

## LESSON - 20

### YOGA

**The following componets will be learnt in this lesson:**

- Meaning of Yoga
- Values of Yoga
- Benifits of Yoga

Our body is naturally has the quality of 'Tamasa' and the Atma having the quality of 'Satwa' so the performer has to try to bring both together in one way through yoga. That is why yoga is important to the mind and the body.

#### Meaning of Yoga

"Yoga" means "join" or "bind". This word yoga derived from "Yuz" and focusing body and mind together is yoga.

Father of Yoga is Sage Patanjali who wrote Yoga Sutra in the 2nd century B.C. He summerized the principles of 'Yoga' in the name "Yoga sutra." It has complete information about yoga.

#### VALUES OF YOGA :

Generally 'Value' means 'cost' of 'rate'. Yoga has its own value and status. Body is well constructed and beautiful. To make it more beautiful and strong like diamond everybody need yoga. Yoga helps human beings to share happiness and the sorrows equally in life. The performer gets physical mental and spiritual strength by the practise of yoga.

Yoga is related to the body and mind. It is not only useful to body also to mind. Regular practice of yoga results development

of mental and physical strength and the performer can control over breathing. Slow and deep breathing practice increases life span of any animal. (**Ex:** Tortoise and Python.) In the same way one who breathe fast, his life span will get reduced (**Ex:** Rabbit and Dog.) So performer of yoga has to practise deep and slow breathe to live happy and healthy.

### Remember

1. Yoga is related to body, mind and breathing.
2. Regular practice of yoga results in the development of mental strength.

**Yogah Chitta Vritti Nirodaha' Means**  
Yoga controls the fickleness of mind.

### Advantages

1. Regular practice of yoga keeps a way the laziness and helps in rejuvenating body.
2. Practise of Yogasanas improves the memory power of the students.
3. Helps in improving blood circulatin and enhanees immunity.

### EXERCISES

#### I Fill in the blanks.

1. Regular practice of Yoga develops our\_\_\_\_\_.
2. Yoga derived from \_\_\_\_\_.
3. Practice of deep breathing increases our\_\_\_\_\_.

## II Tick the appropriate answer

1. The word yoga is derived from the Sanskrit word \_\_\_\_\_  
a. Yogam      b. Yuz      c. Yogas      d. Yogasana
2. Animal that lives longer is \_\_\_\_\_  
a. Rabbit      b. Dog      c. Cat      d. Tortise
3. Father of Yoga is \_\_\_\_\_  
a. Valmiki      b. Pathanjali  
c. Vishwamithra      d. Ayyangar

## III Answer the following in one sentence each.

1. When was yoga sutra written?
2. Who wrote yoga Sutra?
3. Which body parts are benefitted from yoga practice.

**Mind your self.**

Practise yoga and be free from  
diseases

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