

**SPECIAL FEATURE**

**Mind Mapping  
for  
All Chapters**

**11** **NEW  
EDITION**



*Textbook on*

# **PHYSICAL EDUCATION**

Includes Objective Type/MCQs  
As Per New Syllabus Issued By C.B.S.E.

By :

**Dr. Manu Sood**

Head, Dept. of Physical Education  
D.A.V. College, Jalandhar.



N.D. 413, Sharda Nand Street, Adda Hoshiarpur,  
JALANDHAR (Pb.) INDIA. Ph. 0181-2227899  
Mobile : +91-98760-71010, +91-99157-77906

# UNIT

## 5

# Yoga

### INTRODUCTION

Yoga, the oldest-known science of self development, has been found to be the answer to modern machine age, is man's deepest need. It solves the problems of health, physical fitness and peace of mind. Yoga teaches us how to improve and control the condition of every part of our body. It also teaches us how to quiet our mind in order to attain real lasting peace. It is simple to perform and enjoyable. These days yoga has become universal. It can be used

by every one regardless of age, gender, physical condition, background etc. People use yoga to overcome their individual problems. Yoga can be used to correct the physical deformities of children and even elderly people. Western countries are turning to yoga because it has been proved that yoga successfully counteracts the occupational pains that every person has these days. Yoga is a means of balancing and harmonizing the body, mind and emotions.

### LEARNING OBJECTIVES

- 5.1 Meaning and Importance of Yoga
- 5.2 Elements of Yoga
- 5.3 Introduction – Asanas, Pranayama, Meditation and Yogic Kriyas
- 5.4 Yoga for Concentration and related Asanas (Sukhasana ; Tadasana ; Padmasana, Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- 5.5 Relaxation Techniques for improving concentration – Yoganidra





## 5.1 MEANING AND IMPORTANCE OF YOGA

### MEANING OF YOGA

Yoga is the oldest Indian way of dealing with the fitness (physical, mental) of human body, mind and spirit. Yoga has come from Sanskrit word 'yuj' which means to unite or to join. Even though, people tend to think that yoga is a series of exercises with twisted body poses, but it is not so. Basically, it helps the individual to connect with one's inner spirit, which is essentially divine and is connected to the 'universal spirit' or 'God'. Yoga's roots are in India and sadhus (saints) used to practise yoga thousands of years ago.

Actually Yoga is a science which deals with the health of body and harmony of mind. The ultimate aim of Yoga is self identification and self perfection which comes through self purification and self realization.

**According to Bhagwad Gita**, yoga is defined as, "Samatvam yoga uchhayate" – means yoga is balance and harmony of the mind and body.

"Yoga Karmasu Kaushalam" – means, yoga is skill in work.

**According to Shankracharya**, "Yoga is withdrawal of sense organs from the worldly objects and their control through yoga".

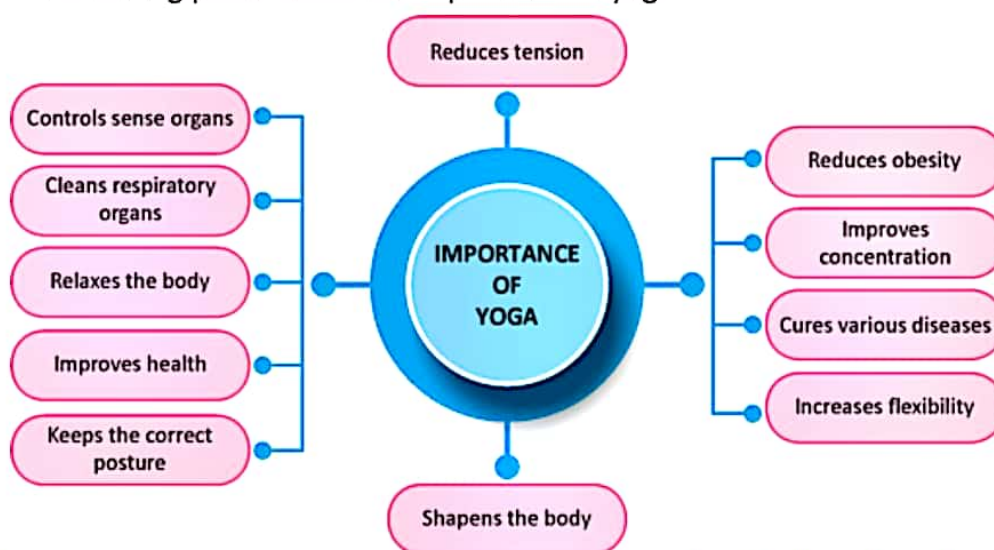
**According to Swami Digamber ji**, "Yoga is a union of Atma and Parmatma".

Dictionary meaning of 'yoga', it is a set of physical and mental exercises.

**According to Patanjali**, "Checking the impulses of mind is Yoga".

### IMPORTANCE OF YOGA

The modern age is the age of stress, tension and anxiety. Everybody is in a hurry. Everything is time-bound and man is running after them. This makes him tired physically and tense mentally. Most of the people are leading such life. At this juncture, yoga can be very significant for us. The following points show the importance of yoga :



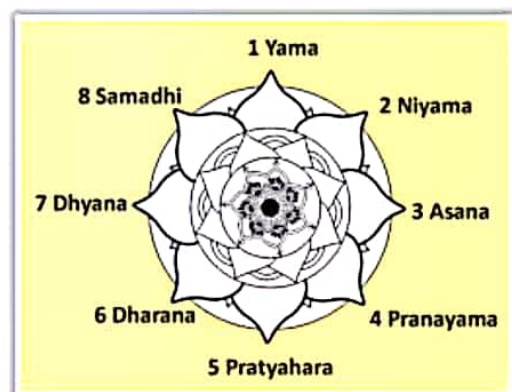
- (i) **Reduces tension** : Regular practice of yoga is helpful to reduce the tension. Dharana and Dhyana are beneficial for getting peace of mind. Yoga helps to relax the body.
- (ii) **Improves concentration** : Various techniques of yoga develop the concentration to great extent and thus improves memory and mental sharpness.
- (iii) **Cleans respiratory organs** : The respiratory organs of our body can be cleaned by various yogic exercises. Neti, Dhuti, Kapala bhati etc. are such yogic exercises to keep our respiratory organs clean.
- (iv) **Controls sense organs** : Various techniques of yoga develop the ability to control the sense organs. It develops them to function properly according to the individual needs.
- (v) **Relaxes the body** : Rest and relaxation are essential for removing fatigue. Yoga relaxes the body. Shavasana and Makarasana are very beneficial for relaxation.
- (vi) **Shapens the body** : Everybody wants to be slim. A person wants to shapen his body. Yoga shapens the body and controls body weight.
- (vii) **Cures various diseases** : Yoga not only prevents us from many diseases but also cures them. A large number of diseases like asthma, high blood pressure, heart problems etc. are cured by yoga.
- (viii) **Reduces obesity** : Obese people fall prey to various diseases. Yogic exercises can help in reducing obesity. By reducing mental tension through meditative asanas obesity can also be reduced.
- (ix) **Improves health** : Yoga exercises improves the health by making our muscles strong and regulating other systems of body such as respiratory system, circulatory system, nervous system and digestive system etc.
- (x) **Maintain correct posture** : Nowadays postural deformities are common in individuals. If we perform yogic exercises regularly, we can keep the correct posture of body.
- (xi) **Increases flexibility** : Flexibility is very significant for every person. It makes the body movement efficient and graceful. It is also helpful in preventing sports injury. Muscles become flexible by performing Chakrasana, Dhanurasana, Halasana etc.

