



12

KRIDA YOGA

You are the future of our Nation. You are expected to be energetic, physically and mentally fit. This is possible through active participation in sports. Sports activities should be part of your daily routine. Such activities make the mind sharp and active and help in increasing the level of awareness besides promoting creativity. The importance of sports and games should be appreciated and they should be promoted everywhere.

In this lesson you will learn about some Yogic games, which help you to develop the abilities of awareness, concentration and attention. Given in this lesson are some Yogic games to help develop awareness, speed, fun, group work and co-ordination. These will help you to naturally improve your memory, IQ and creativity also.

**OBJECTIVES**

After reading this lesson, you will be able to:

- Undertake Yogic Games;
- Develop the abilities of awareness, concentration and attention.



12.1 YOGIC GAMES

Children do not learn well by formal teaching and learning. They learn by experiencing the results of their actions. It has been observed that learning by playing games has a number of advantages. Such teaching learning methods help promote attention-focusing quality. Games help the learner to focus attention more effectively than any other teaching tools. This method is also used as a way to teach and learn in the early years. The learning through play helps in the mastery of social skills of becoming a team player.

1. MUSICAL CHAIR

Practice



- This is basically a game for teaching to be focussed.
- The players will stand with their hands on the waist in a straight line or in a circle.



- The organiser/teacher will arrange chairs in a line. The number of chairs lined up will be 1-2 less than the number of children participating in the game.
- The teacher will either blow a whistle continuously or arrange for some music to be played.
- When the teacher stops blowing the whistle or playing the musical instrument, all the players must run to sit on the chairs lined up.
- The player who does not manage to sit on the chair will be out.
- The teacher then keeps removing a few chairs after each round; till finally the winner is found.

2. BHASMASURAH

Practice

- This is basically a game of alertness and being focussed.
- Each participant will try to keep his right hand on another's head as the Bhasmasura did and say "Bhasma", (Ash).
- At the same time the player should stop others from keeping their hands on his head: They can protect their head by keeping their left hand just above their head but not touching it.
- One whose head is touched by another's hand is deemed out.
- The game continues till the winner is found



3. HARIOM

Practice



- This is basically an awareness and number game.
- The children sit in a circle and the teacher calls out some numbers.
- Whenever 3 and its multiples are called, the players will say 'HARI' and wherever 5 and its multiples are called the players will say 'OM'.
- Wherever multiples of 3 and 5 are called together (15,30,45,60...), the players will say "hari -om"
- The player who repeats the actual number called out instead of 'Hari' 'om' will be out.

4. BOMB BLAST

Practice



Notes

- All the players stand in straight line as shown in the figure.
- A player will be selected and he/she will stand 2 feet away in front of them facing the same direction as of those in line behind.
- A line is drawn behind the line of the players at distance of about 20 feet.
- The player selected will tell an interesting story to the players.
- In between suddenly he/she will shout 'Bomb Blast'.
- Immediately all players standing in the line run back to reach the drawn line 20 feet away.
- If the player catches any player before they reach the line, he/she is out.
- The game continues with the new player.



5. PARCEL BOMB (FUN AND CREATIVITY)

Practice



- All the participants sit in a circle.
- A small parcel or a ball is passed from one player to the other player.
- When instructor whistles continuously, but stops suddenly. At that particular moment the one who holds the ball is the victim of bomb blast.
- He/she then come to the centre where some chits will be kept in a pot with actions to be performed.
- The players picks the chit and has to perform the action written on the chit
- The actions could be dancing, mono-act, mimicry, shouting, songs, bhajans etc., the game continues till all have had a chance to do something.



6. GOING ROUND (Pradakshinam)

Practice

- This game is basically played to develop attentiveness.
- The children are seated in circle, and one player is selected to move around the circle with a handkerchief.
- 'X' with a kerchief in hand runs around the circle dropping it behind 'Y' so carefully that 'Y' is not aware of it. If 'Y' is not yet aware of the kerchief, then 'X' after completing his round comes and punches on Y's back till 'Y' picks up the kerchief and runs.
- 'X' will occupy Y's place. If 'Y' comes to know about the placing of the kerchief before hand, he picks up the kerchief and chases 'X'.
- If 'Y' touches 'X' before he completes the round, then 'X' has to run again with the kerchief and drop the kerchief at the back of some other player.
- If 'Y' does not succeed in touching 'X', then 'X' will occupy Y's place and 'Y' will run and game continues as above.

7. FROG TOUCH (SPEED AND AWARENESS)

Practice

- All the players will stand forming a square.



- A player will be selected and he/she has to assume the posture of a frog and start chasing the other players.
- In a given time, whomever the frog touches, that player is called out and he/she then has to assume the role of a “Frog”, and the game continues.



INTEXT QUESTIONS 12.1

1. The player who does manage to sit on the.....will be.....
2. Each player will try to keep his.....hand on another players.....and say.....
3. A line is drawn.....feet behind the line of.....
4. When the music stops, the player with the ball.....a chit, andthe activity written on the chit.
5. In a given the player acting as ahas to catch anotherwho then becomes the frog.

12.2 AISE KHEER KHAYENGE

This is basically an activity for developing memory.

Aise kheer pakayenge

saare mil kar khayenge.

Kaun khayenge yeh kheer?

Hum khayenge,

Aap khayenge,

saare mil kar khayenge.

Kaise kheer khayenge ?

Chammach bhar ke khayenge.

Chammach Chammach

Chammach Chammach

Chammach bhar ke khayenge.

Aise kheer pakayenge

saare mil kar khayenge.

Ek Chammach se kyä hoga?

Katori bhar ke khayenge.

Katori Katori Katori Katori

Katori bhar ke khayenge.



Notes

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Notes

Aise kheer pakayenge
saare mil kar khayenge.

Kheer bahut accha hai,
Katori bahut choti hai.

Kaise khayenge?

Patila bhar ke khayenge.

Patila Patila Patila Patila

Patela bhi chota hai

nahi chalega nahi chalega,

Drum bhar ke khayenge

Drum Drum Drum Drum

Drum bhar ke khayenge

Aise kheer pakayenge

saare mil kar khayenge.

Pet bahut bhar gaya ,

To kaise hajäm karenge

Dhakkam Dhakkam Dhakkam Dhakkam

Dhakkam dhakka denge||

Aise kheer pakayenge

saare mil kar khayenge.

**WHAT HAVE YOU LEARNT**

- Education is incomplete without sports and games. In this lesson you have learnt some yogic games which are very useful in teaching us punctuality, responsibility, patience, discipline and dedication towards our goal. Each game has a particular quality. It promotes harmony, group dynamics, peace and bliss.
- We have learnt the procedure of the following games:

Musical Chair

Bhasmasura

Hariom

Bomb Blast

Parcel Bomb

Going Round

Frog Touch

**TERMINAL QUESTIONS**

1. Write the procedure of the Frog Touch game?
2. Write the procedure of Musical chain game?
3. Learn by heart and recite the poem taught in the class.

**Notes**



Notes

**ANSWERS TO INTEXT QUESTIONS****12.1**

1. Chair, out
2. Right, head, Bhasna
3. Twenty, players
4. Pick, perform
5. Frog, player