



**ASHA MODERN SCHOOL**

**A  
BETTER  
YOU**

**Part-A : Life Skills & Value Education**

**Part-B : Health & Physical Education**

**CLASS-VIII**

**(SESSION 2023-2024)**

**Part-A**

**LIFE SKILLS**

**&**

**VALUE**

**EDUCATION**

**COMPILED BY: SHEFALI JAIN**

# CONTENTS

## TERM-I

## PAGE NO.

<b>UNIT-1</b> <i>Introduction</i>	<b>3</b>
<b>UNIT-2</b> <i>Generation Gap</i>	<b>4 - 5</b>
<b>UNIT-3</b> <i>Net Addiction-And The Responsible Use of Net</i>	<b>6 - 8</b>
<b>UNIT-4</b> <i>Gender Equality</i>	<b>9 - 11</b>

## TERM-II

<b>UNIT-5</b> <i>Communication: Relationships in The Age of Social Media</i>	<b>12-15</b>
<b>UNIT-6</b> <i>Adolescence</i>	<b>16 -19</b>
<b>UNIT-7</b> <i>Bullying</i>	<b>20 -22</b>
<b>UNIT-8</b> <i>Say No to Substance Abuse</i>	<b>23 -25</b>



## UNIT: 1 INTRODUCTION

Life skills training focuses on enhancing the self-esteem, building confidence, being assertive, managing emotions, handling failures, communication and interpersonal skills, respecting others, being empathic, decision making, problem solving, resilience and much more. It will help our students to become a better individual.

Morals, values, life skills and manners- all put together become Moral Science or now called Value Education.

The present book is a project CACA (Children Against Child Abuse), is a safety program for children which is designed to teach certain core principles like: safety, mental health, emotional intelligence, child rights, gender equality, bullying (real/virtual) etc. by the World Health Organisation (WHO) to keep our children, happy, healthy and safe in every situation that children face, have faced or will face in and outside their schools. It will empower our children against tricks played by abusers.



## UNIT: 2 GENERATION GAP



When the ideas and beliefs of two generations clash and are unable to find common ground, it's known as generation gap. We all experience it with our parents and grandparents and will go on to experience it with our children as well. Generation gap appears in the form of a lack of understanding and appreciation for the other generation. When your mother reminds you that 'in our times, this was not acceptable' or when she says 'kids today do not appreciate anything', it is generation gap at work. Similarly, when you say to your friend, 'my mom is so old-fashioned' or 'my dad never respects my opinion', it is generation gap at work as well.

### **DEALING WITH GENERATION GAP:**

Generation gap is simply a difference in values and attitudes between one generation and another, especially when children start growing into young adults and start forming their own ideas about their world and situations.



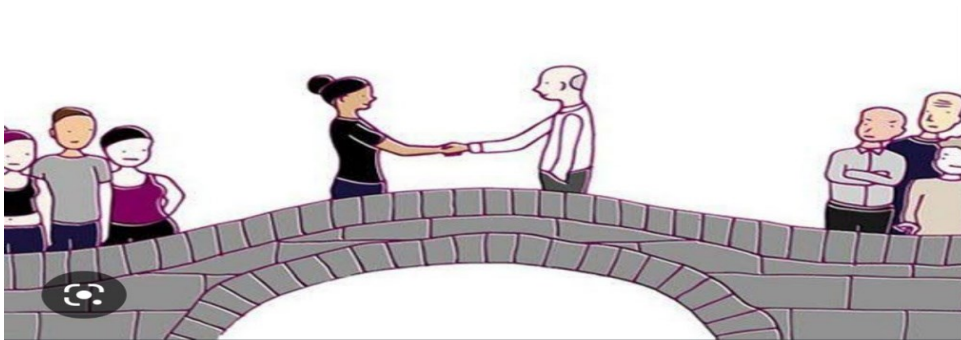
These differences stem from older and younger people not being able to empathise with each other because of their differences in experiences, opinions, habits and behaviour.

In such situations, open communication, an open attitude and willingness to appreciate the other generation's different circumstances is essential. Such

situations usually arise not because of gap in one's ages but in one's approach towards the issue at hand. This means that just because the generation is different it doesn't mean there has to be a gap and conflict. If both generations become a little more understanding about the other, a peaceful resolution can be reached.

