



GANDHI SCHOOL OF ENGINEERING

Brahmapur, Odisha

E-Notes

Yoga and NSS

Complete E-Notes

B.Tech 1st Year · Semester 1 · Circuit Branch

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How to use these notes

These notes cover the first-year **Yoga / NSS** course for B.Tech students. The course aims at physical fitness, mental well-being and social responsibility. Part A deals with Yoga (theory and practice) and Part B with the National Service Scheme (NSS).

Each module contains clear theory, step-by-step practice instructions where relevant, important points to remember, short-answer questions with answers and MCQs with answers.

Module	Topic	Main content
1	Introduction to Yoga	Meaning, history, schools of yoga, Ashtanga yoga, yama and niyama
2	Asanas and Surya Namaskar	Rules for practice, standing, sitting, prone and supine asanas, relaxation, Surya Namaskar
3	Pranayama, Meditation and Yoga for Health	Breathing practices, kriyas, meditation, stress management, diet, Common Yoga Protocol
4	Introduction to NSS	History, motto, symbol, objectives, organisation, enrolment and eligibility
5	NSS Activities and Community Service	Regular activities, special camp, community projects, disaster management, record keeping

General instructions for practical sessions

- Practise yoga on an empty stomach (2–3 hours after a meal), preferably in the morning, on a clean mat in a well-ventilated place.
- Wear light, loose cotton clothes. Remove spectacles, watches and belts.
- Do every posture slowly, with awareness of the breath, and stay within your comfort; never force the body.
- Students with any medical condition (back or neck problems, high blood pressure, heart disease, recent surgery, pregnancy) must inform the instructor before practice.
- For NSS activities, carry your NSS diary, follow the instructions of the Programme Officer, and always work in groups with due safety.



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Yoga / NSS

Part A: Yoga · Part B: National Service Scheme · B.Tech 1st Semester

Module 1: Introduction to Yoga

1.1 Meaning and definition of yoga

The word **yoga** comes from the Sanskrit root "**yuj**", which means to join or to unite. Yoga is the union of the body, mind and breath, and in its spiritual sense the union of the individual self with the universal consciousness.

Important definitions:

- **Patanjali (Yoga Sutra 1.2):** "Yogah chitta vritti nirodhah" — yoga is the restraint (control) of the modifications of the mind.
- **Bhagavad Gita:** "Samatvam yoga uchyate" — evenness (equanimity) of mind is called yoga; and "Yogah karmasu kaushalam" — yoga is skill in action.
- **Modern view:** yoga is a holistic science and art of healthy living that develops the body, mind, emotions and character in harmony.

Yoga = union of body, breath and mind → physical health + mental peace + right conduct

Yoga is not merely physical exercise. It is a complete way of life that includes right conduct, physical postures, breathing practices, concentration and meditation.

1.2 Brief history of yoga

- **Pre-Vedic and Vedic period:** seals of the Indus–Saraswati civilisation show figures in meditative postures. The Vedas and Upanishads describe meditation, breath and self-knowledge.
- **Classical period:** Maharishi **Patanjali** compiled the **Yoga Sutras** (195 sutras in four chapters, or padas), which systematised yoga as **Ashtanga Yoga** (eight-limbed yoga). The **Bhagavad Gita** described karma, bhakti and jnana yoga.
- **Post-classical period:** **Hatha Yoga** texts such as the **Hatha Yoga Pradipika** (Swami Swatmarama), **Gheranda Samhita** and **Shiva Samhita** described asanas, pranayama, mudras and cleansing practices (shatkarmas).
- **Modern period:** teachers such as Swami Vivekananda, Sri Aurobindo, Swami Sivananda, T. Krishnamacharya, B.K.S. Iyengar and others spread yoga across India and the world.
- **International Day of Yoga:** the United Nations General Assembly declared **21 June** as the International Day of Yoga in December 2014; it has been observed every year since 2015. 21 June is the summer solstice, the longest day of the year in the northern hemisphere.

1.3 Aims and importance of yoga for students

- **Physical health:** flexibility, strength, balance, good posture and stamina; better functioning of the heart, lungs, digestive and nervous systems.
- **Mental health:** reduces stress, anxiety and anger; improves concentration, memory and sleep.
- **Emotional balance:** develops patience, self-control and a positive attitude.

- **Moral and social values:** yama and niyama build truthfulness, non-violence, discipline and contentment.
- **Academic benefit:** better attention span, reduced examination stress and improved self-confidence.
- **Prevention of lifestyle disorders:** helps control obesity, diabetes, hypertension and back pain caused by long sitting at computers and phones.

1.4 Schools (paths) of yoga

School	Main path	Brief explanation
Raja Yoga	Control of mind	The royal path of Patanjali's Ashtanga Yoga; leads through discipline and meditation
Hatha Yoga	Body and breath	Asanas, pranayama, mudras, bandhas and kriyas to purify the body and prepare for meditation
Karma Yoga	Selfless action	Doing one's duty without attachment to its results (Bhagavad Gita)
Bhakti Yoga	Devotion	Path of love and surrender; emotions are channelled towards the divine
Jnana Yoga	Knowledge	Path of self-enquiry and discrimination between the real and the unreal
Mantra Yoga	Sound	Repetition (japa) of sacred sounds such as Om to calm the mind

Note: These paths are not separate compartments; a balanced practice combines action, devotion, knowledge and discipline.

1.5 Ashtanga Yoga – the eight limbs of Patanjali

Ashtanga Yoga of Patanjali: eight limbs (steps)

Bahiranga (external): limbs 1–5 Antaranga (internal): limbs 6–8

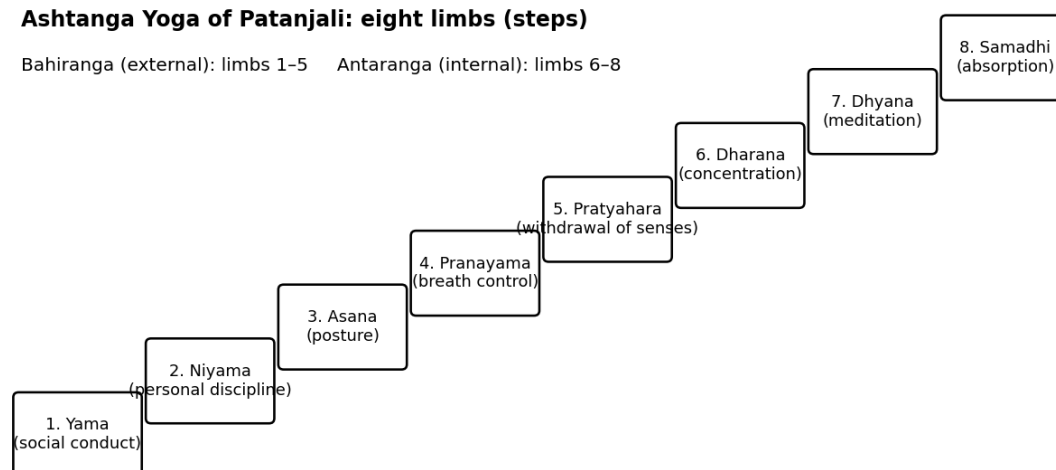


Figure 1.1: The eight limbs of Ashtanga Yoga, from social conduct to complete absorption.

