benefits for mental and cognitive health while also providing opportunities to practice skills and building confidence that promotes ongoing engagement in physical activity.
- Distinct types of physical activity address unique health concerns and contribute in distinct ways to children's health, suggesting that a varied regimen including aerobic and resistance exercise, structured and unstructured opportunities, and both longer sessions and shorter bouts will likely confer the greatest benefit.