Generation gap worsens if there is lack of communication. So, no matter how angry you get, do not give up and stop talking to your parents about how you feel. The more you communicate, the higher the chances of you convincing them about your ideas. But Communication must always be peaceful and respectful.

**The following steps can prove to be very helpful when dealing with generation gap:**



1. There must always be scope for healthy and peaceful discussion and active listening.
2. People from two or three generations should try and spend time with each other.
3. You must try to understand things as the other person sees them, not as how you want to see things.
4. You should avoid reacting and assuming things based on stereotypes, and instead keep an open mind.



## UNIT: 3 NET ADDICTION-AND THE RESPONSIBLE USE OF NET



Technology has become such an integral part of our lives that our day begins and ends with it. We can no longer imagine our lives without our phone and staying connected through the Internet. Technology was designed to serve us, but quite ironically, it has become our master and has very silently and gradually made us its slave.

In times of COVID-19, when it became impossible to meet anyone other than the people you stay with, the Internet kept us connected through social media, webinars, online video calls and so on. This increased our dependency even more and made the Internet indispensable.

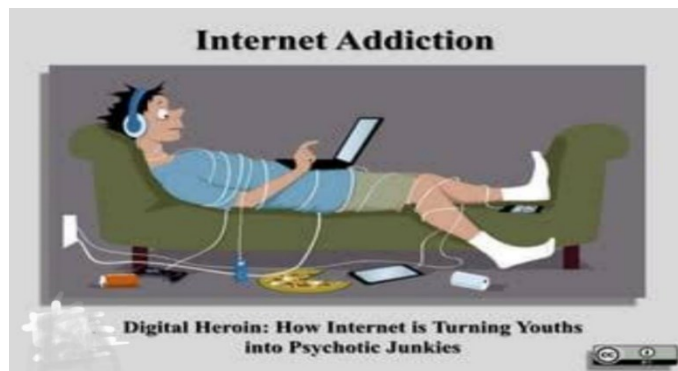
### **INTERNET ADDICTION:**



Any kind of addiction can be understood as loss of control and inability to stop doing something even when you know it's harmful for you. An Internet addiction suggests that the person is so engaged with the use of the Internet that they ignore other important aspects of their life, such as family, work, studies, friends, fitness and sleeping and eating schedule. From something

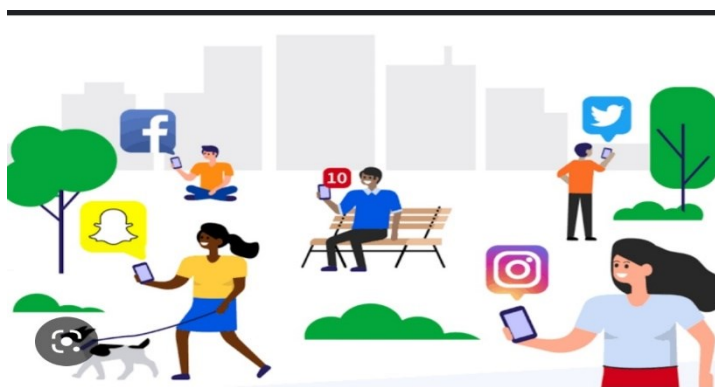
that they are enjoying, spending time on the Internet becomes uncontrolled and even turns into a psychological disorder, which then requires proper therapy and professional help.

**A person suffering from Internet addiction is likely to show some of the following signs and symptoms:**



- Negative impact on performance at school
- Inadequate involvement with family or friends
- Loss of interest in hobbies and other interests
- Increased feelings of anxiety or depression, especially when away from phone/computer
- Excessive procrastination about stepping away from the device
- Increased irritability and anger
- Repeated lying about the extent of computer or Internet use

**The following steps can be undertaken to cope with Internet addiction:**





1. Set a specific time for net use. Using the phone randomly at all hours tends to distract you from your regular routine.
2. Turn off notifications from applications unless you need them for studies, as they act as constant reminders to go back on the Internet.
3. Put away the phone during meals, and limit yourself to one screen at a time.
4. Engage in physical play more than playing online.
5. Address underlying fears and insecurities that lead you to the safe, anonymous world of the Internet, away from the real world. In severe cases, seek counselling and therapy.