- **Yama (social discipline):** rules of conduct towards others.
- **Niyama (personal discipline):** rules of conduct towards oneself.
- **Asana (posture):** "Sthira sukham asanam" — a posture that is steady and comfortable.
- **Pranayama (breath control):** regulation of inhalation, exhalation and retention of breath.
- **Pratyahara (withdrawal of senses):** turning the senses away from outside objects towards the inner self.
- **Dharana (concentration):** fixing the mind on one point or object.
- **Dhyana (meditation):** an unbroken flow of attention towards the object of concentration.
- **Samadhi (absorption):** the highest state, in which the mind becomes completely absorbed and peaceful.

The first five limbs are called **Bahiranga yoga** (external practices) and the last three **Antaranga yoga** (internal practices). Dharana, dhyana and samadhi practised together are called **samyama**.

1.6 Yama and Niyama

The five yamas (social discipline):

Yama (5)	Meaning	Example for students
Ahimsa	Non-violence in thought, word and deed	No ragging, bullying or hurtful words
Satya	Truthfulness	Honest answers in examinations and reports
Asteya	Non-stealing	Not copying assignments or taking others' things
Brahmacharya	Self-control, moderation of the senses	Control over excessive screen time and indulgence
Aparigraha	Non-possessiveness	Not hoarding things; sharing notes and resources

The five niyamas (personal discipline):

Niyama (5)	Meaning	Example for students
Shaucha	Cleanliness of body, mind and surroundings	Clean room, clean habits, pure thoughts
Santosha	Contentment	Being satisfied with honest effort; avoiding jealousy
Tapas	Austerity, self-discipline	Regular study and exercise even when difficult
Svadhyaya	Self-study and study of good books	Reflection on one's own behaviour; reading
Ishvara pranidhana	Surrender to the supreme	Doing one's best and accepting results calmly

1.7 Misconceptions about yoga



- **"Yoga is only for old people or for flexibility."** Yoga suits all ages; it develops strength, balance and concentration as well.
- **"Yoga is a religion."** Yoga is a science of healthy living practised by people of all faiths.
- **"More pain means more benefit."** Postures should be steady and comfortable; pain is a warning to stop.
- **"Yoga is only asanas."** Asana is only one of the eight limbs; conduct, breath and meditation are equally important.

1.8 Short-answer questions with answers

Q1. What is the meaning of the word yoga?

It comes from the Sanskrit root "yuj", meaning to join or unite; yoga is the union of body, breath and mind.

Q2. Give Patanjali's definition of yoga.

"Yogah chitta vritti nirodhah" — yoga is the control of the modifications of the mind.

Q3. Name the eight limbs of Ashtanga Yoga.

Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi.

Q4. When is the International Day of Yoga celebrated and why on that date?

On 21 June, the summer solstice and the longest day of the year in the northern hemisphere; it was declared by the UN General Assembly in December 2014.

Q5. What are the five yamas?

Ahimsa, satya, asteya, brahmacharya and aparigraha.

Q6. What are the five niyamas?

Shaucha, santosha, tapas, svadhyaya and ishvara pranidhana.

Q7. Define asana according to Patanjali.

"Sthira sukham asanam" — a posture that is steady and comfortable.

Q8. What is the difference between Bahiranga and Antaranga yoga?

Bahiranga yoga includes the first five external limbs (yama to pratyahara);
Antaranga yoga includes the inner limbs dharana, dhyana and samadhi.

Q9. Name two classical texts of Hatha Yoga.

Hatha Yoga Pradipika (Swami Swatmarama) and Gheranda Samhita.

Q10. What is Karma Yoga?

The path of selfless action — doing one's duty without attachment to the results.

1.9 MCQs



1. The word yoga is derived from the root
(a) yoj (b) yog (c) yug (d) yuj
☐ (d) — Means to join or unite.
2. The Yoga Sutras were compiled by
(a) Patanjali (b) Vyasa (c) Swatmarama (d) Gheranda
☐ (a) — Patanjali systematised Ashtanga Yoga.
3. The number of limbs in Ashtanga Yoga is
(a) six (b) five (c) eight (d) ten
☐ (c) — Eight limbs.
4. International Day of Yoga is observed on
(a) 5 June (b) 21 June (c) 21 March (d) 21 December
☐ (b) — Summer solstice.
5. "Sthira sukham asanam" describes
(a) dhyana (b) samadhi (c) pranayama (d) asana
☐ (d) — Steady and comfortable posture.
6. Which of these is a niyama?
(a) Asteya (b) Santosha (c) Ahimsa (d) Satya
☐ (b) — Contentment is a niyama.
7. Non-stealing is called
(a) asteya (b) shaucha (c) ahimsa (d) aparigraha
☐ (a) — Asteya.
8. Withdrawal of the senses from external objects is
(a) dhyana (b) pratyahara (c) dharana (d) pranayama
☐ (b) — Fifth limb.
9. The path of devotion is
(a) Jnana Yoga (b) Karma Yoga (c) Raja Yoga (d) Bhakti Yoga
☐ (d) — Path of love and surrender.
10. Hatha Yoga Pradipika was written by
(a) Swami Swatmarama (b) Swami Vivekananda (c) Gheranda (d) Patanjali
☐ (a) — Classical Hatha text.
11. Concentration of the mind on one point is
(a) samadhi (b) dhyana (c) dharana (d) pratyahara
☐ (c) — Sixth limb.
12. The highest stage of Ashtanga Yoga is
(a) samadhi (b) asana (c) dhyana (d) dharana
☐ (a) — Complete absorption.
13. "Yogah karmasu kaushalam" means yoga is
(a) control of mind (b) skill in action (c) union with God (d) breath control
☐ (b) — From the Bhagavad Gita.
14. Cleanliness of body and mind is
(a) svadhyaya (b) santosha (c) shaucha (d) tapas
☐ (c) — A niyama.
15. Which limb deals with regulation of breath?
(a) Pranayama (b) Pratyahara (c) Dharana (d) Asana
☐ (a) — Fourth limb.

Module 2: Asanas and Surya Namaskar

2.1 Rules and precautions for practising asanas

- Practise on an empty stomach, preferably early in the morning or in the evening, on a mat or folded blanket on a level floor.
- Begin with **loosening (sukshma vyayama)** practices — neck, shoulder, wrist, waist, knee and ankle rotations — to warm up the joints.
- Move into and out of every posture **slowly**, coordinating with the breath: generally inhale while bending backwards or raising the arms, exhale while bending forward.
- Hold the final position only as long as it is comfortable, with normal breathing. Do not jerk or force the body.
- Follow a balanced sequence: a forward bend should be followed by a backward bend, and the practice should end with relaxation (Shavasana).
- Avoid practice during fever, acute illness or injury. People with high blood pressure, heart disease, hernia, spinal problems or recent surgery, and women during pregnancy, should practise only under expert guidance.
- Do not take a bath or heavy food for about 30 minutes after practice.

