

Beauty and Wellness

PHYSICAL FITNESS



Class -VI

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PREFACE

There is no shortcut to create a better, stronger version of yourself.

Physical Fitness is the basis of all other forms of excellence. In this age of globalization, physical inactivity is recognized as a bigger risk factor for increase in mortality rate and various communicable diseases. Exercising regularly is the single most important thing one can do for maintaining good health. It provides immediate and long-term health benefits and improves quality of life.

In this story, the author has highlighted the importance of physical fitness to maintain a sound body and mind. This graphic novel is designed specifically for the students of Class VI to emphasize on physical fitness and its benefits. The main purpose of physical fitness story is to make the subject of Health Education available in a simple language. Learning and practicing the correct way of breathing refreshes both mind and body. The correct method of breathing, ensures adequate supply of oxygen for a healthy body. *Anulom-Vilom*, the breathing exercise is very important to energize the brain cells and improve digestion. Sun Salutation affects each sequence of the spine and all joints. The story will make young readers appreciate that physical fitness can be achieved with the regular practice of breathing exercises and Salutation to the Sun, popularly known as *Surya Namaskar*.

LEARNING OUTCOMES

- ❖ Understanding the significance of Anulom–Vilom.
- ❖ Demonstrate Anulom–Vilom.
- ❖ Summarise benefits of *Surya Namaskar*
- ❖ List different postures of *Surya Namaskar*
- ❖ Recognise benefits of breathing exercises and *Surya Namaskar*.
- ❖ Demonstrate *Surya Namaskar*.

SURYA NAMASKAR



1. PRANAMASANA



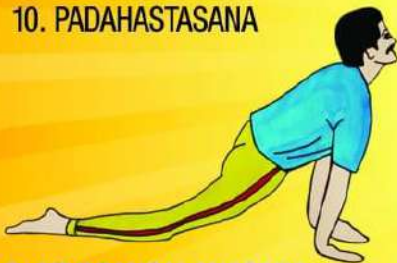
2. HASTA UTTANASANA



3. PADAHASTASANA



11. HASTA UTTANASANA



9. ASVASANCALANASANA



4. ASVASANCALANASANA



8. PARVATASANA



7. BHUJANGASANA



5. DANDASANA



6. ASTANGANAMASKARASANA



KEEP YOUR RIGHT NOSTRIL CLOSED WITH
RIGHT THUMB WHILE INHALING FROM LEFT NOSTRIL



NEXT CLOSE YOUR LEFT NOSTRIL WITH
LEFT RING FINGER AND LITTLE FINGER

ANULOM VILOM



EXHALE FROM THE RIGHT NOSTRIL AND
INHALE FROM THE RIGHT NOSTRIL



EXHALE FROM THE LEFT NOSTRIL
AND RELAX

CHARACTERS

PHYSICAL FITNESS



Hari: A 7-year-old boy, black curly hair, looking fit, stubborn and intelligent.



Raj: A 7-year-old boy, blackish brown hair with straight cut, thin, mischievous and curious looking.



Shourya: A 7-year-old boy, black-brown hair with army cut, thin, mischievous, stubborn and intelligent.



Hari's Grandmother: A 60-year-old lady, average height, face covered with wrinkles, wearing spectacles. Has a calm and composed look.



Raj's Father: A 37-year-old, greyish black hair, thick moustache, healthy, wearing full pant and shirt and black shoes.



Raj's Mother: A 35-year-old, shoulder length black hair, fit and healthy, wearing salwar and kameez with sandals.



Raj's Sister: A 14-year-old, has shoulder length curly hair, slim, smart and wearing jeans with top and sports shoes.



Soumya (Shourya's sister): A 9-year-old girl, black-brown long hair, thin, attentive, patient and intelligent.

Another day at school. It's break time and the students are engrossed discussing about physical fitness



You look so fit and strong. How do you manage to keep yourself fit?



I regularly go to the park with my mother and do activities like walking, yoga and open gym. I really enjoy doing these activities.




Then why do you always prefer to sit in the extras while playing football?

I don't feel like playing, I don't know why I feel so lazy when it comes to playing or doing any other activity.

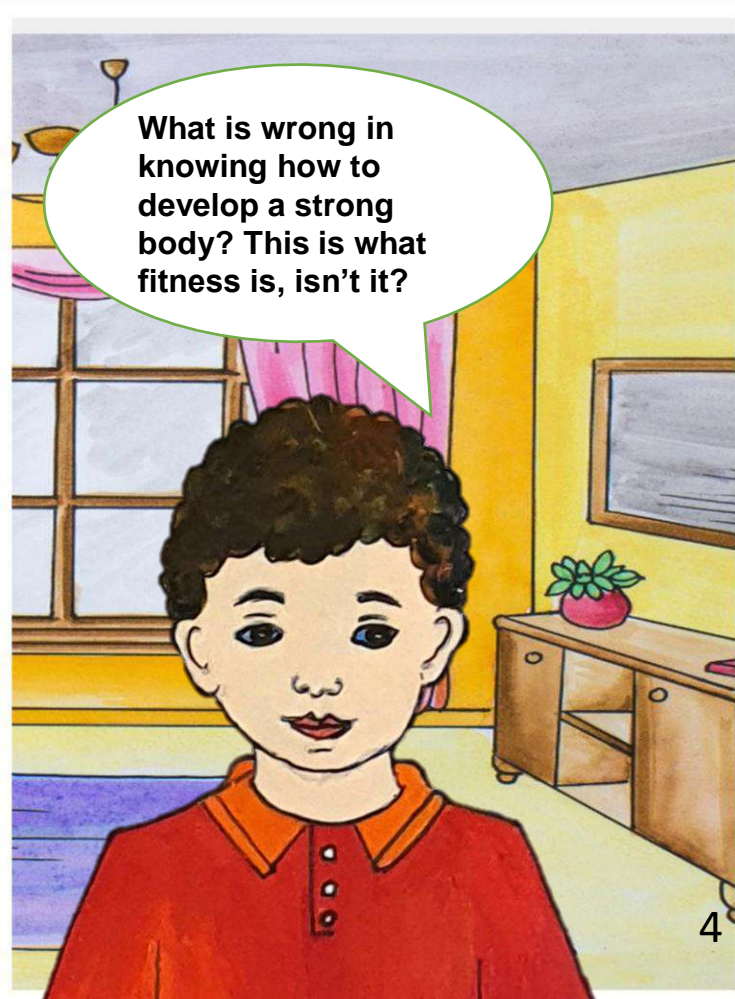







Grandma, I also want to have a strong body like the boys in the park.


You are already strong and fit Hari.




What is wrong in knowing how to develop a strong body? This is what fitness is, isn't it?




No, fitness is more than having a strong body. It is the condition of being physically fit and healthy.




So, what shall we do to stay fit?




It can be achieved with a series of exercises required for holistic development. It will help you maintain a sound body and mind.




Please tell me grandma which exercises would help me to keep myself fit and healthy.




You should practice breathing exercises regularly.




Ok Grandma! So, how can breathing exercises be helpful in staying fit and healthy?



Let me explain. First we should breathe-in and then breathe-out.



Also, exhale as long as you can and inhale.



How does exhaling for a longer time help us Grandma?

In breathing exercises a great deal of emphasis is given on exhaling. As one exhales more carbon dioxide and toxic substances leave the lungs, thus making room for fresh air while inhaling.

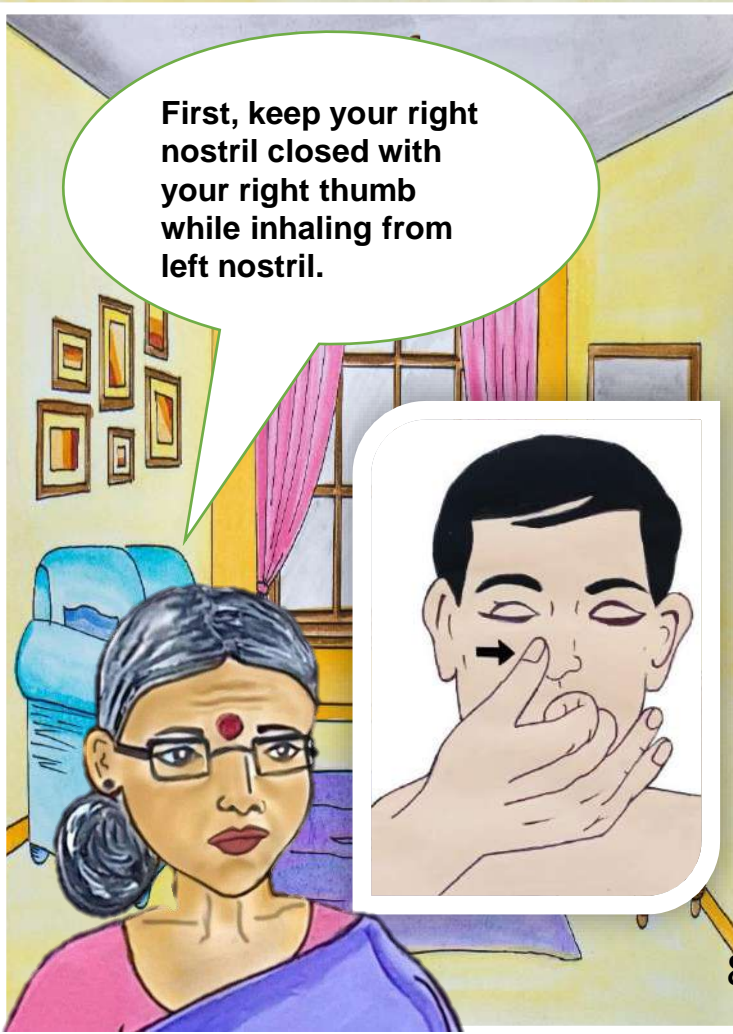
Oh! I didn't know that. Tell me more grandma.



You have seen me and your mummy doing Anulom-Vilom every day, right?

Yes...I have seen you both doing a particular exercise every day. Is that Anulom-Vilom?