*"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots."*

- ALBERT EINSTEIN

## UNIT : 4 GENDER EQUALITY



### **GENDER : ITS SOCIAL MEANING**

The word **gender** describes the socially-constructed roles and responsibilities that societies consider appropriate for men and women. Gender equality means that men and women have equal power and equal opportunities for financial independence, education, and personal development. Women's empowerment is a critical aspect of achieving gender equality. It includes increasing a woman's sense of self-worth, her decision making power, her access to opportunities and resources, her power and control over her own life inside and outside the home, and her ability to effect change. Yet gender issues are not focused on women alone, but on the relationship between men and women.

### GENDER: ITS BIOLOGICAL MEANING

Nature has made our bodies in such a manner that we will either be called a male or a female. But, sometimes, a child is born who does not fit into either of the biological categories. Such people are called intersex or trans genders.

However, gender is related to various roles and behaviours that the society expects from people. They are not made by nature. For example, 'men are physically stronger than women' is nature made

but 'women should do the household chores and men should be bread winners' is made by society.

## EQUALITY: MEANING

In a society, everyone has the right to lead his/her life accordingly without any discrimination. When this state is achieved where all individuals are considered to be equal irrespective of their caste, gender, colour, profession, and status, we call it equality. Equality can also be defined as the situation where every individual has the same rights and equal opportunity to grow and prosper.

### Methods to measure Gender Equality:

Gender equality can be measured and a country's growth can be traced by using the following methods.

- Gender Development Index (GDI) is a gender-based calculation done similar to the Human Development Index.
- Gender Empowerment Measure (GEM) is a detailed calculation method of the percentage of female members in decision making roles.
- Gender Equity Index (GEI) considers economic participation, education, and empowerment.
- Global Gender Gap Index assesses the level of gender inequality present on the basis of four criteria: economic participation and opportunity.

### Roadblocks to Gender Equality:

Indian society is still wrecked by such stigmas that dictate that women are meant to manage the home and stay indoors. This is being done for ages, leading to neglect of women in areas like education, health, wealth, and socio-economic fields. This ill practice had led to numerous female feticides. It has created a notion that girls are a burden on a family, which is one of the primary reasons a girl child

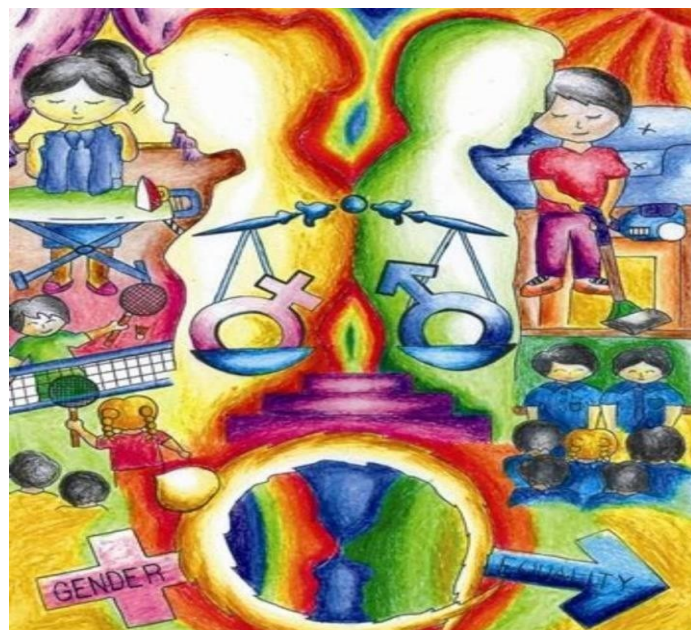
cannot continue her education. Even if they excel in education and become independent, most of them are forced to quit their job as their income is considered a backup source, which is not fair. New-age women are not only independent, but they are confident too. The only thing they demand from society is support, which we should provide them.

#### How Important Is It To Break Gender Stereotypes:

By removing gender-stereotypes from the children's learning and playing environment, all children are able to develop to their fullest potential. They no longer absorb potentially harmful stereotypes that could become the basis for gender-based violence later in life.

#### Ways to Prevent Stereotyping In Your Classroom:

- Have Honest Conversations About Stereotype Threat.
- Create an Inclusive Environment.
- Expose Students to a Range of Perspectives and Teaching Materials.
- Foster a Growth Mind set in the Classroom.



