



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 20

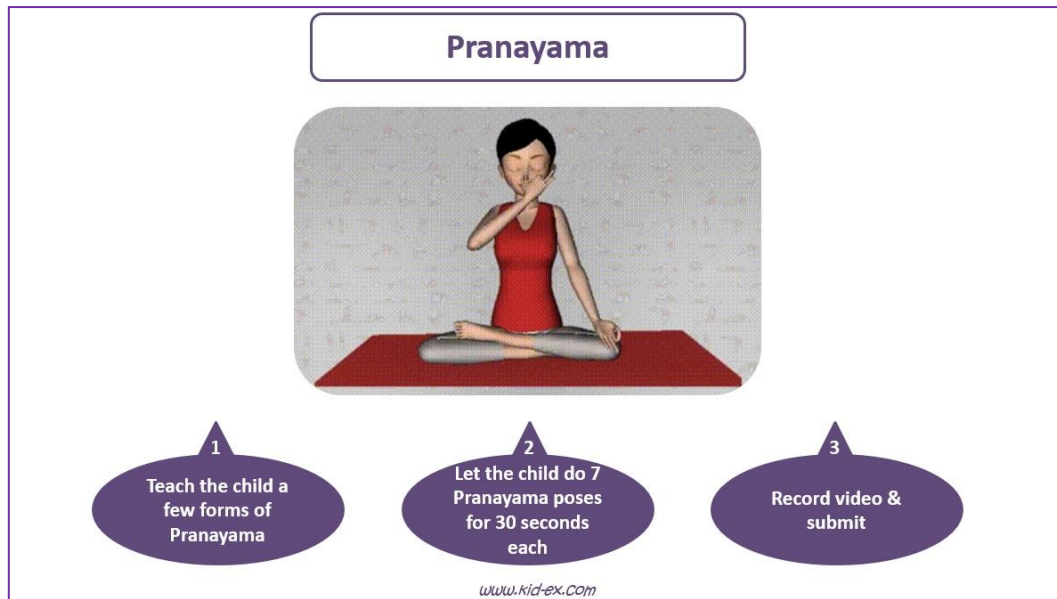
Physical skills:

Pranayama

Age: 9-11 years

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Activity description

The child is required to learn & demonstrate any 7 Pranayama poses correctly. The child must demonstrate any one of the Pranayama Yoga poses as highlighted in this [video](#) (the video shows 15 Pranayama Yoga poses from 5 to 36 minutes).

The child is required to sit in the correct posture. Then, the child is required to perform the chosen Pranayama postures in the correct breathing pattern as instructed for at least 30 seconds. The child should do the pose continuously while maintaining the correct posture & breathing pattern.

Do guide the child on breathing so that the child does not impose breath retention on self.

Let the child practice the activity for some time before s/he sets out to perform in front of the camera.

Record a video of the child doing the activity and submit it as per the guidelines.

Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

M = Master (100%)	The child can do 7 unique Pranayama Yoga poses with 100% correct posture & breathing pattern for at least 30 seconds each
The child can do 5 unique Pranayama Yoga poses with 100% correct posture & breathing pattern for at least 30 seconds each	I = Intermediate (80%)
B = Beginner (50%)	The child can do 3 unique Pranayama Yoga poses with 100% correct posture & breathing pattern for at least 30 seconds
For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.	A = Aspirant (25%)
NA (Not applicable)	No submissions or any submission which is irrelevant for the activity.

50% bonus marks: If the child securing an M can either perform 10 unique Pranayama poses each for 30 seconds duration

Expert coach speaks

Pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness. In Sanskrit, "prana" means life energy and "yama" means control.

The practice of pranayama involves breathing exercises and patterns. You purposely inhale, exhale, and hold your breath in a specific sequence.

Pranayama is safe for children, but you must ensure that your child does not hold his or her breath while performing pranayama for prolonged periods, unlike adults. Also, best to not let the child try Kapalabharti till the child is 7 years old.



Key benefits of this activity

The activity benefits in many ways:

- Improves lung function
- Increases mindfulness
- Improves sleep quality
- Enhances cognitive skills
- Instils healthy lifestyle
- Reduces life style diseases risk
- Decreases stress

Common mistakes to avoid

- *Breathing pattern / posture is incorrect*
- *Body posture is wrong*
- *Child is imposing breath retention on self*
- *Too full or empty stomach*
- *Don't overdo / overstretch – excess of everything is bad*
- *Bathing immediately after Pranayama*

Useful web resources

- [15 types of Pranayama](#)
- [Animated video of Baba Ramdev teaching Pranayama](#)
- [Types of Pranayama: English](#)

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