Exhale from the right nostril and now inhale from the right nostril.



Exhale from the left nostril and relax. While inhaling and exhaling, hold your breath.




Ok. Grandma, I'm really curious to know how this exercise helps us stay physically fit and healthy?




'Anulom-Vilom' helps to prevent mental stress and improves our concentration and memory strength.



A boy with curly brown hair, wearing a red polo shirt, is smiling. He is standing in front of a window with pink curtains. To his right, a woman with grey hair, glasses, and a bindi is looking at him. She is wearing a pink top and a purple shawl. The background shows a room with yellow walls and a window with pink curtains.

I didn't know that it has so many benefits.

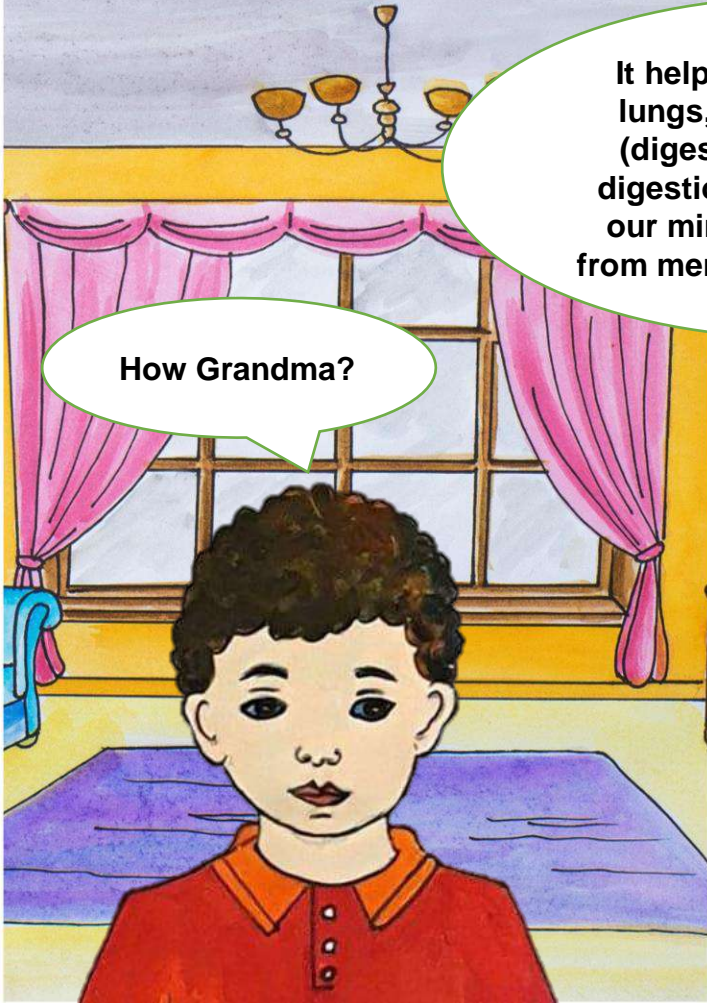
Yes Hari, but the exercise is not over yet. We have to reverse and repeat the same exercise.

A boy with curly brown hair, wearing a red polo shirt, is smiling. He is standing in front of a window with pink curtains. To his right, there is a wooden cabinet with a small plant on top. The background shows a room with yellow walls and a window with pink curtains.

But Grandma, I think this would help us only to stay mentally fit.

A woman with grey hair, glasses, and a bindi is standing in a room. She is wearing a pink top and a purple shawl. She is holding a red book. In the background, there is a blue sofa and a window with pink curtains.

No...no, it keeps us physically fit too.



How Grandma?

It helps to strengthen our lungs, boosts *Jatharagni* (digestive fire), improves digestion and helps to keep our mind calm relieving us from mental & physical stress.

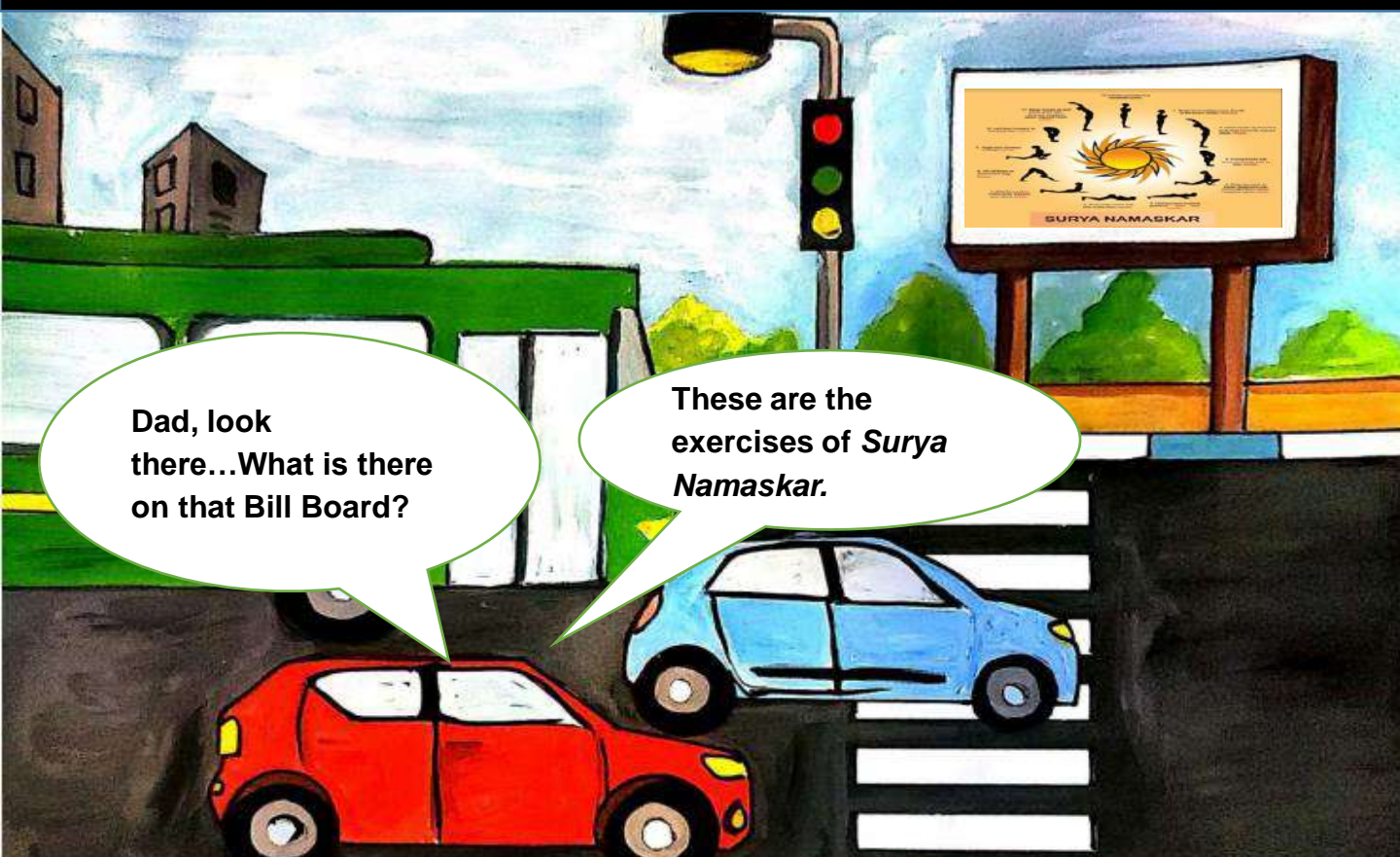


Really! This is an amazing exercise.

Thank you grandma. Now I have understood what physical fitness is in true sense. I will surely practice Anulom Vilom every day.