## UNIT: 5 COMMUNICATION: RELATIONSHIPS IN THE AGE OF SOCIAL MEDIA



Communication is becoming instant, precise and direct, especially due to the availability of easy-to-use technologies, such as instant messaging and social media platforms. Digital communication channels are gradually replacing traditional communication channels, such as face-to-face conversations, physical letters and fixed-line telephones. How we communicate with each other ultimately affects our relationships. Hence, while we may have innumerable 'friends' or 'followers' on social media, only a few may be close, trustworthy or dependable.

While using various digital modes to communicate regularly, we create our digital footprint online. A digital footprint is a record of information and content that we post or upload on the Internet, such as social media posts, photos and videos, contact information, web pages visited and passwords. It is stored on servers and can always be traced back to the source. We thus have an additional responsibility of safeguarding our privacy and ensuring the accuracy of what we publish.

Let us understand the features, risks and benefits of digital communication.



## Advantages of digital communication:

1. Digital communication is instant and live.

- 24x7 connectivity
- Quick decision-making
- 



2. Digital communication enables the use of multiple formats.

- Use of text, photo and video together to create engaging messages
- Personalised and customised messages

3. Digital communication keeps us connected despite physical distance.

- Global connectivity
- Quick access to information, informed decision-making

4. Digital communication is publicly broadcast.

- Quick dissemination of information
- Greater public debates and public support
- Expansion of friends network
- Helps in education



## Disadvantages of digital communication:



- Casual approach to conversations
- Expectation of quick responses multiple formats.
- Safety issues due to private media shared in public
- Redundant circulation of message
- Low personal involvement in relationships
- Public display of personal thoughts and feelings

- Increased digital footprint

Communication is paramount to our social life and how we communicate can either nurture or break relationships.

When using digital communication, we must understand that the recipients are not in front of us watching or listening to us as we communicate. In the case of digital communication, non-verbal communication such as expressions, tone and gestures are not available to provide additional cues to the recipients. Hence, we should make an effort to express ourselves correctly and clearly, while maintaining the emotions.

Digital communication is useful when physical constraints such as time, distance or space pose a hindrance. Its ease-of-use helps build a 'global village' by facilitating access to information and connecting people. However, by getting too absorbed in the digital world, we sometimes lose out on face-to-face communication, thus taking away the personal touch necessary to nurture relationships. Warmth in relationships warrant interactions, which require people to physically meet and communicate. Depending on the need and the context of the situation, we should wisely choose between digital and traditional forms of communication.

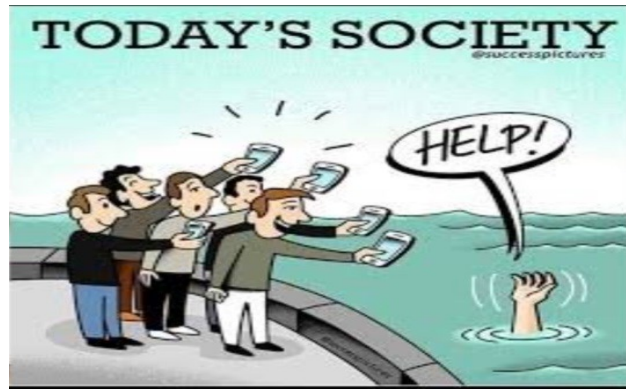
### **Conclusion:**

- Digital modes of communication are gradually replacing traditional modes of communication due to convenience and ease-of-use.
- Digital media has various advantages, that however may cause an unintentional loss of personal touch necessary while communicating with friends and family.



- A permanent digital footprint is a by-product of our extensive digital communication, which we must be cautious of.

- We must carefully choose our mode of communication, depending on what is being communicated and to whom. Investing time and effort in communication is important to nurture relationships.





## UNIT: 6 ADOLESCENCE



### UNDERSTANDING ADOLESCENCE:

- Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth.

### CHARACTERISTICS OF ADOLESCENCE:

- Biological growth and development
- Specific hormones are released
- voice changes
- Behavioural changes.