## 5.2 ELEMENTS OF YOGA

Elements of yoga can be explained in the form of 'Ashtanga Yoga'. 'Ashta' means eight and 'Anga' means limbs. It means eight-limbs yoga. These were described by Patanjali in yogasutras.

The elements of yoga are as follows :

- (i) **Yama (Restraints)** : The yamas are five principles that outline a code of conduct that should be



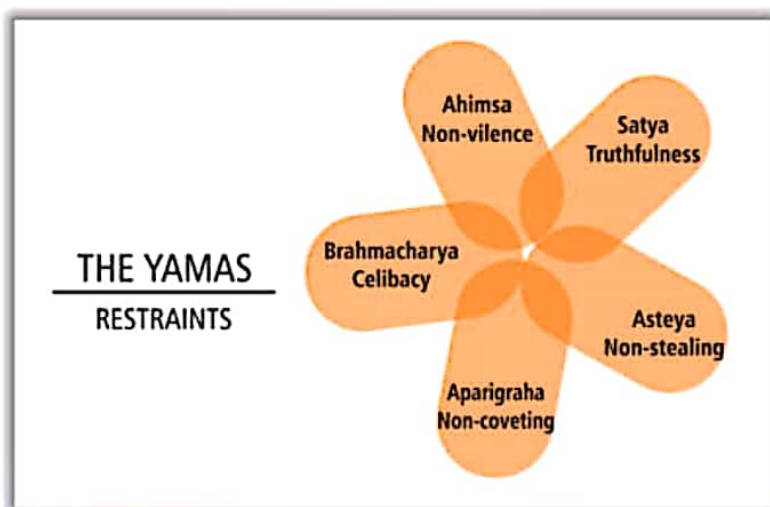
observed by an individual when interacting with the world. *Yama* is also sometimes called “the five restraints” because it describes what one should avoid to advance on the spiritual path. They are:

**(a) Ahimsa (Non-Violence)**

It means to shun all the acts of violence which cause harm to others. Violence includes not only the physical harm but also mental harm. It teaches us to resist any feelings of jealousy, anger or hate for any other being.

**(b) Satya (Truthfulness)**

It means to be truthful in thought, word and deed. We must not lie. Hiding the truth from someone is considered lying too. In that way we deny his right to know the actual thing.



**(c) Asteya (Non-Stealing)**

It means non stealing. Stealing is a crime both legally and morally. To steal the possessions or thoughts of someone and use it for our own benefit is morally wrong and one should abstain from it.

**(d) Brahmacharya (Celibacy)**

It means to keep one’s sense organs under control. Brahmacharya also evokes a sense of directing our energy away from external desires towards finding peace and happiness within ourselves.

**(e) Aparigraha (Non-Coveting)**

Aparigraha teaches us to live with minimum things which are enough to sustain a life. We should not desire for physical or material pleasures.

**(ii) Niyama (Observances) :** The niyamas are inward practices to improve the self. It contains 5 essential teachings. They are:

**(a) Saucha (Purification)**

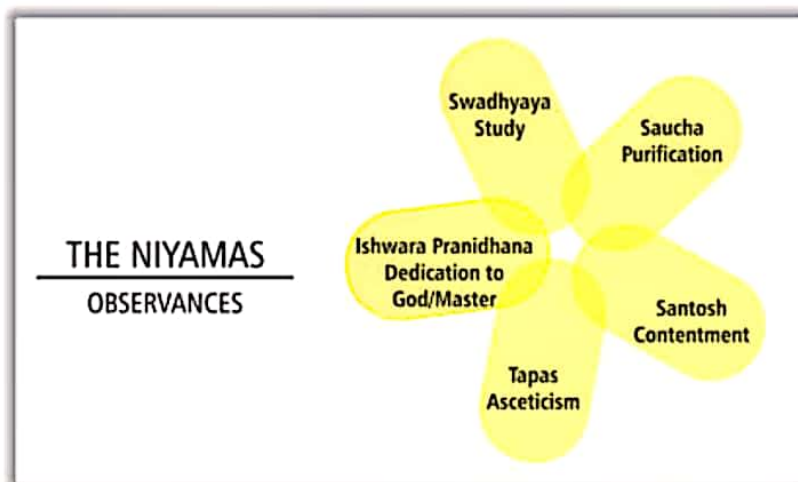
It refers to purification of the body and mind. True cleanliness is achieved when the outer body is free of dirt and pollutants, inner organs are function-ing well and the



mind is clear of any wrong thoughts. Various asanas can be performed to keep the organs healthy.

**(b) Santosh (Contentment)**

It means to be satisfied with what we have. More the expectations more are the frustration. Be happy with your life and you will leave no chance of being disappointed.



**(c) Tapas (Asceticism)**

It means keeping mind detached, under control and tolerant to heat, cold, hunger etc. Bring discipline into your life. Focus all the energy in achieving your life goals.

**(d) Swadhyaya (Study)**

It means self-study. Take some time out to introspect. Ponder over who you really are? What is your aim? How can you give back to the society? Discover yourself and the true meaning of your life.

**(e) Ishwara Pranidhana (Dedication To God)**

The term 'Ishwara Pranidhana' is made up of two words; Ishwara, which translates as 'Supreme Being', or 'God' and Pranidhana, which means 'fixing' which means to dedicate or complete surrender of self to God in words, deeds and thoughts.

**(iii) Asana :** Asanas are various postures of yoga. These poses help the person to remain healthy and balanced. These help to develop concentration. By practising asana one can develop agility, balance, endurance and great vitality. They keep the



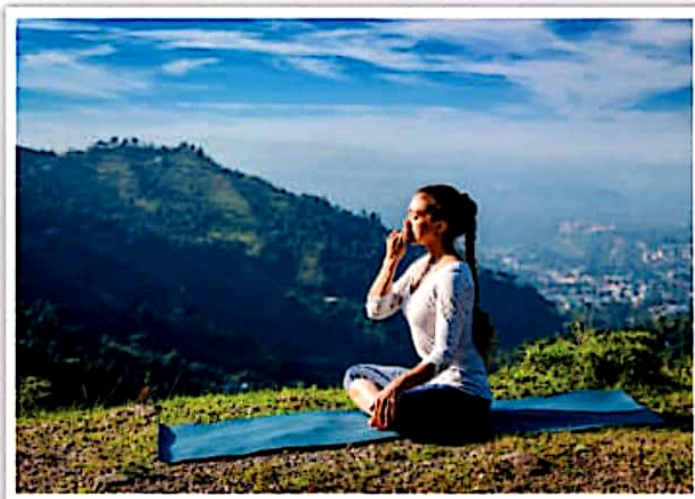
body free from disease. Their real importance lies in the way they train and discipline the mind. There are various types of asanas such as corrective asanas, relaxative asanas and meditative asanas.