2.2 Classification of asanas

Group	Position of the body	Examples
Standing asanas	Standing	Tadasana, Vrikshasana, Trikonasana, Ardha Chakrasana
Sitting asanas	Sitting	Padmasana, Vajrasana, Paschimottanasana, Ardha Matsyendrasana
Prone asanas	Lying on the stomach	Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
Supine asanas	Lying on the back	Shavasana, Setubandhasana, Pawanmuktasana, Sarvangasana
Meditative asanas	Steady sitting for meditation	Padmasana, Sukhasana, Siddhasana, Vajrasana
Relaxative asanas	Rest and relaxation	Shavasana, Makarasana

2.3 Standing asanas

Tadasana (Palm-tree / mountain pose)

- Stand with feet together and arms by the sides. Inhale and raise both arms overhead, interlock the fingers and turn the palms upward.
- Rise on the toes and stretch the whole body upward, looking straight ahead. Hold for a few breaths.
- Exhale, lower the heels and arms to return.
- **Benefits:** improves posture and balance, stretches the spine, helps in increasing height during growth years. **Caution:** avoid rising on the toes in case of vertigo.

Vrikshasana (Tree pose)



- Stand straight. Bend the right knee and place the right sole on the inner left thigh, toes pointing down.
- Join the palms in front of the chest (or raise them overhead) and balance on the left leg, gazing at a fixed point. Repeat on the other side.
- **Benefits:** improves balance, concentration and leg strength. **Caution:** avoid in case of knee injury or severe arthritis.

Trikonasana (Triangle pose)

- Stand with feet about 1 metre apart, arms stretched sideways at shoulder level.
- Exhale and bend sideways to the right; place the right hand near the right foot and raise the left arm vertically, looking at the left palm. Repeat on the other side.
- **Benefits:** stretches the sides of the trunk and legs, improves flexibility of the spine and reduces fat around the waist. **Caution:** avoid with slipped disc or recent abdominal surgery.

Ardha Chakrasana (Half-wheel pose)

- Stand with feet together; support the back of the waist with the palms.
- Inhale and bend backward from the lumbar region, dropping the head back. Hold, then return with exhalation.
- **Benefits:** makes the spine flexible, opens the chest, relieves neck pain. **Caution:** avoid with vertigo or high blood pressure.

2.4 Sitting asanas

Padmasana (Lotus pose)

- Sit with legs stretched. Place the right foot on the left thigh and the left foot on the right thigh, soles facing upward.
- Keep the spine erect, hands on the knees in Jnana mudra (tip of the index finger touching the tip of the thumb).
- **Benefits:** an excellent posture for pranayama and meditation; calms the mind.
Caution: avoid with knee or ankle injury.

Vajrasana (Thunderbolt / diamond pose)

- Kneel with the knees together and sit on the heels, big toes touching. Keep the back straight and hands on the knees.
- **Benefits:** the only asana that can be done immediately after meals; aids digestion and strengthens the thighs. **Caution:** avoid with knee pain.

Paschimottanasana (Seated forward bend)

- Sit with legs stretched together. Inhale and raise the arms; exhale and bend forward from the hips to hold the toes, bringing the forehead towards the knees.
- **Benefits:** stretches the hamstrings and spine, massages the abdominal organs, improves digestion. **Caution:** avoid with slipped disc, sciatica or during pregnancy.

Ardha Matsyendrasana (Half spinal twist)

- Sit with legs stretched. Bend the right leg and place the right foot outside the left knee. Twist the trunk to the right, placing the left arm outside the right knee and the right hand behind the back. Repeat on the other side.
- **Benefits:** improves flexibility of the spine, tones the abdominal organs and helps in managing diabetes. **Caution:** avoid with severe back pain or peptic ulcer.



2.5 Prone asanas (lying on the stomach)

Bhujangasana (Cobra pose)

- Lie on the stomach with legs together and palms beside the chest.
- Inhale and slowly raise the head, chest and upper abdomen, keeping the navel near the floor and elbows slightly bent. Hold, then exhale and come down.
- **Benefits:** strengthens the spine and back muscles, useful for back pain, opens the chest. **Caution:** avoid with hernia, peptic ulcer or recent abdominal surgery.

Shalabhasana (Locust pose)

- Lie on the stomach with hands under the thighs. Inhale and raise both legs together without bending the knees. Hold, then lower.
- **Benefits:** strengthens the lower back and hips; helps in sciatica and lower back pain. **Caution:** avoid with cardiac problems.

Dhanurasana (Bow pose)

- Lie on the stomach, bend the knees and hold the ankles. Inhale and lift the chest and thighs, pulling with the arms so that the body forms a bow.
- **Benefits:** stretches the whole front of the body, strengthens the back, improves digestion. **Caution:** avoid with high blood pressure, hernia or back injury.

Makarasana (Crocodile pose) — a relaxation posture: lie on the stomach, cross the arms under the head and keep the legs apart, heels turned inward. It relaxes the back and is useful in back pain.

2.6 Supine asanas (lying on the back)

Setubandhasana (Bridge pose)

- Lie on the back, bend the knees and keep the feet near the hips. Inhale and raise the hips and back, forming a bridge; the arms remain on the floor.
- **Benefits:** strengthens the back and hips, relieves fatigue. **Caution:** avoid with neck injury.

Pavanamuktasana (Wind-releasing pose)

- Lie on the back. Bend both knees, hold them with interlocked fingers and press the thighs on the abdomen; exhale and raise the head to touch the chin to the knees.
- **Benefits:** relieves gas and constipation, massages the abdomen and lower back. **Caution:** avoid with neck problems or hernia.

Shavasana (Corpse pose / deep relaxation)

- Lie on the back with the legs slightly apart, arms a little away from the body, palms facing up and eyes closed.
- Relax each part of the body from the toes to the head, observing slow natural breathing. Remain for 5–10 minutes.
- **Benefits:** removes fatigue, reduces stress and blood pressure, relaxes the whole body and mind. Practised at the end of every session.

2.7 Surya Namaskar (Sun salutation)

Surya Namaskar is a sequence of **12 postures** done with coordinated breathing. One round consists of two sets (first with the right leg, then with the left). It warms up the body and exercises almost all muscles and joints.



Step	Posture	Breathing
1	Pranamasana (prayer pose): stand with palms joined at the chest	Exhale
2	Hasta Uttanasana (raised-arms pose): raise the arms and bend slightly backward	Inhale
3	Hasta Padasana (hand-to-foot pose): bend forward, palms beside the feet	Exhale
4	Ashwa Sanchalanasana (equestrian pose): take the right leg back, knee on the floor, look up	Inhale
5	Dandasana / Parvatasana (stick or mountain pose): take the other leg back, body straight or hips raised	Exhale
6	Ashtanga Namaskara (salute with eight points): chin, chest, two palms, two knees and two feet touch the floor	Hold the breath out
7	Bhujangasana (cobra pose): slide forward and raise the chest	Inhale
8	Parvatasana (mountain pose): raise the hips, heels towards the floor	Exhale
9	Ashwa Sanchalanasana: bring the right foot forward between the hands	Inhale
10	Hasta Padasana: bring the other foot forward and bend down	Exhale
11	Hasta Uttanasana: rise and bend backward with arms raised	Inhale
12	Pranamasana: return to the prayer pose	Exhale

Benefits: improves flexibility, strength and stamina; stimulates blood circulation, digestion and breathing; helps in weight control; calms the mind. **Caution:** persons with high blood pressure, heart disease, hernia or back problems should consult an expert.