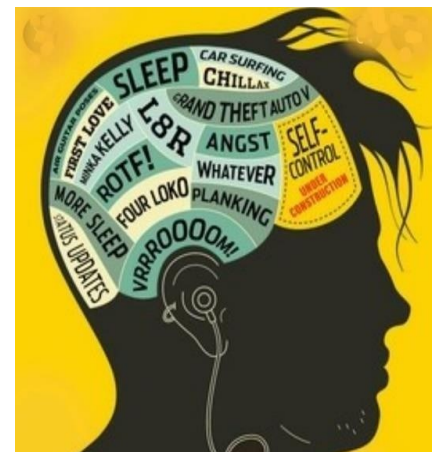


## Psychological problems

- Health problems
- Increased pressure
- Complexion problems
- Undefined Status
- Unclear social expectations
- Some treated as children, some as adults
- Parents, friends, and teachers all pressure adolescents to behave in particular ways.
- Peer pressure is the strongest.
- Many teens feel pressure to be in a relationship or find a job.
- The Search for Self
- The ability to establish personal norms and priorities is important.
- Preparing for future roles is one aspect of finding oneself.
- Bullying: Bullying is an intentional behaviour that is meant to hurt and dominate another person. It includes verbal and physical abuse, as well as cyber bullying—using electronic means to torment, threaten, harass or humiliate. It leads to a decline in social standards of behaviour.
- Emotional changes and problems
- Educational challenges
- Mood swings are common among teenage boys and girls

## How to Deal With Common Problems Of Adolescence:

Adolescence is not an easy time for children or parents. The only way to deal with needs and problems at this age is to know about them and be ready to face them. Parent-adolescent conflicts that cause insecure and unstable feelings have a linear association



with pubertal maturity.

Understanding and dealing with these conflicts positively could help your child be more responsible and social.

#### Solution:

- There are media campaigns to stop bullying.
- The best way you can do to help your teenager get through the stage is to make them aware of these changes.
- Explain that it is normal for the body to change as every teenager goes through it! Help them adapt to these changes acknowledge the change and help them accept it.
- Enable them to stay healthy and fit through a nutritious diet and exercise.
- Assist them to take care of themselves.
- Tell your teenagers that it is okay to feel the way they are feeling.
- Encourage them to exercise as physical activity helps keep the serotonin (creates good feelings and happiness) levels up.
- Let them talk. Listen to them without judging and avoid giving them advice when they are not ready for it.
- Share your experiences of puberty or let them talk to an older sibling who has gone through the same. It will emphasize that it is okay to feel the way they do.
- Indulging in a creative activity can help them channelize their emotions.
- Remember that your adolescent child is not completely independent in dealing with their emotions and needs your support. Help them by telling them what you do when you feel sad, angry, jealous, etc. They can try those solutions to come out of their own emotional issues.
- Keep an eye on your child's behaviour. Look for erratic

behaviour and change in their appetite, sleep patterns, and moods.

- Do not spy on them or accuse them of any wrong doing. Encourage them to talk and be honest. Tell them what your concerns are and discuss the problem with them.
- You may have been a teenager yourself. But once you become a parent to a teen, you seem clueless. Think about it – your adolescent is at an age that you have already been through. Be empathetic and try to understand what your child is going through. That makes dealing with their problems easier.

#### CONCLUSION:

Adolescence is a phase when children go through several changes as they journey from childhood to maturity. It is also a vulnerable time for children since they may experience several problems of adolescence, such as unhealthy behaviours, which may lead to significant problems later in life. Concerns about adolescent behaviour are also common during this time, making it difficult for parents to connect with their children.

## UNIT: 7 BULLYING

### INTRODUCTION:

Bullying is not done for fun, is not a one-time thing, and is not a quarrel or a conflict. It happens when someone enjoys troubling, hurting and frightening another person, and tries to do it, repeatedly.

### TYPES OF BULLYING:

- Physical building
- Verbal bullying
- Social building
- Cyber bullying



### EFFECTS OF BULLYING:

Bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying—or something else—is a concern.

- Depression and anxiety
- increased feelings of sadness and loneliness
- loss of interest in activities they used to enjoy
- changes in sleep and eating patterns
- Health complaints
- Decreased academic achievement



These issues may persist into adulthood. Bullying victims also tend to experience a wide range of emotions. They may feel angry, bitter, vulnerable, helpless, frustrated, lonely, and isolated from

their peers. Consequently, they may skip classes and resort to drugs and alcohol to numb their pain. And if bullying is on-going, they may develop depression and even contemplate suicide.