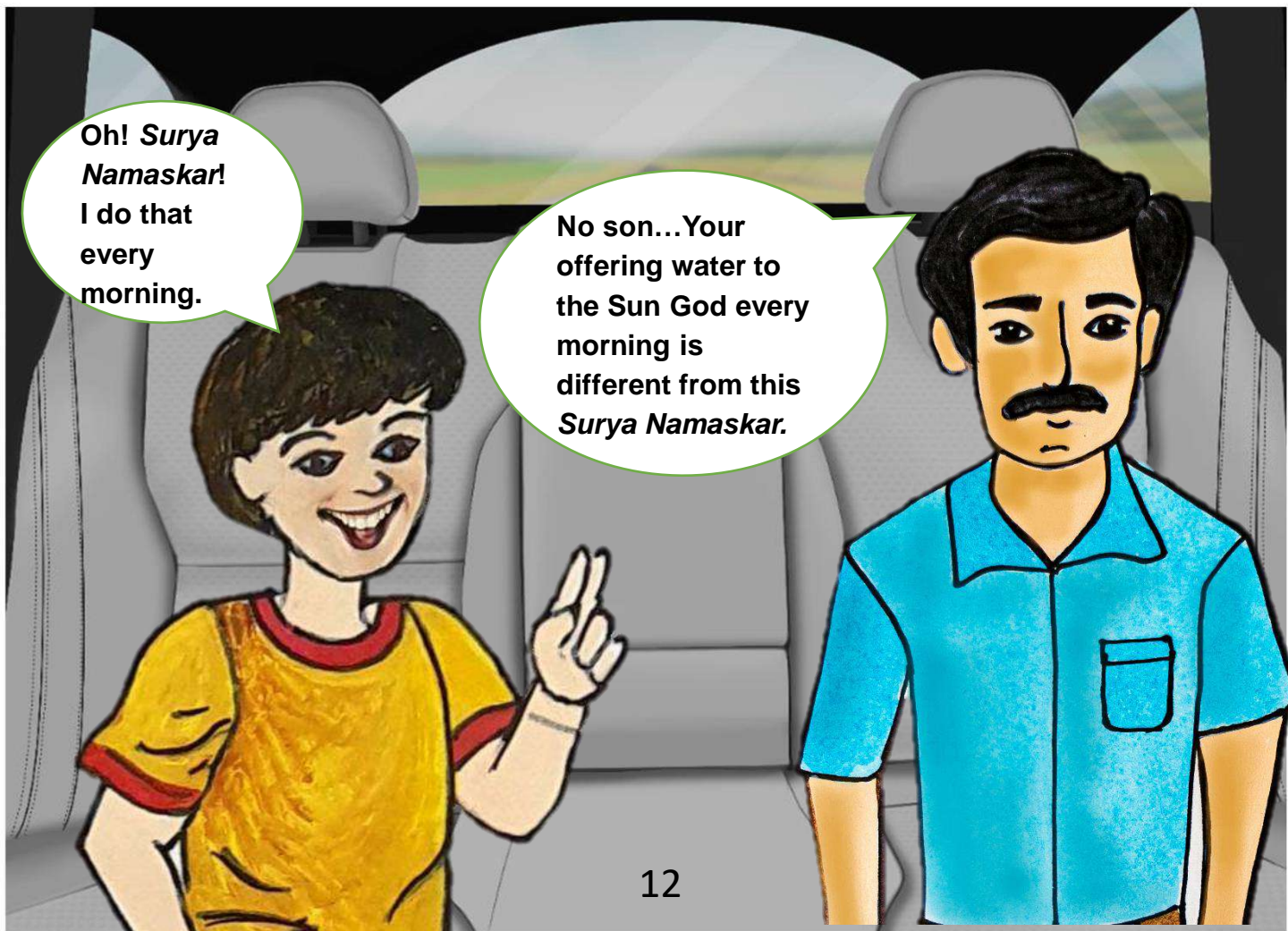


It is evening and Raj along with his family plan to visit his cousins. On the way, Raj happens to see a Bill Board




Dad, look there...What is there on that Bill Board?

These are the exercises of *Surya Namaskar*.




Oh! *Surya Namaskar*! I do that every morning.


No son...Your offering water to the Sun God every morning is different from this *Surya Namaskar*.




Is that so? Dad,
please tell me about
it.



It includes 12 different
asanas and should ideally
be practiced regularly for
best results.



I want to learn; will
you teach me how
to do it?

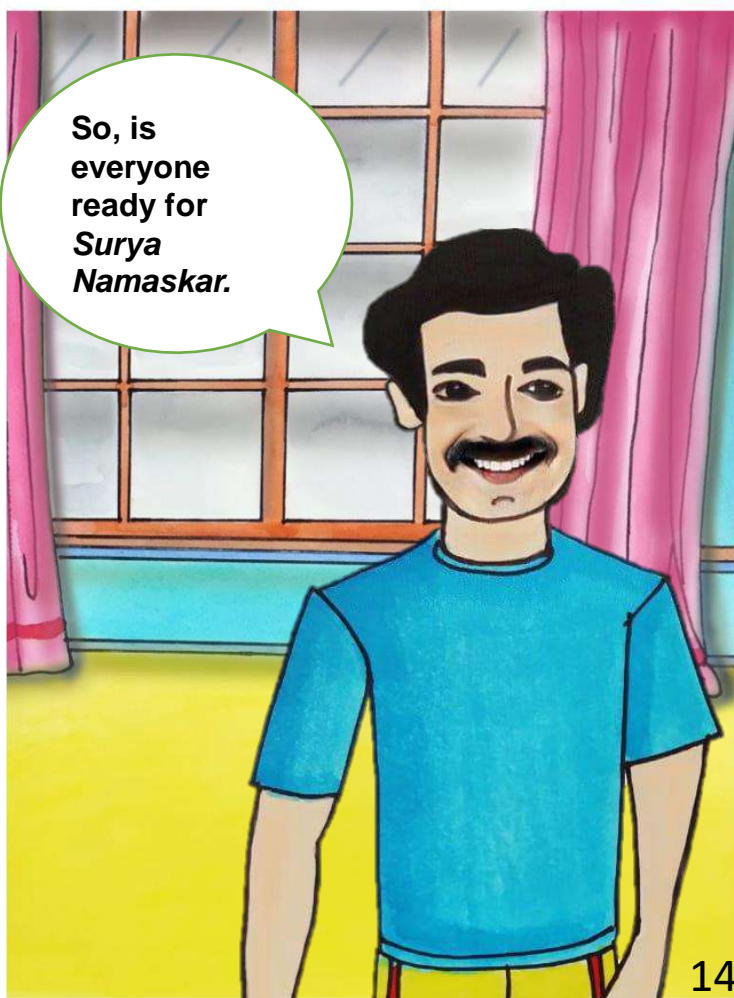


Of course Raj. Why not ask
your friends to join us
tomorrow morning? We will
help you all learn *Surya
Namaskar*. It would be fun.

Next morning, Raj and his friends join the family to learn *Surya Namaskar*.



So, is everyone ready for *Surya Namaskar*?



Yes! we are ready.



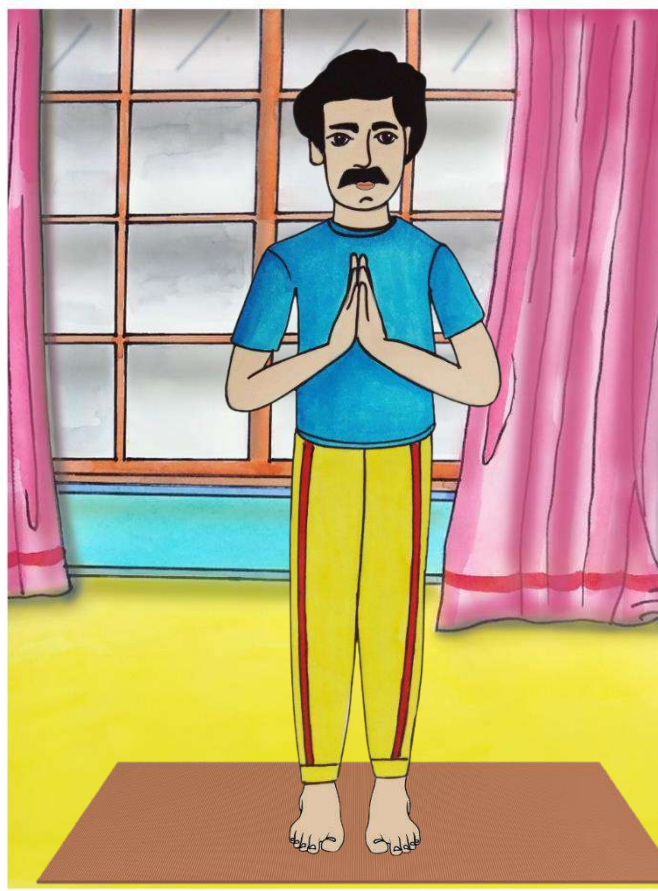
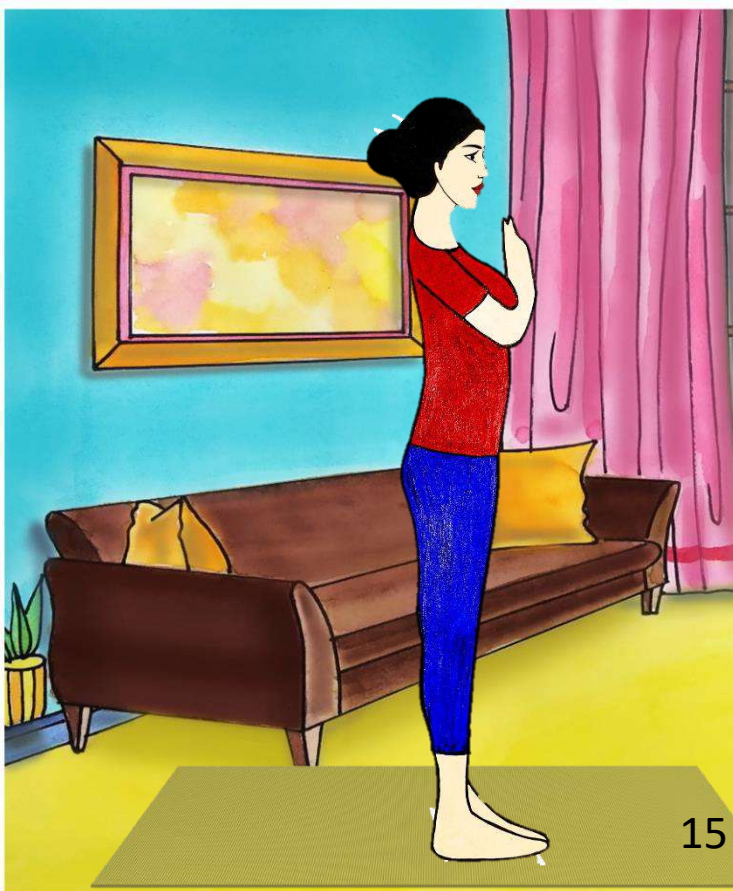
Firstly, we all must stand straight, feet together, hands joined at the chest level, in a Namaste mudra.




Uncle, this is so simple.