**(iv) Pranayama** : Pranayama improves the respiratory system. Regular practice helps to control the mind and emotions. Pranayama is the fourth step of Ashtang yoga. Pranayama is the practice of various breathing techniques. There are three main stages of 'pranayama' :

**(a) Puraka** : To inhale breath.

**(b) Kumbhaka** : To retain breath.

**(c) Rechaka** : To exhale breath.



**Following are the few important “Kriyas of Pranayama” :**

(i) Surya Bhedi Pranayama, (ii) Ujjayi Pranayama, (iii) Sheetkari Pranayama, (iv) Sheetal Pranayama, (v) Bhastrika Pranayama, (vi) Kapal Bhati Pranayama.

**(v) Pratyahara** : Detaching the mind and sense organs from the related activity and attaching to God is known as pratyahara. In pratyahara, the senses no longer respond to the external objects that hinder mental concentration. The attachment of various senses such as words, beauty, taste, smell etc. diverts the individual from the way of self-welfare. The practitioner starts feeling extreme pleasure in remembering and connecting to God.

**(vi) Dharana** : Dharana is the concentration of mind. In dharana one is able to control self or mind completely. He is concentrated wholly on a single point or on a task in which he is completely engrossed. Dharana is the first step towards samadhi. In fact dharana is a mental exercise which enables a yogi to go ahead towards dhyana and samadhi.

**(vii) Dhayana** : Dhayana or meditation is the seventh element of yoga. Dhayana is the process of complete concentration of mind and one can concentrate long and do meditation. It is the stage prior to samadhi. In this condition one is able to integrate body, control over breath, senses, mind, ego etc. In fact, dhayana is a complete concentration of mind over a period of time without any divergence.

**(viii) Samadhi** : Samadhi is the stage in which one loses personal identity. It is the peak of meditation. It is the union of individual's soul with the supreme soul. Person remains in the state of Samadhi and his senses are at rest as one is sleeping but his mind remains alert. In this state one is fully conscious and alert.





All these elements help to improve the individual's physical health, mental, emotional, moral qualities, social qualities and spiritual balance. The personality of the individual is developed and one is able to live long and enjoy life.

## 5.3 INTRODUCTION ASANAS, PRANAYAMA, MEDITATION AND YOGIC KRIYAS

### ASANAS

Asana is a body position, typically associated with the practice of Yoga. Originally it was identified as a mastery of sitting still. In the context of Yoga practice, asana refers to two things: the place where a practitioner sits and the manner (posture) in which he/she sits. In the Yoga sutras, Patanjali suggests that asana is "to be seated in a position that is firm, but relaxed for extended, or timeless periods."

In present times, Asana as a term is used for various postures for improving the body's flexibility and vitality, with the goal of cultivating the ability to remain in seated meditation for extended periods. Asanas are widely known as "Yoga postures" or "Yoga positions".

**The Asanas can be classified into following :**

- 1. Dhyanatmak Asanas (Meditative Asanas) :** These are cross-legged sitting postures which allow you to sit upright and relaxed for a longer time. They provide a stable seat for meditation without moving any part of your body. This is important if you are practicing meditation or pranayama. These postures increase concentration power and help in meditation. These asanas should be practised in peaceful atmosphere. Padmasana, Siddhasana, Swastikasana, Vajrasana, Sukhasana etc. are examples of meditative asanas.
- 2. Relaxative Asanas :** The asanas for relaxation are designed in a way that there is no need to contract any muscle. These asanas help in the relaxation of physical and mental fatigue. They provide relaxation to our body and mind. Shashankasana, Shavasana, Makarasana etc. are examples of relaxative asanas.
- 3. Cultural or Corrective Asanas :** Bring out changes in the body by correcting postural defects, corrects disturbed function of various systems, improper muscle tone and also cultivate correct mental attitude.

This group contains by far the largest number of asanas. Shirshasana, Sarvangasana, Shalabhasana, Bhujangasana, Mayurasana, Paschimottanasana etc are examples of corrective asanas.

### PRANAYAMA

Pranayama is a Sanskrit word alternatively translated as "extension of the prana (breath or life force)" or "breath control." The word is composed from two words: prana meaning life force and 'Ayama' means control of prana.

Patanjali in his text of Yoga Sutras mentioned pranayama as means of attaining higher states of awareness. Pranayama is related to respiratory or breathing exercises. It refers to breathing exercises that are used for relaxation, concentration and meditation.







### Types of Pranayama :

- (i) **Anulom-Vilom** : It is also known as alternative nostril breathing. It is a very relaxed, balancing breath that is used to help calm the nervous system. In Anulom Vilom pranayama, breathing is done only through one nostril which is alternated. During this process, the other nostril is closed using the fingers. The thumb is used to close the right nostril and the ring finger is used to close the left nostril.
- (ii) **Kapalabhati** : Kapalabhati means skull shining breath. Kapalabhati is a very active, forced exhalation with a passive inhalation. To exhale, the belly quickly pumps into the spine forcing the air out of the nose.
- (iii) **Bhramari Pranayama** : The Bhramari pranayama breathing technique derives its name from the black Indian bee called Bhramari. In this, the exhalation process combines with vibrating sound from the throat. Bhramari pranayama is effective in instantly calming down the mind. It is one of the best breathing exercises to free the mind of agitation, frustration or anxiety and get rid of anger to a great extent.
- (iv) **Sheetali Pranayama** : Sheetali also means cooling, which explains the effect it can have on your mind and body. This breath encourages clearing heat with coolness. It's especially helpful during summer and in hot climates. Open the mouth and extend the tongue outside of the mouth, rolling it from the sides to form a tube. Inhale through the tube. Close the mouth and exhale through the nose.
- (v) **Sheetkari Pranayama** : Sheetkari pranayama is a yogic breathing exercise that both calms the mind and cools the body. The term comes from Sanskrit meaning "sipping" or "hissing"; prana, meaning "life force"; and ayama, meaning "extension." To practice, draw the breath in through the mouth with closed teeth.
- (vi) **Ujjayi Pranayama** : Ujjayi means victorious breath; it's also referred to as ocean breath due to the sound it creates. Focus the awareness on the throat. Imagine you are inhaling and exhaling through the throat. Start to contract the throat slightly on inhalation and exhalation. Keep the breath, slow, relaxed and deep. Focus on the breath and sound.
- (vii) **Bhastrika Pranayama** : Bhastrika means a bellows used in a furnace. Bhastrika is a quick, active exhalation and inhalation. You will feel your belly quickly pumping in and out



like the bellows of a **blacksmith** as the abdominal muscles engage to assist you with this pranayama.