### Steps to stop bullying:

For many students a positive academic environment is increasingly harder to obtain. This is mainly due to their lack of safety. Whether it be inside the classroom or out. So take these measures to stop bullying:

- Teach them to be alert and vigilant
- Bystanders can help stop bullying, more people have more power than one person. So the witness can put a stop to the bullying.
- Children are more likely to convince each other to stop bullying than adults are.
- If you step in, others are more likely to step in too. Almost everyone disapproves of bullying.
- Stay away from kids who pressure you to bully others.
- Another technique to stop is:

A teacher is coming even if it is not true this creates a distraction from the situation in which someone is being bullied. You can even say, "let's get out of here". (Inviting the bullied person to leave with you is a powerful way to show support, and it provides them an escape from the situation.) A false call can help, like "Gupta ma'am has been looking for you. She wants you to go to her immediately."

## CONCLUSION:

One of the goals of every educator, parent, and student is to prevent bullying from happening. By using above mentioned skills we can prevent bullying wherever it occurs. For example, youth sports groups may train coaches to prevent bullying. The more we understand why and how people bully, the more we can each do to help stop and prevent bullying.

It's important for adults to teach and inspire children to intervene when they see bullying happening. Showing children how to intervene and reassuring their belief that bullying is morally wrong.

## UNIT: 8 SAY NO TO SUBSTANCE ABUSE

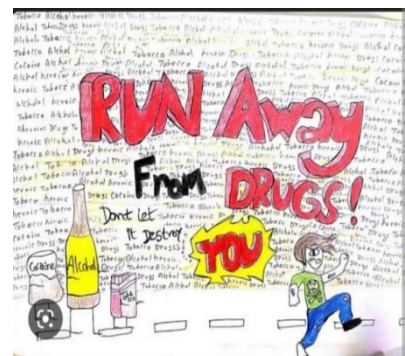
### -A Doorway to Hell



All of us want to look cool, especially to our peers. For this reason, we often resort to shortcuts to popularity and get distracted or charmed by harmful things such as drugs and alcohol. You must have seen and heard stories of how people were tempted by their friends or seniors into substance abuse. However, always remember, there are no shortcuts in life. Substance abuse can actually open a doorway to hell.

A drug is a chemical substance which can change your body processes as well as psychology, when consumed. When we take these drugs to cure a medical condition, we call them medicines. But when we consume drugs for fun or experimentation, it is known as drug abuse. People consume drugs by inhaling, injecting, snorting into nose, taking it orally, etc. They consume drugs usually for one or more of the following reasons:

1. To give themselves a pleasurable experience
2. To help them feel better if they are having a bad time
3. Out of curiosity as their friends are using them
4. To experiment to see what it feels like
5. To be popular and look cool



However, as mentioned before, teenagers who do substance abuse have no understanding of the dangers of it. The biggest danger is that most of these



substances are highly addictive. If have taken them even once or twice, your body will keep craving for them more often and regularly. This craving, if not satisfied, leads to painful withdrawal symptoms which are not only physical, but emotional and behavioural as well. Some of them are nasal congestion, fatigue, irritability, muscle pain, nausea, restlessness, runny nose, sleeping difficulties, sweating, tremors and vomiting.

**Substance abuse can have several negative impacts on our life as follows:**

1. It can lead to problems with money, education and employment.
2. It can spoil our friendships and relationships.
3. It can increase the sense of low self-esteem.
4. It can have a bad effect on our body and mind.
5. It can push us into engaging in stealing to fund the drug habit.
6. It can cause death at high doses. Repeated use of some drugs can also cause psychosis (thought and emotions are so impaired that contact is lost with external reality) and paranoia (characterised by delusions, unnecessary jealousy or exaggerated self-importance).
7. It can lead to a distorted idea of reality, forgetfulness, distress, confusion, depression, etc.

There are many occasions in life where we need to choose the option which appeals less to us. So, even if you find yourself in a situation where someone is tempting you or forcing you to consume drug/alcohol, say 'no' firmly without hesitation.



**If you wish to stay away from substance abuse, then you can do the following things:**

1. Avoid places where you know drugs and alcohol will be available.
2. Surround yourself with friends who don't do substance abuse.
3. Engage in meaningful activities as a way of resisting temptation.
4. Learn how to cope with stress and relax without opting for external substances.
5. Develop hobbies or recreational activities like exercise or listening to music.