2.8 Short-answer questions with answers

Q1. Why should yoga be practised on an empty stomach?

A full stomach makes bending and twisting uncomfortable and interferes with digestion and breathing; asanas are best done 2–3 hours after a meal.



Q2. Which asana can be done immediately after meals?

Vajrasana; it aids digestion.

Q3. Give two benefits and one precaution of Bhujangasana.

It strengthens the spine and back muscles and opens the chest. It should be avoided in hernia or after abdominal surgery.

Q4. What is Shavasana and why is it done at the end of practice?

It is the corpse pose of deep relaxation; it removes fatigue, relaxes the muscles and calms the mind after the practice.

Q5. How many postures are there in one Surya Namaskar sequence?

Twelve postures, done with coordinated breathing.

Q6. Name two prone and two supine asanas.

Prone: Bhujangasana, Shalabhasana. Supine: Shavasana, Setubandhasana.

Q7. What is Ashtanga Namaskara?

The sixth step of Surya Namaskar, in which eight points of the body (chin, chest, two palms, two knees and two feet) touch the floor.

Q8. Which asana improves balance and concentration?

Vrikshasana (tree pose).

2.9 MCQs

1. The asana that can be practised just after a meal is
(a) Dhanurasana (b) Paschimottanasana (c) Bhujangasana (d) Vajrasana
□ (d) — Aids digestion.
2. Bhujangasana is also known as
(a) bow pose (b) locust pose (c) cobra pose (d) tree pose
□ (c) — Raised chest like a cobra's hood.
3. The number of postures in a Surya Namaskar sequence is
(a) 8 (b) 14 (c) 12 (d) 10
□ (c) — Twelve.
4. Shavasana is a
(a) twisting asana (b) relaxation asana (c) standing asana (d) balancing asana
□ (b) — Deep relaxation.
5. Vrikshasana mainly improves
(a) balance and concentration (b) breathing capacity (c) digestion (d) eyesight
□ (a) — Balancing on one leg.
6. In Ashtanga Namaskara, the number of body parts touching the floor is
(a) 4 (b) 6 (c) 10 (d) 8
□ (d) — Eight points.



- 7.** Which is a prone asana?
(a) Setubandhasana (b) Pavanamuktasana (c) Shalabhasana (d) Shavasana
☐ (c) — Lying on the stomach.
- 8.** Generally, when bending forward one should
(a) exhale (b) hold the breath in (c) inhale (d) breathe fast
☐ (a) — Exhale on forward bends.
- 9.** Paschimottanasana stretches mainly the
(a) chest (b) back and hamstrings (c) neck only (d) arms
☐ (b) — Seated forward bend.
- 10.** The meditative posture with each foot on the opposite thigh is
(a) Tadasana (b) Vajrasana (c) Sukhasana (d) Padmasana
☐ (d) — Lotus pose.
- 11.** Dhanurasana resembles a
(a) bow (b) mountain (c) bridge (d) tree
☐ (a) — Body forms a bow.
- 12.** Pavanamuktasana mainly helps in
(a) improving eyesight (b) increasing height (c) removing gas and constipation (d) balancing
☐ (c) — Wind-releasing pose.

Module 3: Pranayama, Meditation and Yoga for Health

3.1 Pranayama: meaning and importance

Prana means vital energy or life force, and **ayama** means extension or control.

Pranayama is the regulation of breath, through which the vital energy is controlled.

Breath is the link between the body and the mind: when the mind is disturbed, breathing becomes fast and irregular; slow, rhythmic breathing calms the mind.

Phases of pranayama:

- **Puraka:** inhalation.
- **Rechaka:** exhalation.
- **Kumbhaka:** retention of breath — antara kumbhaka (after inhalation) and bahya kumbhaka (after exhalation). Beginners should not practise retention without guidance.

Benefits: increases lung capacity, improves oxygen supply, calms the nervous system, reduces stress and anxiety, improves concentration and helps in controlling blood pressure.

Precautions: practise in a clean, airy place, sitting with the spine erect; breathe through the nose; never strain; stop if you feel dizzy.

3.2 Important pranayama practices

Nadi Shodhana / Anuloma Viloma (Alternate nostril breathing)

- Sit in a meditative posture. Use the right hand in Nasika mudra: thumb closes the right nostril, ring finger closes the left nostril.
- Close the right nostril and inhale slowly through the left; close the left nostril and exhale through the right. Inhale through the right, close it and exhale through the left. This is one round. Practise 5-9 rounds.
- **Benefits:** balances the nervous system, calms the mind, reduces anxiety and improves concentration.

Kapalabhati (Skull-shining breath) — a cleansing practice (kriya)

- Sit erect. Exhale forcefully through the nose by quickly pulling the abdomen in; inhalation happens passively. Begin with 20-30 strokes per round.
- **Benefits:** cleanses the respiratory passages, tones the abdominal muscles, energises the body.
- **Caution:** avoid with high blood pressure, heart disease, hernia, epilepsy, pregnancy or during menstruation.

Bhramari (Humming-bee breath)

- Sit comfortably, close the ears with the thumbs and the eyes with the fingers (Shanmukhi mudra), inhale deeply and exhale slowly while making a humming sound like a bee.
- **Benefits:** quickly relieves stress, anger and anxiety; improves concentration and sleep.

Sheetali (Cooling breath)

- Roll the tongue into a tube, inhale through it, close the mouth and exhale through the nose.

- **Benefits:** cools the body and mind; useful in hot weather. **Caution:** avoid in cold, cough or asthma.

Ujjayi (Victorious breath) — slow breathing with a slight contraction of the throat producing a soft sound; calms the mind and improves breath awareness.

3.3 Shatkarmas (cleansing practices) — for awareness

Hatha Yoga describes six cleansing practices: **Neti** (nasal cleansing, e.g. jala neti with salt water), **Dhauti** (cleansing of the digestive tract), **Nauli** (abdominal churning), **Basti** (colon cleansing), **Kapalabhati** (cleansing of the respiratory system) and **Trataka** (steady gazing at a point or candle flame, which improves concentration and eyesight). Most of these must be learnt only under a trained teacher.

3.4 Meditation (Dhyana)

Meditation is the practice of training attention so that the mind becomes calm, steady and aware. Patanjali describes it as the uninterrupted flow of the mind towards one object.