### **ADVANTAGES OF PRANAYAMA**

- (i) Pranayama helps to control the breathing. Breathing capacity improves and it becomes more deep.
- (ii) It helps to provide more oxygen to the blood and brain.
- (iii) It helps to improve the blood circulation and regulates the heart beat.
- (iv) It helps to improve digestive system.
- (v) It invigorates the liver, pancreas and the abdominal muscles.
- (vi) It helps to concentrate better in games and sports.

### **MEDITATION**

According to Patanjali, Meditation is the concentration of mind (Chitta) on an impulse (Vritti) without any divergence.

Meditation or "dhyana" is an extreme form of concentration. Meditation is one of the 8 limbs of Yoga. Practising meditation means to slowly and gently train the mind to be still. It allows mind to focus on one thing and detaches person from all worldly things. Meditation results in a harmony between body and soul. It reduces stress and relaxes your body.

During meditation, one focuses his/her attention and eliminate **rampant** thoughts that may be crowding the mind and causing stress. This process may result in enhanced emotional, intellectual, physical and spiritual well-being.

Physiologically, meditation positively impacts the body by **alleviating** the impact of energy and work on the body. During meditation, metabolic and heart rate are lowered, which reduces the work load of the heart.

### **IMPORTANCE OF MEDITATION**

1. Today's life is full of stress, which further influences our day to day activities. Meditation helps in reducing stress by affecting your nervous system.
2. Regular meditation helps in relieving stress and thus improves the quality of sleep.
3. Meditation also helps in controlling anger.
4. Improved concentration is the result of meditation.
5. It is believed that meditation improves the immune system and thereby helps in controlling blood pressure and lowering blood cholesterol.
6. Studies into the effects of meditation have shown that the regular practice of meditation can slow the ageing process.
7. People who meditate are less stressed, healthier and they have a more positive outlook on life.

### **YOGIC KRIYAS**

Yogic Kriyas help the individual to clean the internal as well as the external organs of the





body with the help of various yogic Kriyas. The kriyas are also called as purification techniques. Various yogic kriyas are described as below :

**Neti Kriya :** It is a process of cleaning and purifying the nasal passage. This includes Jal neti and Sutra Neti.

**Dhauti Kriya :** It is the way of cleaning alimentary canal.

**Nauli Kriya :** It is a method of massaging and strengthening the abdominal organs.

**Basti Kriya :** It is the technique for washing and toning the large intestine.

**Kapalbhati Kriya :** It is a breathing technique for purifying the frontal region of brain.

**Trataka Kriya :** It is the practice of intense gazing at one point or object which develops the power of concentration.



## 5.4

### YOGA FOR CONCENTRATION & RELATED ASANAS (SUKHASANA TADASANA PADMASANA, SHASHANKASANA, NAUKASANA, VRIKSHASANA (TREE POSE), GARUDASANA (EAGLE POSE))

Concentration is important for everyone and helps perform better in day to day life. Yoga is one of the best ways to improve your concentration. Yoga for concentration helps people overcome the feelings of anxiety and focus on their work and achievements. It has been observed that there was significant increase in motivation and concentration among people who attended yoga classes and performed certain specific asanas.

#### Benefits of Yoga for Concentration

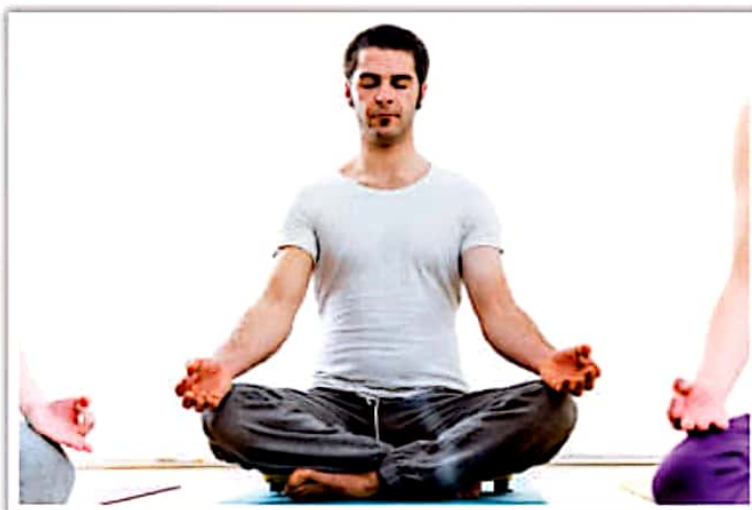
- 1. Benefits Within the Body :** It helps to improve blood circulation, blood pressure, immunity, metabolism as well as improvements in cardio endurance and other organs of the body. Emotional benefits are seen as reduction of stress, anxiety, depression and improvements in mood and self acceptance as well as social skills, calmness and more.
- 2. Benefits Outside the Body :** It works as anti-ageing factor, improves posture, energy, balance, sleep, awareness and many more. It also helps the person get rid of health problems internally and externally.
- 3. Yoga Techniques that Help in Concentration :** There are many yoga techniques that help a person improve his concentration and focus in whatever he does. Regular practice brings in positive results and the person is able to get a good memory power too.



**Following yoga asanas help in concentration :**

### **1. SUKHASANA**

In Sanskrit the word “Sukham” means “delight” or “bliss” and “asana” means ‘posture’. This asana is basically a relaxing pose. One can perform this asana in the most comfortable and easy manner. This is basically concentration pose. This requires patience. This asana is one of the easiest asanas.



#### **Procedure :**

To perform Sukh asana the following steps should be performed:

1. Sit on the mat with legs stretched out in front.
2. Bend the right leg at the knee and place the foot under the left thigh. Use the hands to do this.
3. Now bend the left leg and place the left foot under the right leg.
4. Keep the body balanced and easily erect.
5. Extend the arms so that the wrists rest on the knees, palms turned upward.
6. The tips of the thumbs should touch the tips of the index fingers, with other fingers lying straight.

#### **Benefits :**

1. It stretches and lengthens your spine.
2. It calms your mind.
3. Enhance your condition of peacefulness and serenity.
4. Kick out anxiety, stress and mental tiredness.
5. It helps in improving body posture.
6. It helps in reducing fatigue.
7. It strengthens your back.
8. It stretchens your ankles and knees.
9. It gives gentle massage to your knees, calf muscles and your thighs also.

#### **Precautions :**

1. Do not perform on the uneven place.





2. Do the asana on a mat.
3. It should be done slowly and smoothly.
4. Do not force the knee down.
5. Keep the spine, neck, and head in a balanced and erect position.

**Contraindications :**

1. People who have experienced knee injury are advised not to sit in this position for long time.
2. Avoid this in case of joint or knee related problems.

**2. TADASANA**

The word Tada in Sanskrit means 'palm tree'. This asana is called Tadasana because in this asana the person stands straight like a palm tree stretching his whole body upwards.