*"First you take the drink, then the drink takes a drink, then the drink takes you"*

-F. SCOTT FITZGERA



**Part-B**

**HEALTH**

**&**

**PHYSICAL**

**EDUCATION**

**COMPILED BY: MANOJ SHARMA**

# **CONTENTS**

## **Term – 1**

1. Various Physical Exercises
2. Social Health

## **Term – 2**

3. Gymnastics
4. Meditation

## **TERM – 1**

### **UNIT 1: VARIOUS PHYSICAL EXERCISES**

#### Exercises for Muscular Strength and Endurance

In this chapter we shall deal with health related physical fitness. We shall discuss about the various exercises to increase muscular strength, muscular endurance, cardio-vascular endurance, flexibility and physical synergy.

#### **Muscular Strength**

##### **Exercise 1: Hand stand dips (with the help of partner)**

###### **How to do this Exercise:**

1. Stand facing your partner at a distance of about one foot.
2. Stand on your hands asking your partner to hold the legs at the knees.
3. After that fold your arms at the elbow and lower your body towards the ground.
4. Straighten your arms, raise the body again and return to the starting position.

###### **How many times the exercise should be repeated:**

This exercise could be repeated for 5 to 6 times and the repetition could be increased with time.

###### **Benefits:**

This exercise increases strength and stamina of arms and shoulders muscles.

##### **Exercise 2: Push-ups with the help of a partner**

###### **How to do this Exercise:**

1. Stand on your palms and toes. Take the position for push-ups.
2. Now ask the partner to hold your ankles and lift them up by standing near your feet.
3. In this position do 5 to 7 push-ups.
4. With the help of your partner straighten your elbows and slowly bring your feet down.

###### **How many times the exercise should be repeated:**

This exercise could be repeated 10 to 15 times and the frequency can be increased with the passage of time.

###### **Benefits:**

This exercise makes the muscles of arms and shoulders strong.

## Muscle Endurance/Stamina

### Exercise 1: Raising and lowering arms bearing dumb bells

#### How to do this Exercise

1. Stand holding a dumb bell weighing about 1 kg. in each hand.
2. Raise the dumb bells over the head and straighten the arms.
3. Bend the arms at the elbows and take the dumb bells behind the head.
4. Now again bring the arms straight over the head and then bring them slowly down on the front.

#### How many times this exercise should be repeated:

This exercise should be repeated at least for 10 to 15 times initially and then the frequency could be increased with the passage of time.

#### Benefits:

This exercise makes the muscles of forearms and shoulders strong.

### Exercise 2: Sit-ups

#### How to do this Exercise:

1. Lie on your back.
2. Place your hands behind the neck and clamp the fingers of both the hands together.
3. Raise the knees and make an angle of 90° to 100° with your legs.
4. Raise your body and try to touch the head to the knees.
5. Now lower your body slowly and come back to the starting position.

#### How many times this exercise should be repeated:

At a time you should start with not more than 10 sit-ups. Frequency could increase with the passage of time.

#### Benefits:

This exercise strengthens body muscles and improves stamina.

## UNIT 2: SOCIAL HEALTH

### Why Social Health Is Important?

There are a lot of things that contribute to your overall health, including your relationships with other people. Today, we're going to talk about your social health and why it's important.

#### Social Health

Social health is commonly defined as your ability to form meaningful relationships with other people and interact in healthy, positive ways. The way you connect to the people around you, adapt to different social situations, and experience a sense of belonging all contribute to your social health.

#### Why It Matters

Social health is important enough that the World Health Organization includes it in their definition of health: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." That's because having meaningful relationships with other people can reduce stress and provide a sense of security that promotes good emotional health.

Research has shown that social health also impacts your physical health. People who have less social involvement are more likely to experience drastic health problems than those who experience more social involvement. The article suggests that "supportive social ties may trigger physiological sequence (e.g., reduced blood pressure, heart rate, and stress hormones) that is beneficial to health." That's why it's so important to consider your social health as part of your overall wellbeing.

### How You Can Improve Your Social Health

If you think your social health could use a little boost, try these tips.