Simple method of breath-awareness meditation:

- Sit in a comfortable meditative posture (Sukhasana, Padmasana or Vajrasana) with the back, neck and head straight, hands in Jnana or Chin mudra and eyes gently closed.
- Bring the attention to the natural breath at the nostrils, without controlling it.
- Whenever the mind wanders, gently bring it back to the breath. Begin with 5 minutes and gradually increase to 15–20 minutes.
- End by rubbing the palms, placing them over the eyes and slowly opening the eyes.

Other techniques: Om chanting, mantra japa, trataka, body-scan relaxation, Yoga Nidra (guided deep relaxation) and loving-kindness meditation.

Benefits for students: better concentration and memory, emotional stability, reduced examination anxiety, improved sleep and self-awareness.

3.5 Mudras and bandhas (for awareness)

- **Jnana mudra:** tips of the index finger and thumb touch, palms facing up — used in meditation.
- **Chin mudra:** same finger position with palms facing down.
- **Nasika mudra:** used to close the nostrils in alternate-nostril breathing.
- **Bandhas (locks):** Jalandhara (chin lock), Uddiyana (abdominal lock) and Mula bandha (root lock) are advanced practices used with pranayama under guidance.

3.6 Yoga for stress management and health

Stress is the body's response to pressure; continuous stress causes headaches, poor sleep, anxiety, high blood pressure and lack of concentration. Yoga reduces stress by relaxing the muscles, slowing the breath and heart rate, and calming the mind.

Problem	Helpful practices
Stress and anxiety	Shavasana, Bhramari, Nadi Shodhana, meditation, Yoga Nidra
Back pain (long sitting)	Bhujangasana, Makarasana, Setubandhasana, Marjariasana (cat stretch)



Problem	Helpful practices
Obesity	Surya Namaskar, Trikonasana, Kapalabhati (if no contraindication), regular walking
Indigestion and constipation	Vajrasana after meals, Pavanamuktasana, Ardha Matsyendrasana
Poor concentration	Trataka, Nadi Shodhana, breath-awareness meditation
Eye strain from screens	Palming, eye movements, blinking, Trataka

Note: Yoga is a support for health, not a substitute for medical treatment; people with medical conditions should continue their treatment and practise under guidance.

3.7 Yogic diet and lifestyle

- Yogic texts classify food as **sattvic** (fresh, light, nourishing — fruits, vegetables, grains, milk, nuts), **rajasic** (very spicy, salty, stimulating) and **tamasic** (stale, processed, fried, intoxicating).
- Mitahara (moderate eating):** fill half the stomach with food, a quarter with water and leave a quarter empty.
- Regular sleep, early rising, physical activity, positive company and limited screen time are part of a yogic lifestyle.

3.8 Common Yoga Protocol (CYP)

The **Common Yoga Protocol**, prepared by the Ministry of AYUSH, Government of India, is a standard sequence of about 45 minutes used on the International Day of Yoga. It includes:

- Prayer.**
- Loosening practices (samilaja/chalan kriyas):** neck, shoulder, trunk and knee movements.
- Standing asanas:** Tadasana, Vrikshasana, Pada-hastasana, Ardha Chakrasana, Trikonasana.
- Sitting asanas:** Bhadrasana, Vajrasana, Ushtrasana, Shashankasana, Vakrasana, among others.
- Prone asanas:** Makarasana, Bhujangasana, Shalabhasana.
- Supine asanas:** Setubandhasana, Uttanapadasana, Ardha Halasana, Pavanamuktasana, Shavasana.
- Kapalabhati, pranayama** (Nadi Shodhana, Sheetal, Bhramari), **dhyana** and a **sankalpa** (resolve), ending with a **shanti path** (peace prayer).

3.9 Short-answer questions with answers

Q1. What is pranayama?

Regulation of the breath (prana = vital energy, ayama = extension or control), consisting of inhalation, exhalation and retention.

Q2. Name the three phases of breathing in pranayama.

Puraka (inhalation), rechaka (exhalation) and kumbhaka (retention).



Q3. Who should avoid Kapalabhati?

People with high blood pressure, heart disease, hernia or epilepsy, and women during pregnancy or menstruation.

Q4. Give two benefits of Bhramari.

It relieves stress and anger quickly and improves concentration and sleep.

Q5. What is meditation?

Training the attention so that the mind remains calm and steadily focused on one object, such as the breath.

Q6. What is the Common Yoga Protocol?

A standard 45-minute yoga sequence prepared by the Ministry of AYUSH for the International Day of Yoga.

Q7. What is sattvic food?

Fresh, light and nourishing food such as fruits, vegetables, grains, milk and nuts, which keeps the body healthy and the mind calm.

Q8. Name any four shatkarmas.

Neti, dhauti, kapalabhati and trataka (also nauli and basti).

3.10 MCQs

1. In pranayama, retention of breath is called
(a) puraka (b) rechaka (c) bandha (d) kumbhaka
☐ (d) — Kumbhaka.
2. Alternate nostril breathing is
(a) Nadi Shodhana (b) Kapalabhati (c) Sheetalī (d) Bhastrika
☐ (a) — Also called Anuloma Viloma.
3. The humming-bee breath is
(a) Kapalabhati (b) Sheetalī (c) Ujjayi (d) Bhramari
☐ (d) — Humming sound on exhalation.
4. The cooling breath taken through a rolled tongue is
(a) Sheetalī (b) Ujjayi (c) Bhramari (d) Bhastrika
☐ (a) — Cools the body.
5. Kapalabhati involves
(a) forceful inhalation (b) breath retention (c) humming (d) forceful exhalation
☐ (d) — Active exhalation, passive inhalation.
6. Steady gazing at a point or candle flame is
(a) neti (b) dhauti (c) trataka (d) nauli
☐ (c) — Improves concentration.
7. The Common Yoga Protocol was prepared by
(a) NSS (b) WHO (c) Ministry of AYUSH (d) UNESCO
☐ (c) — Government of India.



- 8.** Food that is fresh, light and nourishing is called
(a) tamasic (b) mitahara (c) rajasic (d) sattvic
☐ (d) — Sattvic food.
- 9.** Inhalation in pranayama is called
(a) kumbhaka (b) mudra (c) puraka (d) rechaka
☐ (c) — Puraka.
- 10.** Yoga Nidra is a form of
(a) standing asana (b) breath retention (c) cleansing practice (d) guided deep relaxation
☐ (d) — Yogic sleep.
- 11.** Jnana mudra is formed by joining the tips of the
(a) index finger and thumb (b) middle finger and thumb (c) little finger and thumb (d) ring finger and thumb
☐ (a) — Used in meditation.
- 12.** Which practice is most helpful for eye strain from screens?
(a) Shalabhasana (b) Kapalabhati (c) Dhanurasana (d) Palming and eye exercises
☐ (d) — Relaxes the eyes.



Module 4: Introduction to the National Service Scheme (NSS)

4.1 What is NSS?

The **National Service Scheme (NSS)** is a central sector scheme of the **Government of India, Ministry of Youth Affairs and Sports**. It gives students of colleges, universities and higher secondary schools the opportunity to take part in community service while they study. The basic idea is the development of the personality of students through community service — "**education through service**".