**Procedure :**

To perform Tadasana the following steps should be performed:

1. Stand erect, feet together, hands by the side of the thighs. Keep the back straight and look in front.
2. Stretch the arms upward; keep them straight and parallel to each other in vertical position, with the palms facing each other.
3. Slowly, raise the heels as much as you can and stand on toes. Stretch body up as much as possible. Maintain the position for 5-10 seconds comfortably.
4. To come back, bring the heels on the floor first. Slowly bring down the hands by the side of the thighs and relax.

**Benefits :**

1. It gives stretch to whole body muscles.
2. It helps in strengthening thighs, knees and ankles.
3. By doing this asana regularly, children can increase their height.
4. It helps to remove laziness and lethargy.

**Precautions :**

1. The inner upper arms should touch the respective ears.
2. Stretch the arms and fingers in full capacity.
3. Keep the head, neck and the body in one straight line.
4. Avoid bending forward or backward.

**Contraindications :**

1. Those having complaints of vertigo should avoid practising this asana.



**Fig. Tadasana**



### 3. PADMASANA

Padmasana is made of two words: padma and asana. Padma means 'lotus'. The legs in the sitting position of this asana gives the appearance of a lotus. This is a meditative asana.

#### Procedure :

To perform Padmasana the following steps should be performed.

1. Starting position: Sit on the ground.
  2. Slowly fold the right leg and place right foot on the left thigh close to the pelvic bone. The right heel should be pressing the lower part of the abdomen.
  3. Slowly and carefully fold the left leg and place it on right thigh. The heel should press lower part of abdomen.
  4. Form jnana mudra with your hands. For jnana mudra, fold index finger and join the tips of your thumb and index finger. Keep other fingers straight.
  5. Keep the hands in jnana mudra on knees. Keep the body straight and maintain the position.
- Releasing position:
6. Remove left leg from the thigh and then remove right leg and come to the starting position.

#### Benefits :

1. It is good for concentration and memory.
2. It brings calmness and peace.
3. It is good for digestion.
4. It stretches leg muscles and brings flexibility in legs.

#### Precautions :

1. Knees should touch the ground in final position.
2. Keep head and spine erect and shoulders relaxed.
3. Keep the arms relaxed in the final position
4. Do not bend forward and backward in the final posture.
5. Do not tense the arms.

#### Contraindications :

1. Person suffering from pain or injury in knees or sciatica should not practise this asana.

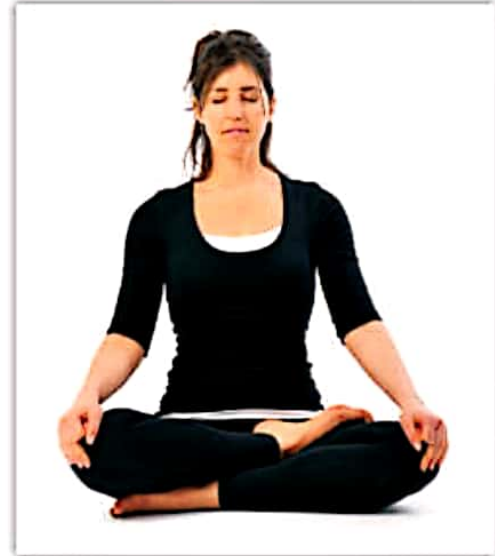


Fig. Padmasana



#### 4. SHASHANKASANA (HARE POSTURE)

This asana is made of two words: Shashanka and asana. Shashanka in Sanskrit means 'hare'. In the final position of this asana, the body resembles the shape of a hare, hence, it is called Shashankasana. This asana helps to regulate the functioning of the organs of the **endocrine system** especially the **adrenal glands** and the pancreas located in the abdominal and pelvic regions of the body. These glands produce hormones and play a vital role in energy allocation.

##### Procedure :

To perform Shashankasana the following steps should be performed.

1. Sit in Vajrasana.
2. Raise both arms over the head.
3. Exhaling, bend forward from the waist keeping the arms straight.
4. Place the forehead and arms on the ground.
5. Close the eyes. Stay in this position for 5-10 seconds or as long as you feel comfortable.
6. To come back, raise your arms and chin; and slowly come to the Vajrasana.

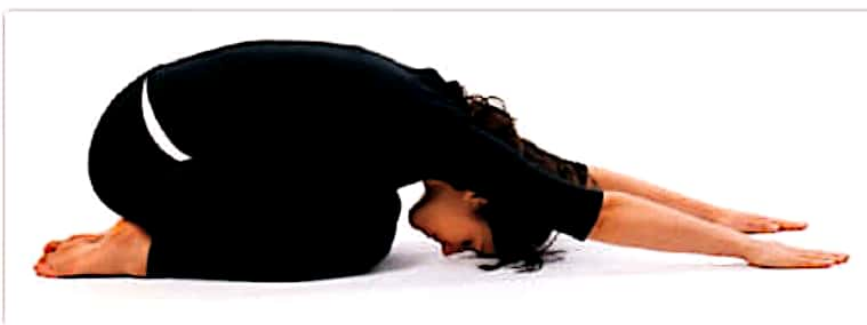


Fig. Shashankasana

##### Benefits :

1. It relaxes the body and helps in reducing the stress.
2. It improves the functioning of liver, kidneys and other **visceral organs**.
3. It stretches the spine and makes it flexible and strong.
4. It is effective in the management of **diabetes mellitus** and **sciatica**.

##### Precautions :

1. Bend from the waist only.
2. In the final position, the forehead should be placed between the arms.
3. Do not bend the arms while bending down.

##### Contraindications :

1. Persons suffering from backache and **cervical spondylitis** should avoid this asana.

#### 5. NAUKASANA (BOAT POSTURE)



Nauka in Sanskrit means 'boat'. The final position of this asana resembles a boat, hence the name has been given Naukasana. This asana can be performed both in **supine** and **prone position**.

**Procedure :**

Lying on back (supine) position:

1. Starting position: Lie flat on the back. Keep the heels and feet together. The arms should be by the sides of the body and palms resting on the ground.
2. Inhaling slowly raise the legs. Simultaneously, raise the head and trunk upto 45°.
3. Stretch and raise the arms up and maintain the position for 5-10 seconds.
4. Releasing position: Exhaling slowly bring the head and trunk down on the floor.
5. Slowly bring down the legs and arms on the floor and relax.



**Benefits :**

1. It stimulates digestive system.
2. It gives relief in gastric problems.
3. It removes lethargy resulting into improved concentration.
4. It removes nervous tension and brings relaxation.
5. It reduces fat around the waist and abdomen.

**Precautions :**

1. The trunk should be raised upto the naval level only.
2. The hands should stretch straightway without bending at the elbow.
3. Do not raise trunk or legs in unparallel way.

**Contraindications :**

1. People suffering from hernia should not practise this asana.

**6. VRIKSHASANA (TREE POSTURE)**

This is a balancing asana. The Sanskrit word vriksha means 'tree', thus, this is the 'Tree Posture'. In the imagination of the tree, foot seems as a roots, leg is the trunk, arms as the branches and leaves, head as top of the tree, all make the posture in the shape of a tree.

