

CHAPTER 3. STUDY OF YOGA

Q. 1. Fill in the blanks appropriate word.

1. The origin of yoga is in Sanskrit culture.
2. Dharana, Dhyana, and Samadhi these three limbs are called Ashtanga.
3. The study of oneself by self is called Swadhyaya.
4. The state that gives stability to the body and happiness to the mind is called Aasanas.

Q.2. Match the following: 'A' Group Answers B' Group

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| 1. Tapas | b) to increase ones physical, mental and intellectual fire. |
| 2. Ishwar Pranidhana | c) Trustful surrender of ones karma and will power to God |
| 3. Santosha | d) Satisfaction and happy attitude |
| 4. Swadhyaya- | a) Study of oneself by self |

Q.3. Write whether true or false:

1. The digestion system works to meet the need for oxygen. - **false**
 2. Asteya means not to steal. - **false**
 3. Asana enhances health and rejuvenates the body and mind - **true**
- Q.4. Write in one sentence.

Q.1. Name the Sanskrit word from which Yoga is derived?

ANS: - The word 'Yoga' is derived from the Sanskrit root word 'Yuj'.

Q.2. What is Dhyana?

ANS: -. Dhyana is sustaining concentration of mind on singular object. It refers to meditation and is focused inward.

Q.3. Which are the 5 limbs of Bhairanga Yoga?

ANS: - The Five limbs of Bhairanga Yoga are Yama, Niyama, Asana, Pranayama and Pratyahara

Q.4. What is Pranayam?

ANS: - 'Prana' means breath, respiration, life, life force and 'Ayama' is to extend or increase the length. To regulate the respiratory process.

Q.5. Write in brief.

Q.1. Write the benefits of Study of Yoga.

ANS: - 1.Improves the functions of internal organs of the body.

2. Increases immunity.

3. Improves blood circulation.

4. Spine becomes flexible.

5. Body becomes flexible and agile.

6. Increases the enthusiasm for work.

7. There is no fatigue.

8.You get peace of mind.

9.Helps to improve concentration.

10.Awareness of maintaining appropriate body posture is created.

Q.2. Write information of Asthanga Yoga

ANS: - There are different ways of practicing yoga. Here, Asthanga Yoga i.eRajyoga, the eight limbs for the purification of body, mind and soul, will be studied. In order to develop various aspects of human personality, it is necessary toknow the eight limbs of yoga and perform them accordingly. These limbs are yama, niyama, asana, pranayama, pratyahara, dharna, dhyana and samadhi.

Q.3. Explain the basics of Breathing.

ANS: - Breathing occurs naturally. It can also be done voluntarily in a limited form. Respiratory systemworks to meet the oxygen needs of the time. Normally, awareness is poor when breathing naturally. Awareness sets in when work or exercise increases and the speed of respiration is elevated to meet the increased demand. This means that an increased need for oxygen or a disturbance in its supply diverts attention to breathing. Breath is the great connector between body and mind. Similarly, respiration, body posture and thoughts are interconnected. If breathing is normal and slow, automatically mind becomes calm and peaceful. Breathing is a natural process. Humans have 15 to 17 repetitions of inhalation and exhalation in a minute. In Pranayama

breathing becomes controlled so automatically mind is also controlled. Respiration is satisfied through the process of inhalation and exhalation. An attitude of contentment can be cultivated by connecting self with awareness of inhalation and exhalation. Therefore the key to satisfaction is 'Pranayam'.

Q.7. Explain your views.

Q.1. Explain your views on Pranayama, 'The key to social health'

ANS: - Pranayama is a daily activity which can be performed by every individual at home. Concentrating on your breathing every day in the morning for almost 10 minutes can keep you fresh for the entire upcoming day. Respiration plays a vital role in the living of human being, inhaling fresh air is very important. This process is smoothly carried out but performing Pranayama every day and it helps to increase concentration of mind. Mind is kept peaceful after taking proper oxygen. Hence, Pranayama is a key to social health in true sense.

Q.2. World Yoga Day - 21st June

ANS: - 21st of June is recognized as World Yoga Day. Our Prime Minister Mr. Narendra Modi Sir has introduced yoga on national level as an important part of life. He himself performs it every day in such an age. Yoga keeps our body flexible and our mind calm. Every 'Asan' of Yoga has its own importance and purity. Yoga keeps us away from viral or contagious diseases, providing us a healthy soul. Every individual should perform Yoga daily for better health in future.