4.2 History of NSS

- After independence, the University Education Commission (1948-49) under Dr S. Radhakrishnan recommended voluntary national service by students.
- The idea was supported by the Kothari Education Commission (1964-66), which recommended that students be involved in social service along with their studies.
- NSS was formally launched on **24 September 1969**, the birth centenary year of **Mahatma Gandhi**, in 37 universities with about 40,000 students.
- **24 September** is therefore celebrated every year as **NSS Day**.
- Today NSS is one of the largest student volunteer programmes in the world, with lakhs of volunteers in universities, colleges and higher secondary schools across India.

4.3 Motto, symbol and badge

- **Motto: "NOT ME BUT YOU"**. It expresses the essence of democratic living and selfless service; it emphasises that the welfare of an individual depends on the welfare of society as a whole.
- **Symbol:** the NSS symbol is based on the **wheel of the Konark Sun Temple** in Odisha. The wheel represents the cycle of creation, preservation and release, and signifies movement in life across time and space. It stands for continuity as well as change, and the continuous striving of NSS for social transformation.
- **Colours of the badge:** the symbol is in **red and navy blue**. **Red** indicates that the volunteer is full of young blood — lively, active, energetic and full of high spirit. **Navy blue** indicates the cosmos, of which NSS is a tiny part, ready to contribute its share to the welfare of humankind.
- The **eight bars** of the wheel represent the **24 hours of the day** (in three-hour periods), reminding the volunteer to be ready to serve the nation round the clock.
- **NSS badge** is worn by volunteers during NSS programmes.

4.4 Objectives of NSS

NSS aims to enable students to:

- Understand the community in which they work and their relation with it.
- Identify the needs and problems of the community and involve themselves in solving them.
- Develop among themselves a sense of social and civic responsibility.
- Utilise their knowledge in finding practical solutions to individual and community problems.
- Develop the competence required for group living and the sharing of responsibilities.
- Gain skills in mobilising community participation.
- Acquire leadership qualities and a democratic attitude.

- Develop the capacity to meet emergencies and natural disasters.
- Practise national integration and social harmony.

4.5 Organisational structure of NSS

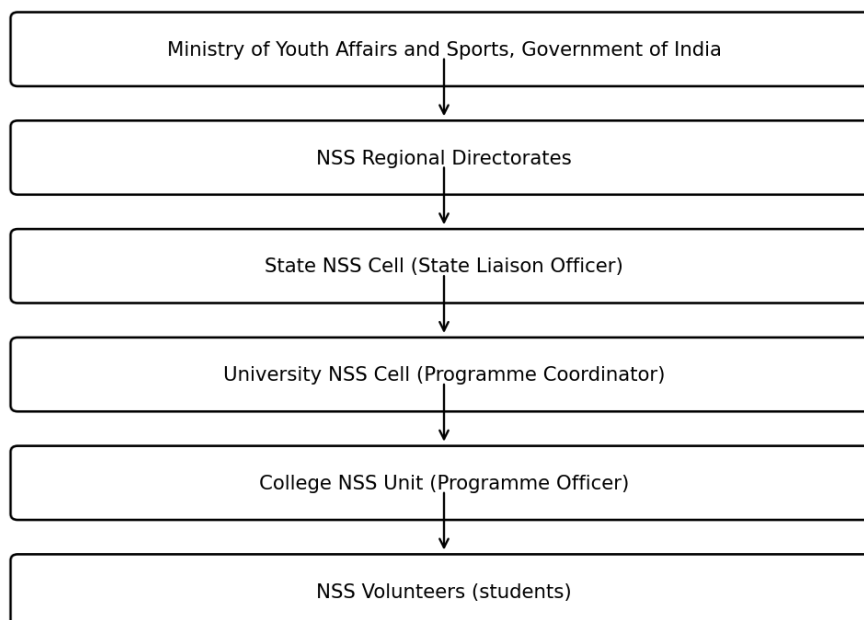


Figure 4.1: Organisational structure of NSS from the national level to the college unit.

- **National level:** the Ministry of Youth Affairs and Sports (Department of Youth Affairs) formulates policy and provides funds; the NSS Directorate and Regional Directorates coordinate and monitor the programme.
- **State level:** the State NSS Cell, headed by the **State Liaison Officer (SLO)**, coordinates NSS in the state.
- **University level:** the university NSS cell is headed by the **Programme Coordinator**.
- **College level:** each NSS unit is led by a teacher designated as the **Programme Officer (PO)**. A typical unit has about 100 volunteers.
- **Advisory committees** at each level guide planning and implementation.

4.6 Enrolment, eligibility and certificate

- Students of colleges, universities and higher secondary schools can join NSS **voluntarily** through their institution's NSS unit.
- An NSS volunteer is expected to complete **120 hours of regular activities per year**, i.e. **240 hours in two years**.
- The volunteer should also attend **one Special Camp of 7 days** (normally held in an adopted village or slum) during the two-year period.
- On completing these requirements, the volunteer receives the **NSS certificate**, which is valued in admissions and recruitment in several institutions and organisations.
- Volunteers maintain an **NSS diary/work-done record** of their activities, verified by the Programme Officer.

4.7 Qualities and role of an NSS volunteer

- Commitment to the motto "Not Me But You" — putting the needs of others first.



- Discipline, punctuality, honesty and respect for all, irrespective of caste, religion, gender or economic status.
- Ability to work in a team and to communicate with people of different backgrounds.
- Leadership with humility; willingness to learn from the community.
- Concern for the environment, health, hygiene and the welfare of weaker sections.
- A volunteer acts as a link between the institution and the community, spreading awareness and helping in development activities.

4.8 Awards and recognition

- **National NSS Awards** (instituted by the Ministry of Youth Affairs and Sports) are given every year to outstanding universities, NSS units, Programme Officers and volunteers for excellent community service.
- Selected volunteers participate in the **Republic Day Parade camp** in New Delhi, national integration camps and adventure camps.

4.9 Short-answer questions with answers

Q1. When and why was NSS launched?

On 24 September 1969, the birth centenary year of Mahatma Gandhi, to involve students in community service along with their studies.

Q2. What is the motto of NSS?

"Not Me But You" — selfless service and concern for the welfare of others.

Q3. On what is the NSS symbol based?

On the wheel of the Konark Sun Temple in Odisha, symbolising continuous movement, continuity and change.

Q4. What do the red and navy blue colours of the NSS symbol indicate?

Red indicates that the volunteer is lively, energetic and full of spirit; navy blue indicates the cosmos, of which NSS is a part, ready to contribute to human welfare.

Q5. What do the eight bars of the NSS wheel represent?

The 24 hours of a day, showing that the volunteer is ready to serve round the clock.

Q6. Under which ministry does NSS function?

The Ministry of Youth Affairs and Sports, Government of India.

Q7. How many hours of regular activity are required to obtain the NSS certificate?

120 hours per year, i.e. 240 hours in two years, along with one 7-day special camp.

Q8. Who is the Programme Officer?