**Procedure:**

1. Starting position: Stand with the feet together and the arms by the sides and gaze in front.
2. Bend the right leg at the knee. Keep the sole of the right foot as high as possible in the inside of the left leg thigh (heel upwards and toes downwards).





- Balancing on the left foot, raise both the arms over the head and joining the palms together or may bring both the arms in the front of the chest with palms joined together (Namaskara posture). Hold the position for 10–15 seconds.
- Releasing position: Take both the arms down by the side of the body.
- Bring down the right leg on the floor and stand erect.
- Repeat the procedure from left leg.

**Benefits :**

- Regular practice of this posture will help in developing concentration among students.
- Regular practice of the Vrikshasana improves balance and coordination of body.
- It improves blood circulation.
- It tones up muscles of the legs.

**Precautions :**

- Attention should be focused on any fix point, in front.
- Try maintaining the balance of the body on one leg.
- Do not bend the body in the final posture.

**Contraindications :**

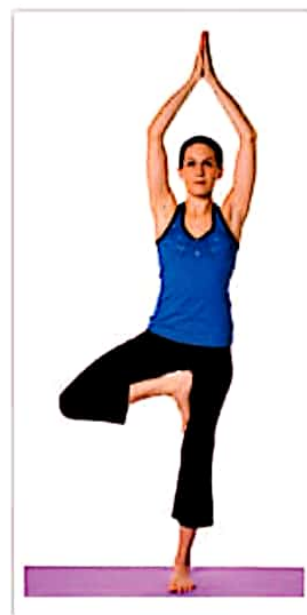
- Person having **reeling sensation** should not practise this asana.

**7. GARUDASANA (EAGLE POSTURE)**

This asana is named after the well-known bird Garuda (eagle). In this asana, the hands with arms placed in front look like the beak of an eagle.

**Procedure :**

- Starting position: Stand erect with feet together, hands by the sides of the thighs.
- Balancing on the left foot, raise the right leg, bend the right knee and wrap it around left leg.
- Entwine** the forearms keeping the left elbow remaining below. Keep the palms together in front.
- Keep trunk as erect as possible and maintain the posture for 5 to 10 seconds.
- Releasing position: Release arms. Put the right foot down on the floor.
- Come to the starting position.
- Repeat it by changing the position of legs and arms.



**Benefits :**

1. It helps to loosen the joints of legs and arms.
2. This asana helps to give static stretching of the muscles of upper and lower parts.
3. It enhances concentration.
4. It develops balance in the body.

**Precautions :**

1. Attempt it within the limitation of your body.
2. Keep the trunk erect.
3. Avoid any jerks.
4. Do not apply force on any part of the body.

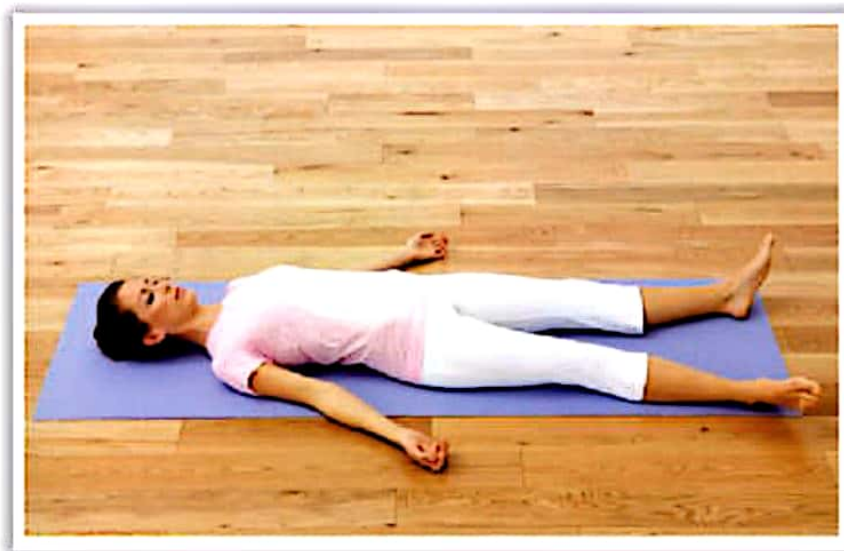
**Contraindications :**

1. Those suffering from muscular pain, spasm, injuries of bones and joints should not practise it.

**5.5 RELAXATION TECHNIQUES FOR IMPROVING CONCENTRATION YOGANIDRA**

**YOGA NIDRA**

Yoganidra means 'sleep' with awareness. Yoganidra is a state of mind in between wakefulness and dream. In normal sleep, we sleep without awareness. But in yoganidra we sleep with awareness. Yoganidra is helpful in the management of stress. It relaxes body and mind and reduces tension.



Yoganidra is practised in Shavasana. It consists of body awareness and breath awareness. The awareness is rotated in quick succession through all parts of the body, then it is taken to the breath and finally to the mind.



**Let us practise *Yoganidra* by following the steps given below :**

Lie supine in *Shavasana*. Take deep breath and feel completely relaxed.

### ***PHASE 1: BODY AWARENESS***

1. Rotate your awareness to different parts of body.
2. Relax the right first (big) toe, second toe, third toe, fourth toe, fifth toe , sole of foot, heel, ankles, calf muscles, knee, thigh and right hip. Similarly relax the left first (big) toe, second toe, third toe, fourth toe, fifth toe, sole of foot, heel, ankles, calf muscles, knee, thigh and left hip.
3. Now relax thumb of right hand, first finger, second or middle finger, third finger, fourth (little) finger of right hand, palm, back of the hand, wrist, lower arm, elbow, upper arm and right shoulder. Now relax thumb of left hand, first finger, second or middle finger, third finger, fourth (little) finger of left hand, palm, back of the hand, wrist, lower arm, elbow, upper arm and left shoulder.
4. Now be aware of the back and relax it. Relax right buttock, left buttock, middle part of right back, middle part of left back, right shoulder blade, left shoulder blade, the spine and the whole back together.
5. Now focus your attention to the front part of your body. Relax area above the chest, right side of chest, left side of chest, navel, right side of your abdomen, left side of abdomen, upper parts of right leg and upper part of left leg.
6. Now relax your neck, left side of neck, right side of neck, front side and then back side of neck, throat, chin, lower lip, upper lip, tip of the nose, the right cheek, the left cheek, the right ear, the left ear, the right eye, the left eye, the right eyelid, the left eyelid, the right eyebrow, the left eyebrow, the space between eye-brows, the right side of head, the left side of head, the back of head and top of the head. Now relax the whole body.

### ***PHASE 2 : BREATH AWARENESS***

Now focus your attention on breath. Feel the flow of your natural breath. Do not change it. Feel the movement of nostrils with each breath. Now you focus your attention on the movements of the abdominal area during breathing. Abdomen falls and rises with each exhalation and inhalation.

### ***PHASE 3 : COMING BACK***

To come back, become aware of your body and be aware of the time and place you are in. Move your fingers, toes, and head from one side to other side. Take your own time. Be wide awake. Slowly sit up and open your eyes very slowly.



