

ગુજરાત રાજ્યના શિક્ષણવિભાગના પત્ર-ક્રમાંક  
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# YOGA, HEALTH AND PHYSICAL EDUCATION

## Standard 10



### PLEDGE

India is my country.

All Indians are my brothers and sisters.

I love my country and I am proud of its rich and varied heritage.

I shall always strive to be worthy of it.

I shall respect my parents, teachers and all my elders and treat everyone with courtesy.

I pledge my devotion to my country and its people.

My happiness lies in their well-being and prosperity.

રાજ્ય સરકારની વિનામૂલ્યે યોજના હેઠળનું પુસ્તક



Gujarat State Board of School Textbooks  
'Vidyayan', Sector 10-A, Gandhinagar-382 010

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**Authors**

Dr. G. T. Sarvaiya (Convener)  
Shri Kantibhai Patel (Convener)  
Dr. Divyanshu Dave (Convener)  
Dr. Kamlesh Rajgor  
Shri Atmaram Patel  
Shri H. J. Sherasiya  
Dr. Keshubhai Morasania  
Shri S.I. Sidda  
Shri Varjangbhai Vala

**Translators**

Dr. G. T. Sarvaiya  
Shri Kantibhai Patel  
Shri Vinayak K. Dhotre  
Dr. Navinchandra Chaniyara  
Shri Arvind R. Kapadia

**Reviewers**

Dr. Jatin J. Mehta  
Dr. C.B. Kagthara  
Dr. Rustam Nariman Sadari  
Dr. Neeraj Silavat  
Dr. Yajuvenrasinh Jethava  
Dr. Suresh Gadhavi  
Sri Prakash Joshi

**Drawing**

Shri Umesh Bhatia  
Shri Rajesh Baria

**Co-ordinator**

Shri Ashish H. Borisagar  
(Subject Co-ordinator : Maths.)

**Preparation and Planning**

Shri Ashish H. Borisagar  
(Deputy Director : Academic)

**Printing and Planning**

Shri Haresh S. Limbachiya  
(Deputy Director : Production)

**PREFACE**

Gujarat State Board of School Textbooks has prepared new textbooks as per the new curricula developed by the Gujarat State Secondary and Higher Secondary Education Board and which has been sanctioned by the Education Department of the Government of Gujarat. A panel of experts from Universities/Colleges, Teachers Training Colleges and Schools have put lots of efforts in preparing the manuscript of the subject. It is then reviewed by another panel of experts to suggest changes and filter out the mistakes, if any. The suggestions of the reviewers are considered thoroughly and necessary changes are made in the manuscript. Thus, the Textbook Board takes sufficient care in preparing an error free manuscript. The Board is vigilant even while printing the textbooks.

The Board expresses the pleasure to publish the Textbook of **Yoga, Health and Physical Education, Std. 10** which is a translated version of Gujarati. The Textbook Board is thankful to all those who have helped us in preparing this textbook. However, we welcome suggestions to enhance the quality of the textbook.

**Dr. M. I. Joshi**

Director

Date : 13-10-17

**Dr. Nitin Pethani**

Executive President

Gandhinagar

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## FUNDAMENTAL DUTIES

**It shall be the duty of every citizen of India\*:**

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers and wild life, and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- (k) to provide opportunities for education to his child, or a ward between the age of 6 to 14 years as the case may be.

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