

Chapter - 6

Yoga and its Relevance in the Modern Times

I. Long Answer Questions

1. Write the meaning of yoga and its relevance in day-to-day life.

Ans. Yoga is also defined in the Shad Darshans. Around the second century B.C., Maharishi Sage Patanjali codified the systematic structure of Yoga. Patanjali introduced the idea of Ashtang Yoga, which consists of eight limbs of yoga. The development of the Hatha Yoga Tradition was also influenced by Nath culture. Hatha Yoga is a form of yoga that focuses on the human body and mind and deals with common health issues. Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Ratnavali, Shiva Samhita, Siddha Siddhanta Paddhati, and others are well-known Hatha Yoga scriptures. Yoga was preached by gurus like Ramakrishna Parmahansa, Swami Vivekananda, Maharishi Aurobindo, and Ramana Maharishi in the nineteenth century.

2. Write about the history and development of yoga.

Ans. Nowadays, the term yoga has a major influence on people's lives. Yoga's ultimate goal is to help people evolve as people. Yoga has emerged as a new sector within the educational framework. It aids in the evolution of an individual's creation by assisting in the attainment of a higher level of consciousness. It is a mental and physical discipline. Children are exposed to excessive stress in their environments, such as school, home, playgrounds, and so on. They have a variety of physical, behavioral, and emotional issues as a result of this stress. When these health risks persist for an extended period of time, they may lead to psychosomatic disorders and social unrest. Many of these issues stem from a disconnect between our physical and emotional selves.

3. Mention the guiding principles of yoga.

Ans. The development of the Hatha Yoga Tradition was also influenced by Nath culture. Hatha Yoga is a form of yoga that focuses on the human body and mind and deals with common health issues. Hatha Yoga Pradeepika, Gheranda Samhita, Hatha Ratnavali, Shiva Samhita, Siddha Siddhanta Paddhati, and others are well-known Hatha Yoga scriptures.

- The bladder and bowels should be emptied and evacuated before starting yogic practice.
- Yogic practice should not be performed on the uneven surface.
- A mattress, durry or folded blanket should be used.
- Light and comfortable cotton clothes are preferred to facilitate easy movements of the body.
- This should not be done in a state of fatigue, disease or hurriedness.

4. Write the role of asana in wellness

Ans. We must maintain a balance among various aspects of life, such as physical, emotional, social, and spiritual, in order to be healthy. Adolescence is a period during which a person's physical, mental, and psychological characteristics change dramatically. Regular yoga practice among students improves focus, lowers blood pressure, improves academic grades, improves interpersonal relationships, boosts morale, improves sleep, calms the mind, relieves headaches, and reduces absenteeism and aridness.

5. Write the role of pranayama in wellness

Ans. Pranayama is the practice of controlling one's breath. It's a key component of yoga, a type of exercise that promotes both physical and mental well-being. Prana is the Sanskrit word for life force, and yama is the Sanskrit word for power. Pranayama is a breathing technique that includes exercises and patterns. You deliberately inhale, exhale, and hold your breath in a particular order. Pranayama is combined with other yoga practices such as physical postures (asanas) and meditation in the practice of yoga (dhyana). The several benefits of yoga are due to the combination of these techniques. However, pranayama has its own set of advantages. The beneficial effects of breathing exercises and mindfulness are responsible for these benefits.

6. Write the role of shodhana a kriyas in wellness.

Ans. It provides a comprehensive approach to yoga that can significantly increase your sense of satisfaction and wellbeing. Kriya Yoga is an ancient technique that can be seamlessly integrated into modern life. In fact, the word Kriya is a combination of two words: Kri means "to do," and Ya means "soul." Kriya Yoga has four dimensions, each of which is beneficial in its own way. We are all aware that the current state of affairs can be frustrating and annoying. Everyone has concerns, whether they are adolescents, adults, or mature individuals; they all have personal or professional concerns. Without a doubt, even though you only focus on the physical aspects of your yoga practice, you will reap the benefits.