- ❖ Start small. If becoming more social makes you nervous, practice your social skills with people you already know to build your confidence.
- ❖ Try to meet new people.
- ❖ Be yourself. Trying to change your personality to make more friends will prove exhausting and ultimately fruitless. You already have a lot to offer, so be yourself as you work to build your social life.
- ❖ Find people who share your interests. For example, if you like reading, you could join a book club or sign up for a local writing class. If you're a runner, find yourself a running partner. If you're an artist, seek out other creative people. Because you'll already have something in common, it will be easier to form an initial connection.

- ❖ Focus on quality, not quantity. It's great to have a lot of friends, but it's important to remember that meaningful, positive relationships are most valuable.
- ❖ Choose friends who will encourage you to make healthy choices. Surrounding yourself with people who want to see you succeed will help you reach your goals!



## TERM – 2

### UNIT 3: GYMNASTICS

#### Various Exercises

The first competition for gymnastics was held in Germany in 1884. Gymnastics for men was included in 1896 Athens Olympics. Gymnastics for women was included in the Olympic Games in 1928. The first World Cup of Gymnastics was started in 1975.

#### Tips to Remember

1. Area of the Floor Exercise : 12 m x 12 m
2. Height of the Vaulting Horse : 135 cms for men and 125 cms for women
3. Duration of time on Floor Exercise : Min. 50 sec., Max. 70 sec. for men.  
Min. 70 sec., Max. 90 sec. for women
4. No. of players in a team : 7 [6+1(Extra)]
5. No. of apparatus for men : 6
6. No. of apparatus for women : 4

#### Exercises of Boys

- 1. Floor Exercise:** Forward roll to handstand, backward roll to handstand, forward roll to head-spring, round-off, to turn back roll, to handstand, one legged head-spring, forward roll head spring, handstand to forward roll with straight legs.
- 2. Vaulting Bars:** Split Vault, Through Vault, Handstand with Cartwheel and Hand-spring.
- 3. Parallel Bars:** Upstart, front uprise, shoulder stand, handstand and backward roll.
- 4. Horizontal Bars:** Upstart with over grip, Upstart with under grip, short circle, one leg circle with wheel foot heel foot, front giant circle, and swing with through vault (dismount).

#### Exercise for Girls

- 1. Floor Exercises:** Forward roll to handstand, backward roll to handstand, round off, slow back hand-spring, round off with back roll to hand stand, split sitting, slow hand-spring, hand-spring and head-spring.
- 2. Vault Box:** A stride vault or split vault, through vault and hand-spring.
- 3. Beam:** Gallop step with balance, scissors jump, forward roll, backward roll, cart-wheel, bridge, balance, jumping with split legs.

## Rules Of Gymnastic Competition

1. Each team has seven players. All the players take on all exercises. The performance of six best players is considered for team championship.
2. The competitors and the judges should reach at ground in time.
3. The players have the right to attempt twice in horse vault. In such case best performance is considered.
4. Personal apparatus is not allowed.
5. (I) For every gymnastic exercise 0-10 points are awarded. Each point is further divided up to 10 parts.
  - (II) If panel is of 5 judges then maximum and minimum points are left then average of 3 middle points is taken.
  - (III) If panel is of 3 judges then the average of 3 middle points is taken.

## UNIT 4: MEDITATION

### Mediation - Its Types & Way to do

Meditation means training of mind. Meditation can be of following types.

#### Concentration Meditation

Concentration meditation involves focusing on a single point. This could be done by chanting some mantra, telling beads of rosary. In this type of meditation person let go his/her thoughts. It helps in improving the power of concentration.

#### Mindfulness Meditation

This encourages the practitioner to observe wandering thoughts as they pass through the mind. It helps in directing the thoughts in particular patterns.

### Benefits of Meditation

- ❖ Lowers blood pressure
- ❖ Improves blood circulation
- ❖ Lowers heart beat
- ❖ Lowers anxiety
- ❖ Brings down level of stress.

### How to start doing Meditation

1. **Choose some convenient time:** The time chosen should be when you are not likely to be disturbed by anybody or anything.
2. **Choose a quiet place:** The place for doing meditation should be quiet and peaceful and there should not be any disturbance.
3. **Correct Posture:** Sit straight with your spine erect; keep your shoulders and neck relaxed, and eyes closed throughout the process.
4. **Empty Stomach:** Meditation should be done before having meals.

### How to Meditate

1. Sit comfortably with a light stomach.
2. Close your eyes.
3. Breathe naturally.
4. Start with two to three minutes and then increase it gradually.