A teacher of the college who leads and coordinates the activities of an NSS unit.

4.10 MCQs



- 1. NSS was launched in the year**
(a) 1947 (b) 1969 (c) 1975 (d) 1984
☐ (b) — Gandhi centenary year.
- 2. NSS Day is celebrated on**
(a) 2 October (b) 15 August (c) 12 January (d) 24 September
☐ (d) — NSS was launched on this day.
- 3. The motto of NSS is**
(a) Unity and Discipline (b) Not Me But You (c) Education for All (d) Service before Self
☐ (b) — Selfless service.
- 4. The NSS symbol is based on the wheel of**
(a) the Jagannath Temple (b) the Sun Temple at Konark (c) Sanchi Stupa (d) the Ashoka Chakra
☐ (b) — Konark, Odisha.
- 5. NSS functions under the Ministry of**
(a) Home Affairs (b) Youth Affairs and Sports (c) Rural Development (d) Education
☐ (b) — Department of Youth Affairs.
- 6. The eight bars of the NSS wheel represent**
(a) eight objectives (b) 24 hours of the day (c) eight states (d) eight directions
☐ (b) — Service round the clock.
- 7. The red colour of the NSS badge indicates**
(a) energy and young blood (b) danger (c) peace (d) the cosmos
☐ (a) — Lively and active volunteers.
- 8. The navy blue colour of the NSS symbol indicates**
(a) the night (b) discipline (c) the cosmos (d) the ocean only
☐ (c) — NSS is a part of the universe.
- 9. The duration of the NSS special camp is**
(a) 3 days (b) 7 days (c) 5 days (d) 15 days
☐ (b) — Seven days.
- 10. Regular activities required per year for an NSS volunteer are**
(a) 100 hours (b) 60 hours (c) 240 hours (d) 120 hours
☐ (d) — 240 hours in two years.
- 11. The teacher in charge of an NSS unit is the**
(a) State Liaison Officer (b) Programme Coordinator (c) Principal (d) Programme Officer
☐ (d) — Programme Officer.
- 12. The basic idea of NSS is**
(a) education through service (b) sports for all (c) adult education only (d) military training
☐ (a) — Personality development through community service.

Module 5: NSS Activities and Community Service

5.1 Types of NSS programmes

NSS activities are divided into two parts:

- **Regular activities** (120 hours per year): carried out on the campus and in adopted villages or slums throughout the academic year, outside class hours.
- **Special camping programme** (7 days, once in two years): a residential camp in an adopted village or urban slum, where volunteers live with the community and carry out development work.

Regular activities	Special camp
Spread over the academic year	Continuous 7-day residential camp
Mostly on weekends and holidays	Usually during vacations
Orientation, campus work, adopted-village visits	Intensive community work with a specific theme
120 hours per year	Counts towards the NSS certificate as a compulsory component

5.2 Regular activities

- **Orientation of volunteers:** lectures and discussions on NSS philosophy, community life, and the problems of the area (about 20 hours).
- **Campus work:** cleaning and greening the campus, tree plantation, water and energy conservation, making the campus plastic-free, maintaining gardens.
- **Community service in adopted villages or slums:** surveys, literacy classes, health and hygiene awareness, help to the elderly and differently-abled.
- **Observance of important days:** International Day of Yoga (21 June), Independence Day, NSS Day (24 September), Gandhi Jayanti (2 October), World Environment Day (5 June), World AIDS Day (1 December), National Youth Day (12 January, birthday of Swami Vivekananda), Republic Day, National Voters' Day (25 January).
- **Awareness campaigns:** rallies, street plays (nukkad natak), posters and door-to-door campaigns on cleanliness, road safety, voter awareness, drug abuse, gender equality and digital literacy.
- **Blood donation camps and health check-up camps** in collaboration with hospitals and the Red Cross.

5.3 Special camp — planning and activities

Planning a special camp:

- Select an adopted village or slum in consultation with local leaders and authorities; conduct a preliminary survey to identify needs.
- Decide the theme of the camp (for example, cleanliness, water conservation, health, literacy or disaster preparedness) and prepare a day-wise programme.
- Arrange accommodation, food, first aid, tools and permissions; divide volunteers into groups with group leaders.

Typical daily routine: early rising and yoga, flag hoisting, work in the village (shramadan), lunch and rest, awareness programmes and group discussions in the afternoon, cultural programme in the evening, and review of the day's work.

Activities: building or repairing village roads, drains and soak pits; cleaning ponds and public places; tree plantation; construction of compost pits; health and eye camps; immunisation and nutrition awareness; literacy and digital-literacy classes; survey of households; awareness on government schemes; and cultural programmes for national integration.

5.4 Areas of community service

Area	Examples of NSS work
Education	Adult literacy, remedial coaching for school children, digital literacy, library support
Health, hygiene and sanitation	Swachh Bharat activities, toilet-use awareness, safe drinking water, health and blood donation camps, anaemia and nutrition awareness
Environment	Tree plantation, water harvesting, waste segregation, plastic-free campaigns, energy saving
Social issues	Campaigns against dowry, child labour, drug and alcohol abuse; gender equality; welfare of senior citizens and the differently-abled
Rural development	Surveys, awareness of government schemes, help in self-help groups, kitchen gardens
Civic awareness	Voter registration, road safety, consumer rights, Right to Information awareness
Emergency and disaster	Relief and rehabilitation work, first aid, mock drills

5.5 NSS and disaster management

Odisha is prone to cyclones, floods and heat waves, so disaster preparedness is an important NSS activity.

- **Before a disaster (preparedness):** awareness on early warnings, preparation of family emergency kits, first-aid and CPR training, mock drills, identification of cyclone shelters and evacuation routes.
- **During a disaster (response):** helping authorities in evacuation, distribution of relief materials, running community kitchens, and helping in shelters — only under the direction of authorities and with safety.
- **After a disaster (recovery):** cleaning, disinfection, health camps, rebuilding and counselling of affected families.
- Volunteers work in coordination with the district administration, the Odisha State Disaster Management Authority (OSDMA) and the fire and health services, never alone.

5.6 Community survey and project work

A **socio-economic survey** helps NSS volunteers understand the needs of a community before starting any project.

- **Steps:** decide the objective → prepare a simple questionnaire (family size, education, occupation, income, housing, water, sanitation, health, awareness of schemes) → collect data from households with respect and permission → tabulate and analyse →



identify priority problems → plan projects with the community → implement and evaluate.

- **Ethics of survey work:** take consent, keep information confidential, be polite and do not make promises that cannot be kept.

5.7 Leadership, teamwork and communication in NSS

- **Leadership:** taking initiative, planning, motivating others and taking responsibility for results; NSS develops leadership through group-leader roles in camps and campaigns.
- **Teamwork:** dividing work according to ability, cooperating, respecting others' ideas and sharing credit.
- **Communication with the community:** speak in the local language (Odia), listen patiently, use simple examples, posters and street plays, and respect local customs.
- **Personality development:** NSS builds confidence, empathy, problem-solving skills and a sense of citizenship, which are valuable in professional life.