### Note :

After breath awareness a scene may be described and the practitioner is asked to visualise it in that state. Alternately, different things like floating in a swimming pool, sitting in a garden, burning candle, chirping birds, mountains, flowers, rising sun, a song, etc. can be named and the practitioner is asked to develop vision about them on thinking, feeling and emotional level. After this a resolve also can be made. For making a resolve, before the stage of body awareness, the person is asked to think about a resolve which she/he wants to pursue. This resolve is repeated three times. After this the person is asked to come back as mentioned above in the come back phase.

### Remember the following points :

1. Relax all parts of body one by one.
2. Focus on the part of body which is being named.
3. Follow the instructions properly.
4. Do not tense the muscles of body.
5. Do not sleep.

### **BENEFITS OF YOGA NIDRA**

The practice of yoga nidra has a number of benefits. Important among them are as follows:

- (i) Minimizes tension :** A high percentage of people remain in a state of tension and frustration. This continuous level of tension in the body, mind and emotions predisposes the individual towards psychological and **psychosomatic disorders**. Modern psychology as well as yogic philosophy believes in three kinds of tension - muscular tensions, emotional tensions and mental tensions - which can be progressively released through the systematic and regular practice of yoga nidra.
- (ii) Trains the mind :** The sankalpa taken in each session of yoga nidra is perhaps the most effective technique for training the mind. The sankalpa is taken and sown in the subconscious mind when it is relaxed and receptive. The sankalpa helps in training the mind because it is planted when the mind is relaxed and ready to absorb and accept it. The essential thing is that the resolve should be planted with strong willpower and feeling.
- (iii) Relaxes the mind :** The brain is the linking mediator between the mind, body and emotions. In yoga nidra intensifying the awareness of the body stimulates the brain. When the awareness is rotated on the different body parts, it not only induces physical relaxation but also clears the nerve pathways to the brain.
- (iv) Clears up the unconscious :** All the traumatic experiences, unfulfilled desires and threatening situations are **suppressed** in the deeper **realms** of the mind. During the practice of yoga nidra, the practitioner visualizes certain symbols and images with a witnessing attitude. The practice of visualization brings the unconscious repressed





desires, experiences, conflicts and frustrations to the conscious level and then cuts off the personal identification with those experiences. As a result, the unconscious is cleared up.

- (v) **Awakens creativity** : When the mind is totally relaxed, the awareness slowly enters the deeper realms (subconscious and unconscious) of the mind and the person becomes aware of the creative and intuitive faculties. Regular practice of yoga nidra helps in making a bridge between the conscious and unconscious mind. Slowly one becomes tuned with the unconscious workings and then the power of creativity automatically awakens.
- (vi) **Enhances memory and learning capacity** : The technique of yoga nidra is helpful in increasing learning and memory capacity. When yoga nidra is used in education, both hemispheres of the student's brain are involved in learning the subject, whereas in classroom teaching the left hemisphere functions more. In this way, the practice of yoga nidra involves the total mind in learning.
- (vii) **Counteracts stress** : When the demands of the situation exceed the ability of the individual then distress results, which may manifest in mental and physical symptoms of abnormality. The practice of yoga nidra helps in building up the coping ability. The practitioner of yoga nidra slowly becomes aware of the **inherent** dormant potentialities and thus prevents himself from becoming a victim of distress.
- (viii) **Manages psychological disorders** : When the individual fails to adjust to the situation, then distress results. Some individuals are prone to developing distress due to their unconscious urge to remain tense. When distress continues for a long period, it may result in psychological disorders like **neuroses** or even **psychoses**. In the practice of yoga nidra, the inherent tendency to become tense is rooted out and the individual starts viewing the situation as less demanding.
- (ix) **Manages psychosomatic diseases** : When the tensions, conflicts and frustrations of the mind **manifest** in the form of physical symptoms, those diseases are termed as psychosomatic diseases. Yoga nidra aims at releasing the suppressed and **repressed** conflicts from the unconscious, thereby relaxing the mind.

From the above discussion, it becomes clear that the technique of yoga nidra has preventive, promotive and curative value. It prevents stress and stress-related disorders by inducing deep physical, emotional and mental relaxation, by training the mind to remain calm and quiet. In our present modern lifestyle, where psychological and psychosomatic problems are on the rise, the technique of yoga nidra may serve as a real boon for mankind.





**MIND MAPPING**

**YOGA** : According to Bhagwad Gita, yoga is defined as, "Samatvam yoga uchyate" – means yoga is balance and harmony of the mind and body.

**1. IMPORTANCE OF YOGA**

- (i) Reduces tension
- (ii) Cleans respiratory organs
- (iii) Relaxes the body
- (iv) Cures various diseases
- (v) Improves health
- (vi) Increases flexibility
- (vii) Improves concentration
- (viii) Controls sense organs
- (ix) Shapes the body
- (x) Reduces obesity
- (xi) Maintain correct posture

**3. ASANAS**

Various postures for improving the body's flexibility and vitality, with the goal of cultivating the ability to remain in seated meditation for extended periods.

Classification:

1. Dhyanatmak Asanas (Meditative Asanas)
2. Relaxative Asanas
3. Cultural or Corrective Asanas

**2. ELEMENTS OF YOGA**

'Ashtanga Yoga': 'Ashta' means eight and 'Anga' means limbs. It means eight-limbs yoga.

(i) **Yama (Restraints)** : Yama is also sometimes called "the five restraints" because it describes what one should avoid to advance on the spiritual path.

- (a) Ahimsa (Non-Violence)
- (b) Satya (Truthfulness)
- (c) Asteya (Non-Stealing)
- (d) Brahmacharya (Celibacy)
- (e) Aparigraha (Non-Coveting)

(ii) **Niyama (Observances)** : Inward practices to improve the self.

- (a) Saucha (Purification)
- (b) Santosh (Contentment)
- (c) Tapas (Asceticism)
- (d) Swadhyaya (Study)
- (e) Ishwara Pranidhana (Dedication To God)

(iii) **Asana** : Various postures of yoga.

(iv) **Pranayama** : Pranayama is the practice of various breathing techniques.

- (a) Puraka : To inhale breath.
- (b) Kumbhaka : To retain breath.
- (c) Rechaka : To exhale breath.
- (d) Pratyahara : Detaching the mind and sense organs from the related activity and attaching to God.
- (e) Dharana : Concentration of mind.
- (f) Dhyana : Process of complete concentration of mind and one can concentrate long and do meditation.
- (g) Samadhi : Stage in which one loses personal identity, Union of individual's soul with the supreme soul.

**4. PRANAYAMA**

Breathing exercises that are used for relaxation, concentration and meditation.

Types of Pranayama:

- (i) Anulom-Vilom
- (ii) Bhramari Pranayama
- (iii) Sheetkari Pranayama
- (iv) Sheetali Pranayama
- (v) Ujjayi Pranayama
- (vi) Kapalabhati
- (vii) Bhastrika Pranayama

**5. MEDITATION**

According to Patanjali, Meditation is the concentration of mind (Chitta) on an impulse (Vritti) without any divergence.