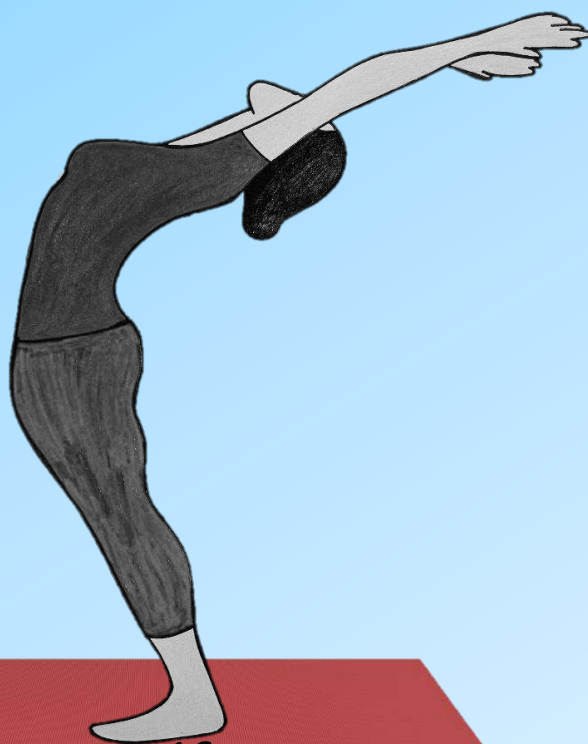
Raj's father and mother demonstrates Pranamasana of *Surya Namaskar*



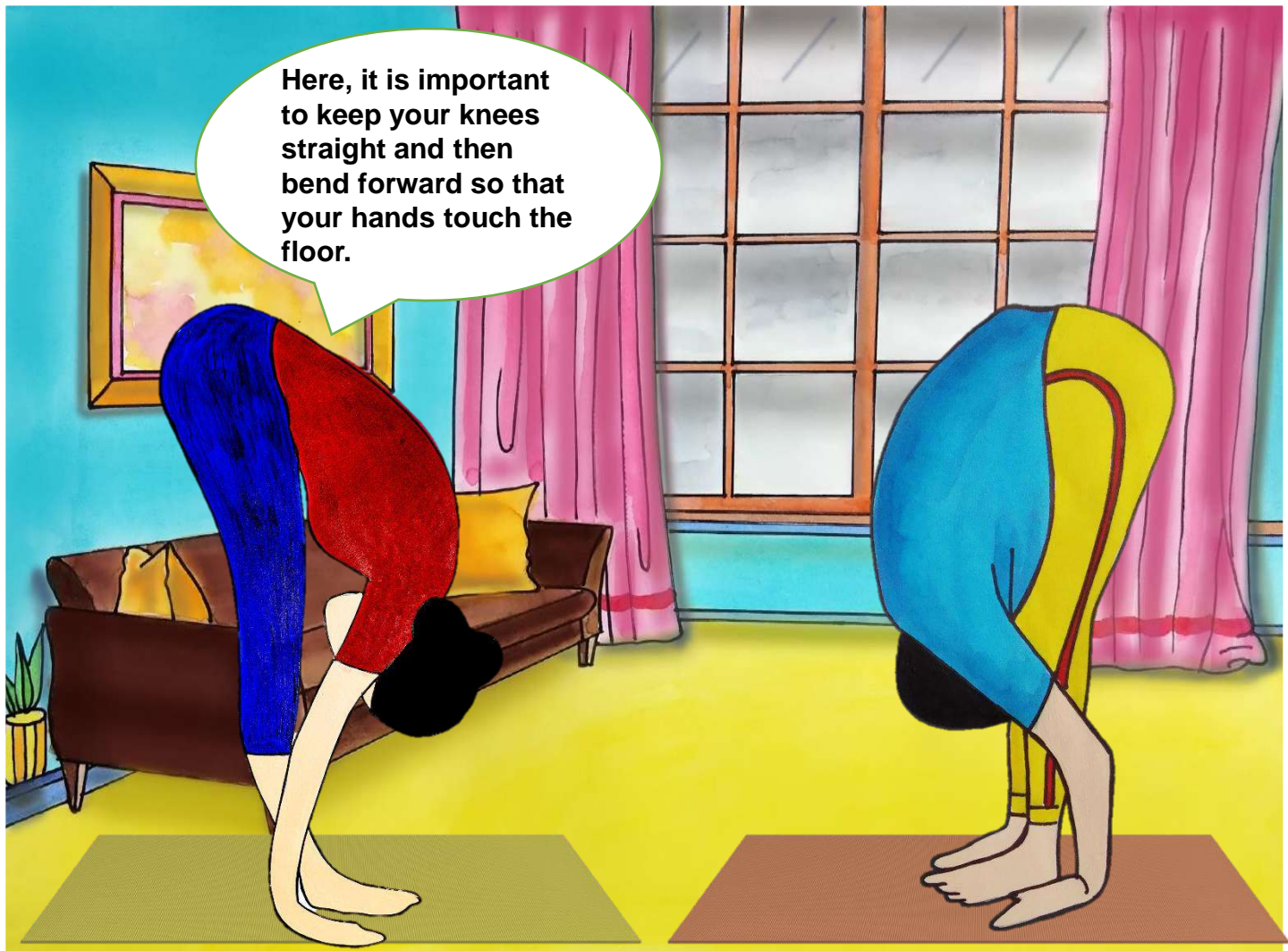


Now, raise your hands obliquely above your head, bending slightly backwards. Inhale as you do so and hold your breath.

Raj's father demonstrating Hasta Uttanasana of *Surya Namaskar*.



Here, it is important to keep your knees straight and then bend forward so that your hands touch the floor.




Raj's father and mother demonstrating Padahasthasana of *Surya Namaskar* and the children are watching them and trying to do the same.

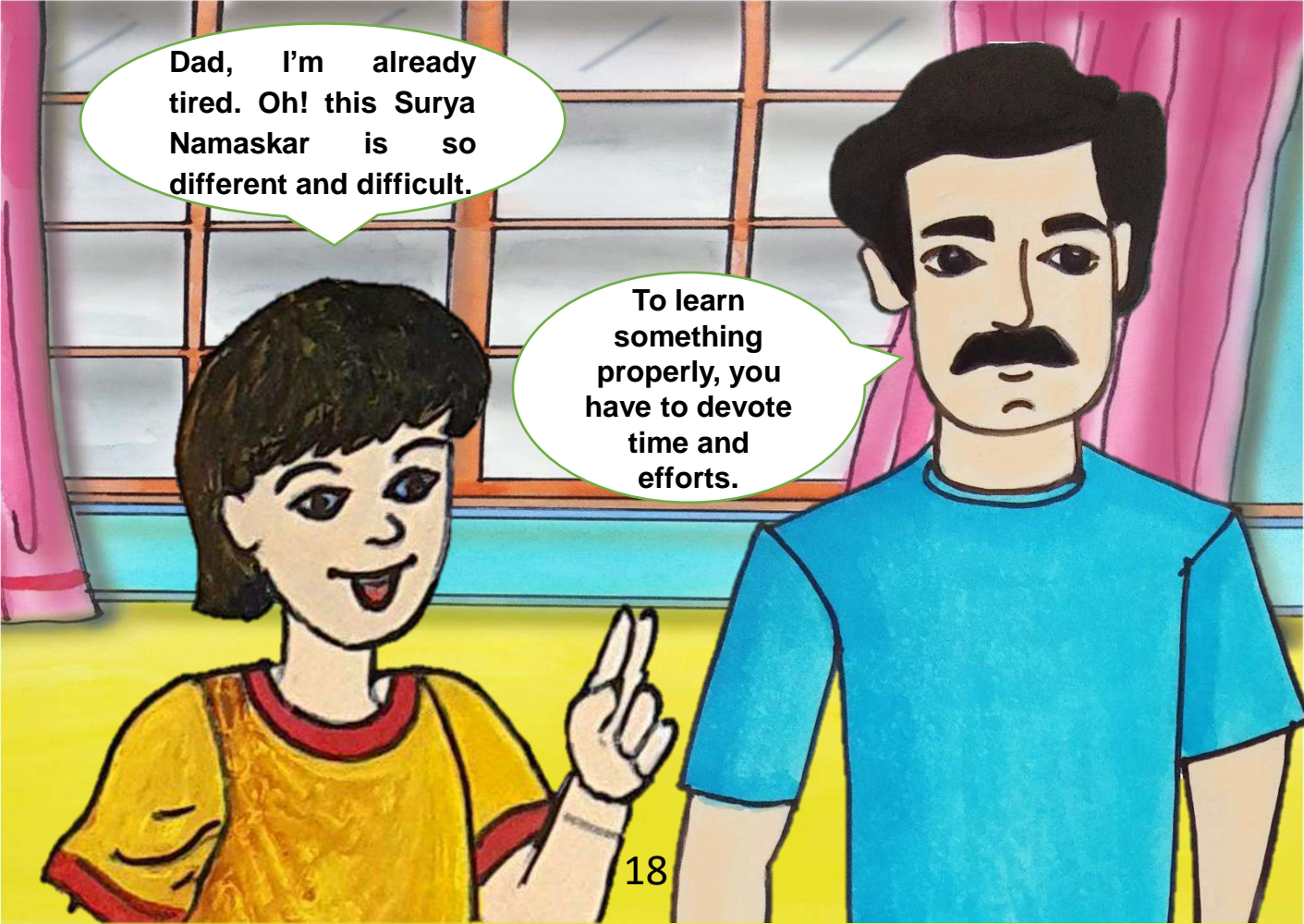


A young boy with black hair, wearing a red shirt with a blue collar, is standing in a living room. In the background, there is a brown sofa with yellow cushions, a framed picture on the wall, and a window with pink curtains.

What about my breath aunty? I'm still holding it.