5.8 Record keeping in NSS

- **NSS diary / work-done diary:** each volunteer records the date, activity, place and hours of work, signed by the Programme Officer.
- **Unit records:** enrolment register, attendance register, activity reports with photographs, special camp report, stock register and accounts of grants.
- **Report writing:** a good activity report contains the title, date, place, objective, participants, description of work, outcome and photographs.

5.9 Engineering students and NSS

Engineering students can contribute their technical knowledge to community service, for example:

- Basic electrical safety awareness, repairing simple household wiring under supervision, and promoting energy-efficient LED lighting and solar lamps.
- Rainwater harvesting structures, soak pits and simple water filters.
- Digital literacy: teaching villagers to use mobile banking safely, government service portals and online applications.
- Surveys and simple data analysis to help local bodies plan better.

5.10 Short-answer questions with answers

Q1. What are the two types of NSS programmes?

Regular activities (120 hours per year) and the special camping programme (one 7-day camp in two years).

Q2. Name four days observed by NSS units.

NSS Day (24 September), Gandhi Jayanti (2 October), National Youth Day (12 January) and International Day of Yoga (21 June).

Q3. What is shramadan?

Voluntary physical labour for the community, such as cleaning, road repair or plantation, done by volunteers during camps.



Q4. Why is a community survey done before a special camp?

To understand the actual needs and problems of the community so that suitable projects can be planned.

Q5. Give two NSS activities related to the environment.

Tree plantation and rainwater harvesting (also waste segregation and plastic-free campaigns).

Q6. What is the role of NSS in disaster management?

Spreading awareness and preparedness before disasters, helping authorities in relief during disasters, and supporting recovery afterwards.

Q7. What is an NSS diary?

A record maintained by each volunteer of activities done, with dates and hours, certified by the Programme Officer.

Q8. Why is National Youth Day celebrated on 12 January?

It is the birthday of Swami Vivekananda, whose ideas inspire the youth of India.

5.11 MCQs

1. The NSS special camp is held in

- (a) an adopted village or slum (b) the college campus only (c) a city hotel (d) a military camp
☐ (a) — Volunteers live with the community.

2. National Youth Day is observed on

- (a) 2 October (b) 12 January (c) 5 June (d) 24 September
☐ (b) — Birthday of Swami Vivekananda.

3. World Environment Day is observed on

- (a) 5 June (b) 16 September (c) 22 April (d) 21 June
☐ (a) — 5 June.

4. Voluntary physical work for the community is called

- (a) shramadan (b) nukkad natak (c) survey (d) orientation
☐ (a) — Gift of labour.

5. World AIDS Day is observed on

- (a) 1 December (b) 7 April (c) 31 May (d) 10 December
☐ (a) — 1 December.

6. The first step of community project work is

- (a) need assessment through survey (b) report writing (c) implementation (d) evaluation
☐ (a) — Survey first.

7. A street play used for awareness is called

- (a) gram sabha (b) nukkad natak (c) prabhat pheri (d) shramadan
☐ (b) — Street theatre.



8. In disaster relief, NSS volunteers should work

- (a) alone (b) only on social media (c) under the direction of authorities (d) without any training

☐ (c) — Coordination and safety.

9. The NSS diary is certified by the

- (a) Principal (b) village head (c) State Liaison Officer (d) Programme Officer

☐ (d) — Programme Officer.

10. National Voters' Day is observed on

- (a) 15 August (b) 2 October (c) 26 January (d) 25 January

☐ (d) — Voter awareness.

11. Which is NOT a regular NSS activity?

- (a) Campus cleaning (b) Awareness rally (c) Blood donation camp (d) Paid industrial training

☐ (d) — NSS work is voluntary service.

12. Orientation of NSS volunteers mainly deals with

- (a) industrial visits (b) NSS philosophy and community problems (c) sports coaching (d) examination preparation

☐ (b) — About 20 hours.



Question Bank and Model Question Paper

Long-answer questions (with answer points)

Q1. Explain the meaning of yoga and describe the eight limbs of Ashtanga Yoga.

Meaning from "yuj"; Patanjali's definition; list and explain yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi; Bahiranga and Antaranga yoga; benefits for students (Module 1).

Q2. Describe the method, benefits and precautions of any four asanas.

For each asana give the starting position, steps, final position with breathing, return, two benefits and one precaution (Module 2).

Q3. Explain the 12 steps of Surya Namaskar with breathing and benefits.

List the 12 postures in order with inhalation/exhalation; mention benefits and precautions (Section 2.7).

Q4. What is pranayama? Explain any three pranayama practices.

Meaning of prana and ayama; puraka, rechaka and kumbhaka; method and benefits of Nadi Shodhana, Bhramari and Kapalabhati with precautions (Module 3).

Q5. How does yoga help in managing stress? Explain the role of meditation.

Effects of stress; relaxation, breathing and meditation; method of breath-awareness meditation; practices for specific problems; yogic diet and lifestyle (Module 3).

Q6. Write a note on the history, motto, symbol and objectives of NSS.

Launch on 24 September 1969; motto "Not Me But You"; Konark wheel symbol, its eight bars and colours; objectives (Module 4).

Q7. Explain the organisational structure of NSS and the requirements for the NSS certificate.

Ministry, Regional Directorates, State Liaison Officer, Programme Coordinator, Programme Officer; 120 hours per year, 240 hours in two years and one 7-day special camp (Module 4).

Q8. Describe the planning and activities of an NSS special camp.

Selection of village, survey, theme, daily routine, shramadan, awareness and health activities, cultural programmes, report (Module 5).

Q9. Discuss the role of NSS volunteers in disaster management.

Preparedness, response and recovery activities; coordination with authorities; safety; examples from cyclones and floods in Odisha (Section 5.5).

Model question paper (Full marks 50)



Part A: Answer all questions ($2 \times 5 = 10$ marks)

- (a) Give Patanjali's definition of yoga.
- (b) What is Shavasana?
- (c) Name the three phases of pranayama.
- (d) What is the motto of NSS?
- (e) What is a special camp?

Part B: Answer any four ($5 \times 4 = 20$ marks)

- (a) Explain yama and niyama with examples from student life.
- (b) Describe the method and benefits of Bhujangasana and Vrikshasana.
- (c) Explain Nadi Shodhana pranayama.
- (d) Explain the NSS symbol and its significance.
- (e) List the regular activities of an NSS unit.
- (f) What are the steps of a community survey?

Part C: Answer any two ($10 \times 2 = 20$ marks)

- (a) Describe the eight limbs of Ashtanga Yoga.
- (b) Explain the steps of Surya Namaskar with breathing and benefits.
- (c) Describe the history, objectives and organisational structure of NSS.
- (d) Explain the planning and activities of an NSS special camp.

Important days at a glance

Date	Day
12 January	National Youth Day (Swami Vivekananda's birthday)
25 January	National Voters' Day
5 June	World Environment Day
21 June	International Day of Yoga
24 September	NSS Day
2 October	Gandhi Jayanti
1 December	World AIDS Day