## 7. BENEFITS OF YOGA FOR CONCENTRATION

1. Benefits Within the Body
2. Benefits Outside the Body
3. Yoga Techniques Help in Concentration

## 9. YOGANIDRA

Yoganidra means 'sleep' with awareness. Yoganidra is practised in Shavasana.

PHASE 1: BODY AWARENESS

PHASE 2: BREATH AWARENESS

PHASE 3: COMING BACK

BENEFITS OF YOGANIDRA

- (i) Minimizes tension
- (ii) Relaxes the mind
- (v) Awakens creativity
- (vii) Counteracts stress
- (ix) Manages psychosomatic diseases
- (ii) Trains the mind
- (iv) Clears up the unconscious
- (vi) Enhances memory and learning capacity
- (viii) Manages psychological disorders

## 6. YOGIC KRIYAS

Yogic Kriyas help the individual to clean the internal as well as the external organs of the body with the help of various yogic Kriyas.

Types:

Neti Kriya

Basti Kriya

Dhauti Kriya

Kapalbhati Kriya

Nauli Kriya

Trataka Kriya

## 8. YOGA ASANAS

1. SUKHASANA

In Sanskrit the word "Sukham" means "delight" or "bliss" and "asana" means 'posture'. This asana is basically a relaxing pose.

2. TADASANA

The word Tada in Sanskrit means 'palm tree'. This asana is called Tadasana because in this asana the person stands straight like a palm tree stretching his whole body upwards.

3. PADMASANA

Padmasana is made of two words: padma and asana. Padma means 'lotus'. The legs in the sitting position of this asana gives the appearance of a lotus. This is a meditative asana.

4. SHASHANKASANA (HARE POSTURE)

In the final position of this asana, the body resembles the shape of a hare, hence, it is called Shashankasana. This asana helps to regulate the functioning of the organs of the endocrine system especially the adrenal glands and the pancreas located in the abdominal and pelvic regions of the body.

5. NAUKASANA (BOAT POSTURE)

Nauka in Sanskrit means 'boat'. The final position of this asana resembles a boat. This asana can be performed both in supine and prone position.

6. VRIKSHASANA (TREE POSTURE)

This is a balancing asana. The Sanskrit word vriksha means 'tree'. In the imagination of the tree, foot seems as a roots, leg is the trunk, arms as the branches and leaves, head as top of the tree, all make the posture in the shape of a tree.

7. GARUDASANA (EAGLE POSTURE)

This asana is named after the well-known bird Garuda (eagle). In this asana, the hands with arms placed in front look like the beak of an eagle.



# Important Questions

## Multiple Choice Questions

- Who gave this definition 'Checking the impulses of mind is Yoga'?  
(a) Patanjali (b) Shankracharya  
(c) Shri Krishna (d) Swami Sivananda
- Yoga helps to:  
(a) Improve concentration (b) Cleanse respiratory organs  
(c) Reduce tension (d) All of the above
- Elements of Yoga can be explained in terms of:  
(a) Ashtanga Yoga (b) Neti  
(c) Yama (d) Kapalabhati
- What is the term used for sitting in a position that is firm, but relaxed for extended, or timeless periods?  
(a) Yama (b) Niyama  
(c) Asana (d) Dhyana
- Which term is used to describe alternative nostril breathing in yoga?  
(a) Kapalabhati (b) Anulom-Vilom  
(c) Bhramari Pranayama (d) Sheetali Pranayama
- The concentration of mind on an impulse without any divergence is known as:  
(a) Yoga (b) Pranayama  
(c) Vritti (d) Meditation
- Which yoga technique helps in cleaning the internal as well as external organs of the body?  
(a) Pranayama (b) Kriyas  
(c) Dhayana (d) Naukasana
- Which asana gives the appearance of a lotus?  
(a) Tadasana (b) Naukasana  
(c) Dhanurasana (d) Padmasana
- Which asana is named after the bird eagle?  
(a) Garudasana (b) Vrikshasana  
(c) Shashankasana (d) Vajrasana
- What is the state of mind in between wakefulness and dream known as:  
(a) Yogic Kriya (b) Asana  
(c) Yoga Nidra (d) Meditation

- 11.** This asana resembles a dead body:
- |                    |                  |
|--------------------|------------------|
| (a) Pavanmuktasana | (b) Matsyasana   |
| (c) Shavasana      | (d) Sarvangasana |
- 12.** Vrikshasana resembles the position of a:
- |          |               |
|----------|---------------|
| (a) Boat | (b) Dead body |
| (c) Hare | (d) Tree      |
- 13.** Which type of asanas can help in postural defects, corrects disturbed function of various systems, improper muscle tone?
- |                        |                       |
|------------------------|-----------------------|
| (a) Corrective asanas  | (b) Relaxative asanas |
| (c) Dhyanatamak asanas | (d) All of the above  |
- 14.** Which stage of Yoga is the union of individual's soul with the supreme soul?
- |            |               |
|------------|---------------|
| (a) Dhyana | (b) Samadhi   |
| (c) Tapas  | (d) Swadhyaya |
- 15.** Which country has roots for practice of Yoga?
- |           |               |
|-----------|---------------|
| (a) India | (b) USA       |
| (c) UK    | (d) Australia |
- 16.** How many Yamas have been outlined in Ashtanga Yoga?
- |       |       |
|-------|-------|
| (a) 4 | (b) 3 |
| (c) 5 | (d) 2 |
- 17.** How many Niyamas have been outlined in Ashtanga Yoga?
- |       |       |
|-------|-------|
| (a) 4 | (b) 3 |
| (c) 5 | (d) 2 |

### Very Short Answer Type Questions

1. Define Yoga.
2. What is Asana ?
3. What do you understand by the term Pranayama ?
4. What do you mean by Meditation ?
5. Which Asanas are called as Meditative asanas?
6. What is Dhayana ?
7. Enlist different types of Pranayama.
8. What is Yama ?
9. What do you mean by yoga sutra ?
10. What is Padmasana ?
11. What is Shashankasana ?



**12.** What do you mean by Yoga nidra?

**13.** Write precautions of Padmasana.

**14.** What is Vrikshasana?

### **Short Answer Type Questions**

**1.** Write a short note on meditation.

**2.** What are the elements of Yoga ? Explain any two elements of Yoga.

**3.** Describe the benefits of Pranayama.

**4.** Describe the Yogic Kriyas.

**5.** Write a short note on Samadhi.

**6.** What are the benefits of Yoga for Concentration ?

**7.** What is the procedure of Padmasana and Shashankasana ?

### **Long Answer Type Questions**

**1.** What do you mean by Yoga ? Outline the importance of Yoga.

**2.** What is meditation ? What is the importance of meditation ?

**3.** Discuss the elements of Yoga.

**4.** Explain Pranayama and its types.

**5.** Classify the Asanas.

**6.** What is Sukhasana ? What are its procedure, benefits, precautions and contraindications ?