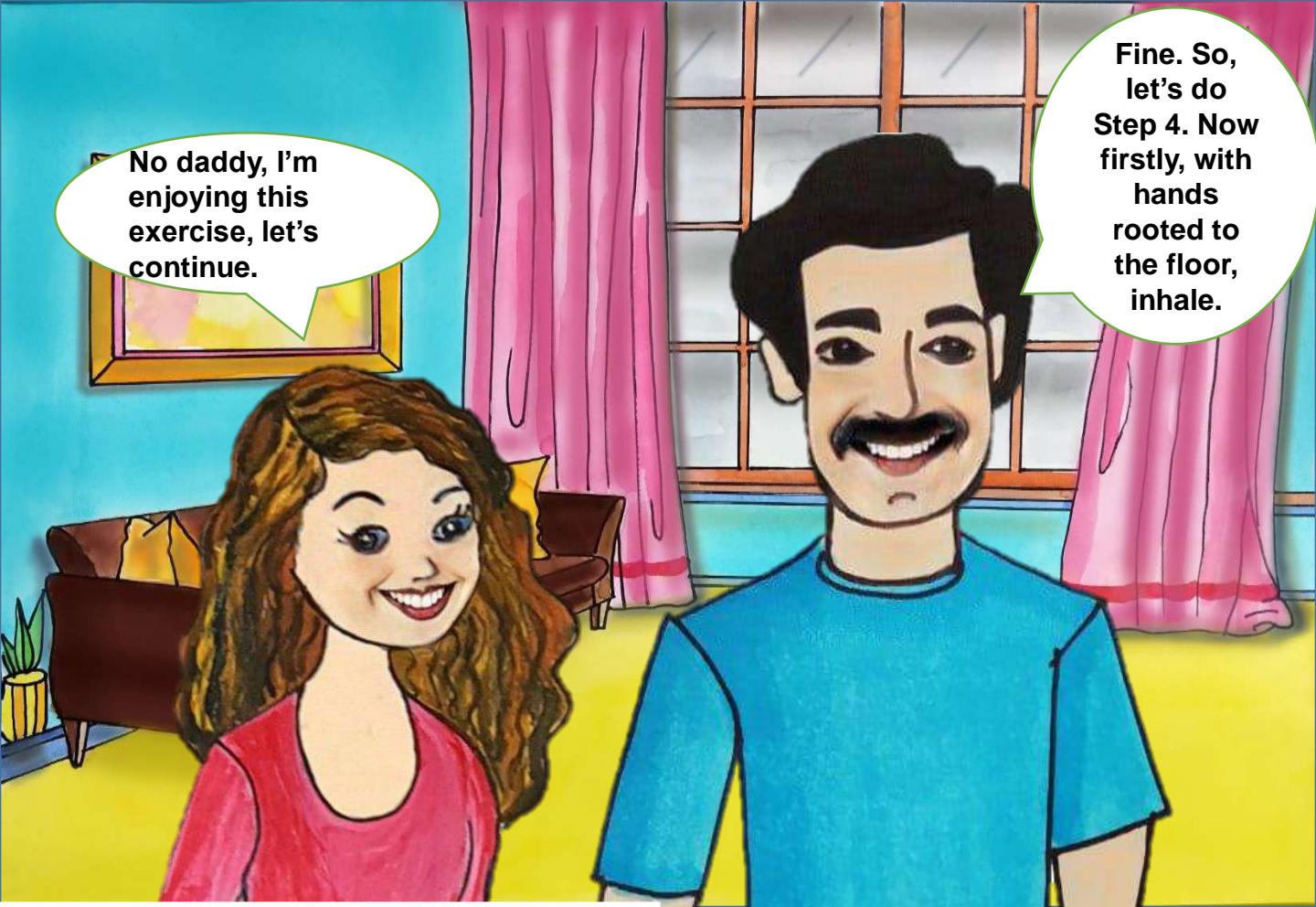
A woman with short black hair, wearing a red shirt, is shown from the chest up against a light blue background.

Exhale it, while bending, and try to touch the knees with your nose.

A young girl with short black hair, wearing a yellow shirt with a red collar, is talking to a man. The man has black hair and a mustache, wearing a blue shirt. They are in a room with a large window and pink curtains in the background.

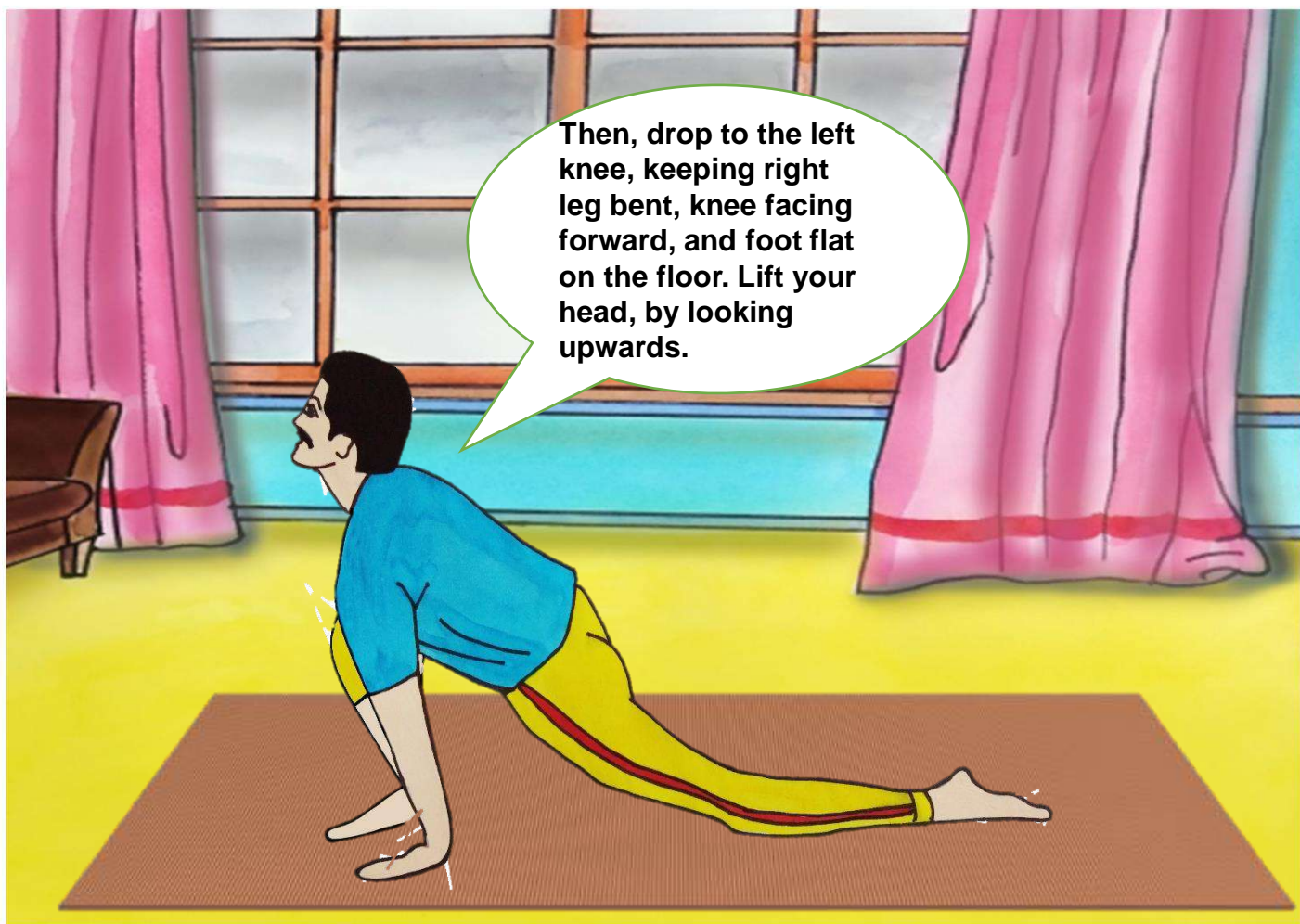
Dad, I'm already tired. Oh! this Surya Namaskar is so different and difficult.

To learn something properly, you have to devote time and efforts.




Raj's father and mother demonstrating Asva Sancalanasana of *Surya Namaskar*.





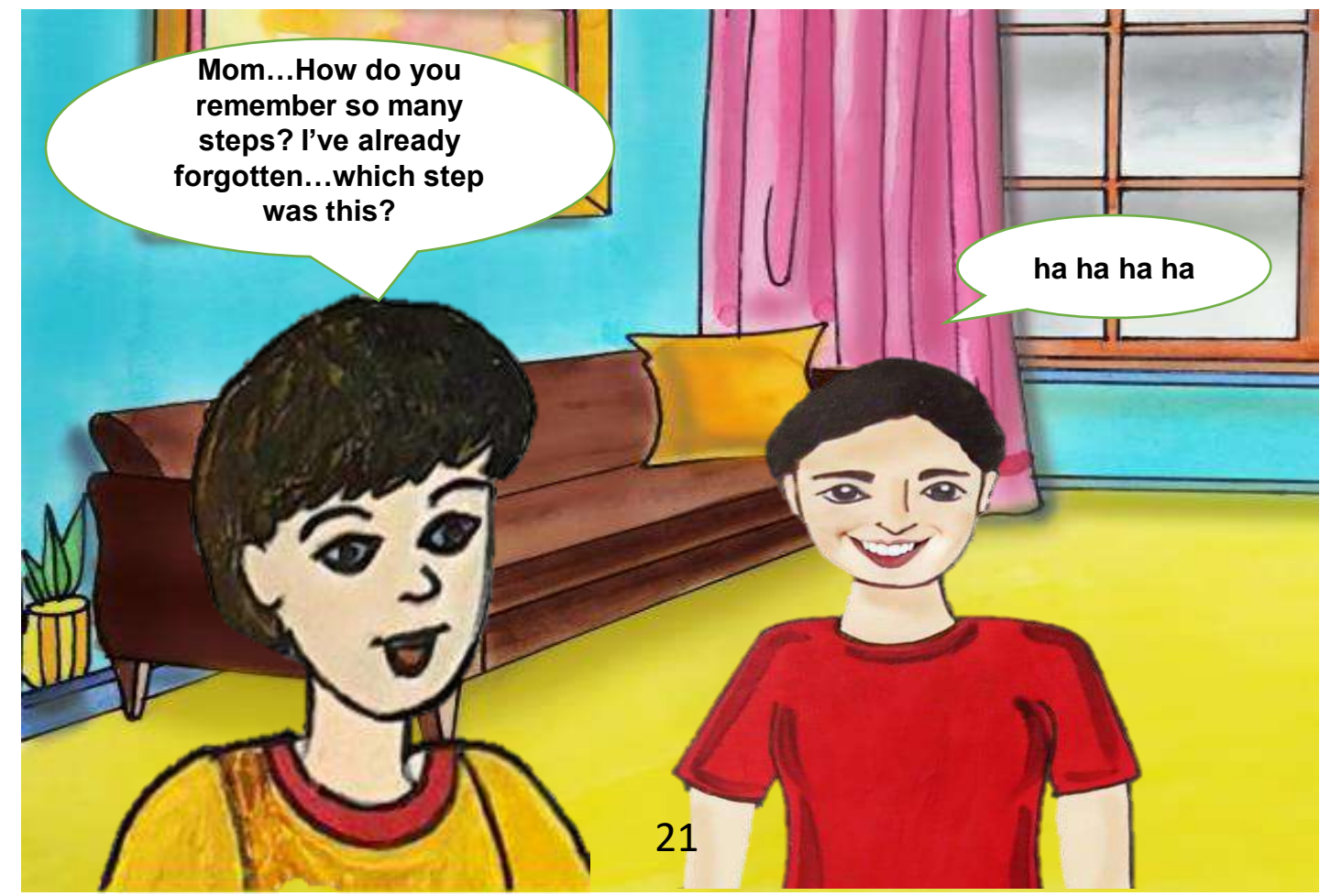
Raj's father demonstrating *Asva Sancalanasana* of *Surya Namaskar* and the children are practicing the same.





I realize it's not that simple. But, I'm liking it.

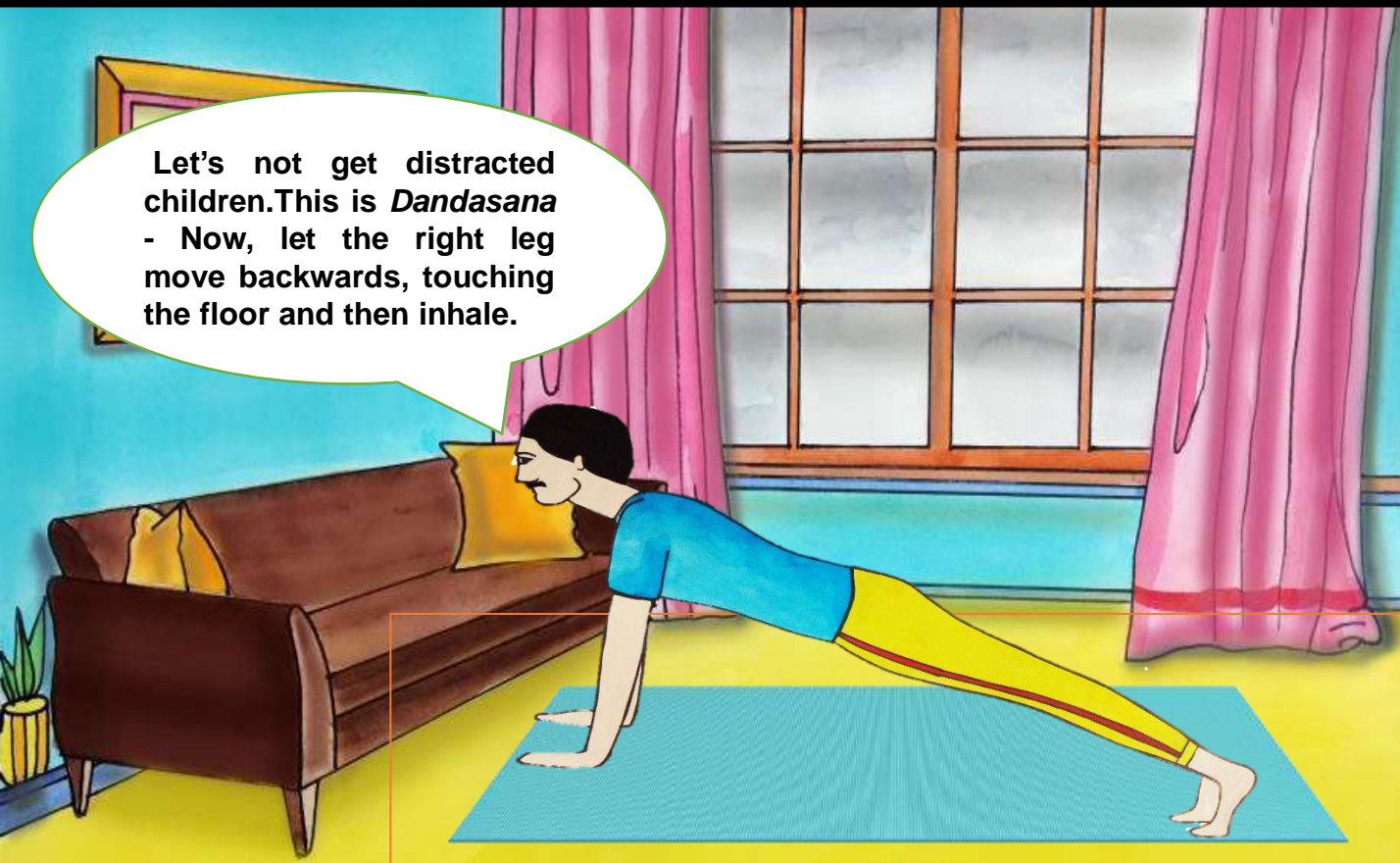
Very good children. Let's move on to the next step then.



Mom...How do you remember so many steps? I've already forgotten...which step was this?

ha ha ha ha

Raj's father demonstrating Step 5 of *Surya Namaskar*.



Raj's father demonstrating *Dandasana* of *Surya Namaskar* and the children are watching the same.

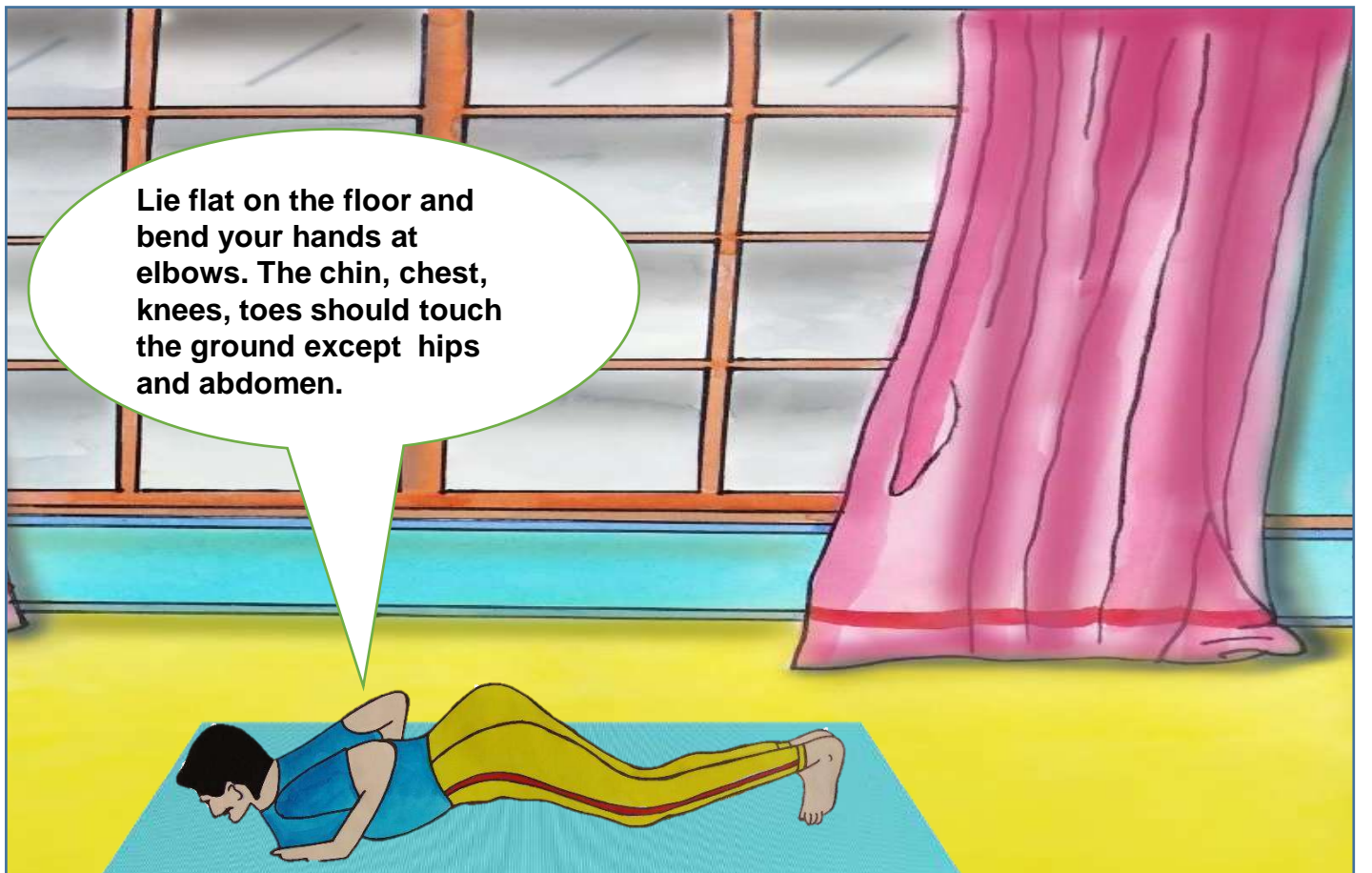





Ok then,
watch me
demonstrate
Step 6.

Yes
Uncle!


Raj's father demonstrating Astanga Namaskarasana of *Surya Namaskar*.



Lie flat on the floor and
bend your hands at
elbows. The chin, chest,
knees, toes should touch
the ground except hips
and abdomen.




Soumya your abdomen should not be touching the ground...see to it that only your forehead, chest, knees, toes touch the ground.



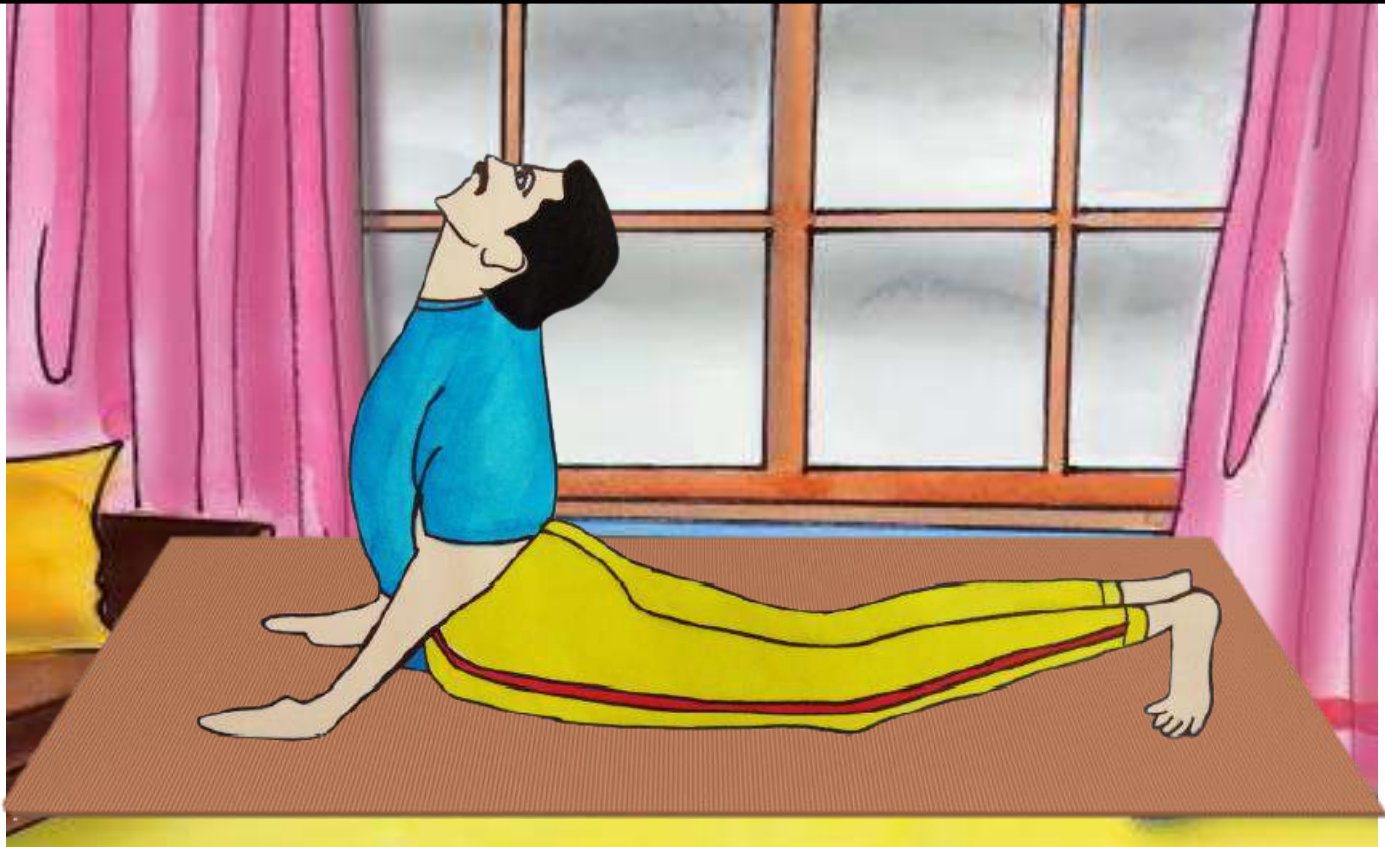
Now exhale and your body should be supported by hands, wrists and forearms.

Raj's father demonstrating Bhujangasana of *Surya Namaskar* while children are watching and practicing.



Now, after exhaling, straighten your arms, throw your chest out, curving the back and look up. Inhale and hold the position on a count of three.


Bhujangasana of *Surya Namaskar*




Now, lower your head and bend it between your arms. Push your hips up to form an inverted “V” and exhale, while doing so.



Parvatasana of *Surya Namaskar*



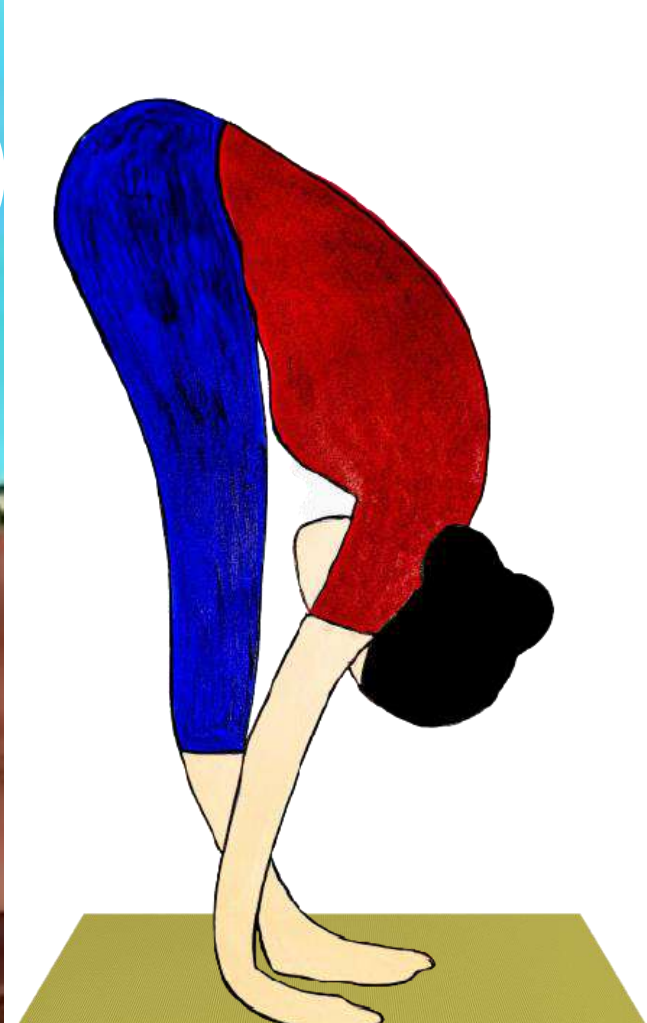
Now, straighten your body and see to it that your hands are still rooted to the floor



Yes, Shourya. Now touch your left knee to the floor making a 90- degree angle. Move your right leg forward assuming the reverse position. Your chest should be out and inhale deeply.

Asva Sanchalanasana of *Surya Namaskar*

Then, move the right
leg into position
between hands.
Exhale, by
straightening both
legs.




Padahasthasana of *Surya Namaskar*

Two more steps and
we will complete
Surya Namaskar.



That's good to
hear mom






A woman in a red shirt and blue pants is performing Hasta Uttanasana (Upward Salute) in a living room. She is standing on a grey mat, with her arms extended upwards, reaching towards a chandelier. The room features a blue sofa, a window with pink curtains, and several framed pictures on the wall.

Straighten yourself up slowly and inhale as you do so, stretch your arms upwards with your chest out.

Hasta Uttanasana of *Surya Namaskar*



A woman in a red shirt and blue pants is performing Pranamasana (Prayer Pose) in a living room. She is standing on a grey mat, with her arms extended upwards, palms together. The room features a brown sofa with a yellow pillow, a window with pink curtains, and a framed picture on the wall.

Now once again, stand straight in Namaskar, like we did in the first step.

Pranamasana of *Surya Namaskar*

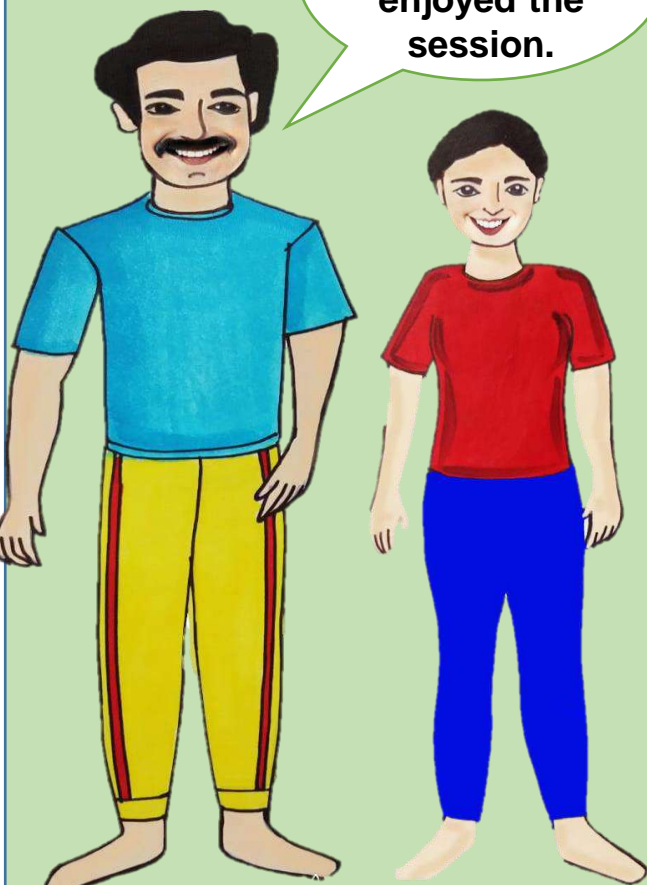
So, Raj, have you changed your thoughts regarding Surya Namaskar?

Yes dad. It's completely different than what I had been doing every morning.



I hope all of you have enjoyed the session.

Yes Uncle and Auntie! It was a great learning.



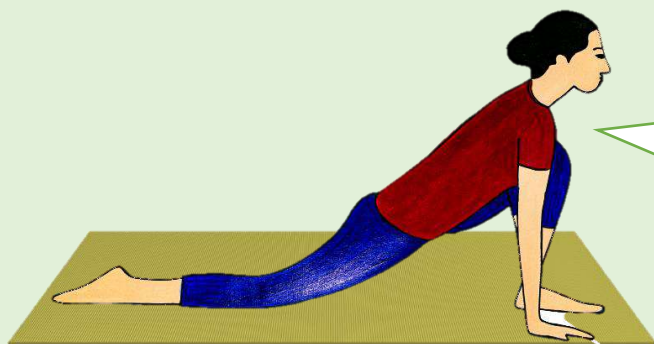
Everyone is standing in relaxed position and sharing their experience.

Mom, do we need to take any precaution while doing Surya Namaskar?

Yes dear, it is very important to know the do's & don'ts.



It should be practised on the Yoga mat, facing the Sun and it should never be practised during the menstrual cycle.



Thank you for the information



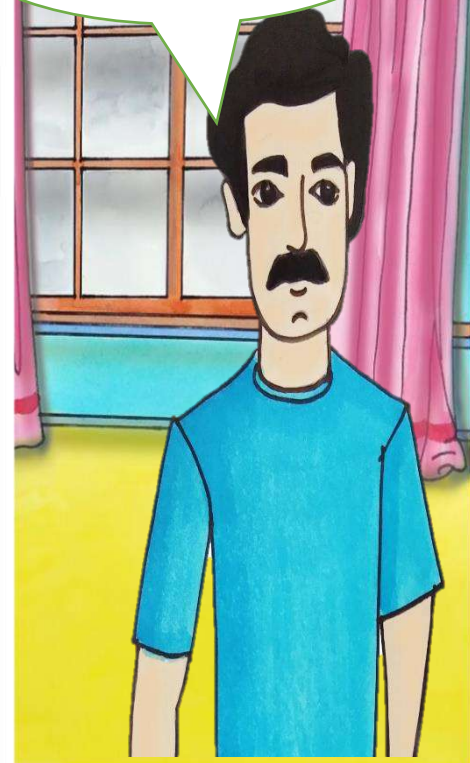
Also, keep in mind that it should be practised on an empty stomach. You can eat food after two to three hours of doing the exercise.



What if we feel thirsty, which we generally do?

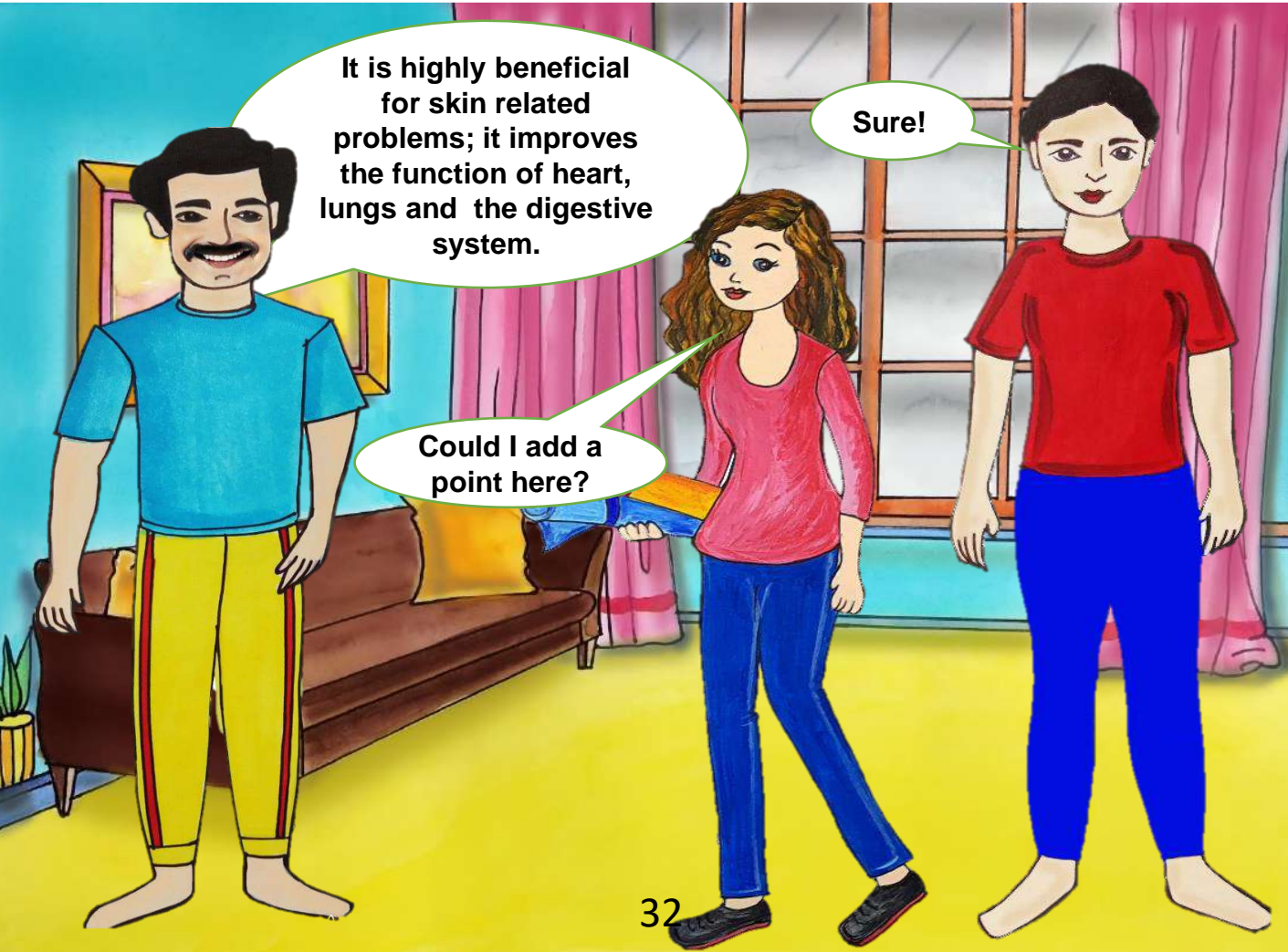



You shouldn't drink any liquid immediately.



There is one more important point. Keep the room airy and accessible to sunlight.








It helps to bring flexibility in the back bone & waist and reduces fat around waist and stomach area.

You are absolutely right dear. So, now that you have all the relevant information about *Surya Namaskar*, we hope that you will practice Surya Namaskar regularly.



Yes, we will.
Thank you so much.

ASSESSMENT - 1

- (A) Demonstrate the correct way of exhaling while performing Anulom-Vilom.
- (B) Demonstrate *Surya Namaskar* (Sun-Salutation) exercises and other students will follow the same.
- (C) Draw an image of *Surya Namaskar* exercises step-wise, prompting learners to mention the importance to perform these exercises in the morning.
- (D) Mention the do's and don'ts while practicing *Surya Namaskar*.

ASSESSMENT – 2

State True or False:

- A. Fitness is the condition of being physically fit and healthy.
- B. Breathing exercises do not strengthen our lungs.
- C. After any exercise one can drink any kind of liquid.
- D. While performing *Surya Namaskar* the room should be airy.
- E. We can practice *Surya Namaskar* exercises at night too.
- F. One can do *Surya Namaskar* during menstrual cycle.

Ans: (A) T, (B) F, (C) F, (D) T, (E) F, (F) F.

ASSESSMENT – 3

Fill in the blanks:

- a) You should practice _____ exercises on regular basis to keep yourself physically fit and healthy.
- b) Anulom-Vilom is a _____ type of controlled breathing technique.
- c) _____ helps to prevent mental disorders.
- d) Anulom-Vilom improves concentration and _____.
- e) The more carbon dioxide leaves the lungs, the more will be the reduction of the _____ in the lungs.
- f) *Surya Namaskar* is highly beneficial for _____ related problems.

Ans: (a) Breathing

(b) Specific

(c) Anulom-Vilom

(d) Memory

(e) Toxins

(f) Skin .

ASSESSMENT – 4

Choose the correct option:

1. *Surya Namaskar* is a prayer to _____
 - a) The Sun God
 - b) Lord Shiva
 - c) Goddess Durga
 - d) The Navgraha

2. We generally face the _____ direction while performing *Surya Namaskar*.
 - a) North
 - b) South
 - c) East
 - d) West

3. The meaning of *Surya Namaskar* is _____
 - a) The union of mind and soul.
 - b) The union of body and spirit
 - c) The union of the Sun
 - d) The union of soul and body

4. While inhaling and exhaling during *Anulom-Vilom* _____
 - (a) hold your breath
 - (b) keep eyes open
 - (c) Breathe with both nostrils
 - (d) open your mouth

5. *Surya Namaskar* exercises are demonstrated and practiced on the _____
 - (a) yoga mat
 - (b) mattress
 - (c) floor
 - (d) Sheet

ASSESSMENT – 5

Let's discover and suggest-

- A. If I have skin problem, how can I improve and have a healthy skin?
- B. How would I know if I am physically fit and healthy?
- C. Should *Surya Namaskar* be practiced during menstrual cycle?
- D. How would I do a Sun greeting?
- E. Should breathing exercise be practiced regularly to maintain a sound body and mind?
- F. What should be the frequency for practicing *Surya Namaskar* in a day?

Activity:

1. Practice the breathing techniques.
2. Practice *Surya Namaskar* exercises step-wise.

Glossary

- | | |
|-----------------|---------------------------------|
| ❖ Inhale: - | Breathe-in |
| ❖ Exhale: - | Breathe-out |
| ❖ Nostrils: - | Two openings of nose to breathe |
| ❖ Jatharagni: - | Helps to digest food |
| ❖ Stress: - | Tension |

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- ❖ Yoga for Every Athlete written by Aladar Kogiler
- ❖ Yoga in Daily Life written by Dr. K.S. Josh

SUMMARY

This story is about Hari, a young boy who is fascinated with muscular body of boys who go to the park and gym; and wants to have the same body type. In the story, Hari's grandmother guides that physical fitness can be achieved with proper knowledge and regular practise of correct way of breathing exercises called Anulom-Vilom. Hari follows his grandmother's advice and promises to practice the exercise, like his mother does. He understands the true meaning of physical fitness. In the story Raj also comes across and gets curious on seeing a Bill Board while travelling with his sister and parents and questions his father about it. Raj's father explains that the billboard depicts *Surya Namaskar* that is performed at the dawn. Raj's parents teach Raj and his friends; 12 different asanas of *Surya Namaskar*, step by step. After which, Raj and his friends understands the true meaning of being physically fit.

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