7. What is kapalbhati? Write its technique and benefits.

Ans. This technique is a 'shat' kriya, which removes poisonous air from your body and cleanses it. Different mental and physical benefits come from cleansing. Kapalbhati helps you to sit and relax in a yogic position. It's more a breathing practice than a pose by your extremities.

8. Explain the concept of puraka, rechaka, and kumbhaka.

Ans. As a result, a Yogic Pranayama is divided into four sections: Puraka is inhalation; Kumbhaka is the pause after inhalation or holding of the inhaled air. Rechaka is the word for exhalation. Sunyaka is a pause after exhalation or suspension that occurs after the air is exhaled and before the next inhalation begins.

According to the Matra time unit measuring meter for pranayama, one count equals one second, and the practitioner can raise counts at a rate of one count per week while maintaining the overall proportion. For beginners, the counts shown in the diagrams for each Pranayama are simple counts. Each Pranayama should be practiced for a maximum of 10 rounds in a single sitting.

In the hatha yoga tradition of pranayama, kumbhaka is the holding of breath. It comes in two varieties: accompanied (whether after inhalation or exhalation) and unaccompanied (the ultimate goal). This is kevala kumbhaka, or full breath suspension for as long as the practitioner desires.

9. Write the benefits of dhyana.

Ans. A state of one-pointed absorption in which one's perception of their surroundings is reduced. This immersed state of mind is regarded as excessive and even harmful for awakening in the contemporary Theravada-based Vipassana movement, which must be achieved by consciousness of the body and vipassana (insight into impermanence). Scholars and practitioners have been questioning this equation since the 1980s, arguing for a more detailed and integrated interpretation and method based on the suttas' oldest accounts of dhyana.

II. Short Answer Questions

1. What is Karma yoga?

Ans. Karma Yoga emphasizes karma, or duty-based behavior. When anyone performs a task diligently and fully, it brings joy and satisfaction.

2. What is Jnana yoga?

Ans. Thus, the main goal of Jnana Yoga is to transcend avidya (ignorance) in order to understand and differentiate between the true and imaginary. Shravan (adequate hearing), Manana (constant remembrance), and Nidhidhyasana are the three phases of Jnana Yoga (contemplation or meditation) As a result, Jnana Yoga is a philosophical path that employs the intellect to aid in the acquisition of knowledge while keeping an individual away from avidya.

3. What is Raja yoga?

Ans. Raja Yoga is a method of mind control and adjustment (chittavrittis raja refers to selfless and unconditional love for god). This form of worship is characterized by a never-ending and caring remembrance of God. When an individual merges with God, he or she becomes one with God.

4. Write the types of neti.

Ans. Jala neti- Neti (Sanskrit: net) is a crucial component of Hindu Shatkarma (also known as Shatkriya), a yogic method of body cleaning techniques. Its primary purpose is to clear the airways in the brain. Other sources, as well as the Hatha Yoga Pradipika.

Sutra neti- Insert a soft thread through the nose to the length of one hand span and out the mouth, according to yogic text. Sutra Neti is the term for this.

5. Write the name of yogic practices.

Ans. The two words are still used with those meanings today, but the term yogi is often used to refer to male and female practitioners of yoga and associated meditative activities of any faith or spiritual form. The word yogini also refers to celestial goddesses and enlightened mothers, all of whom are worshipped as manifestations of Devi, the mother goddess.

6. Write the root word of yoga.

Ans. Yoga is believed to have originated in pre-vedic Indian traditions, probably around 3000 BCE in the Indus Valley civilization. Yoga is mentioned in the Rigveda and also mentioned in the Upanishads, but it most likely originated as a systematic study in ancient India's ascetic and ramaa movements around the 5th and 6th centuries BCE.

7. How many poses are present in surya namaskara?

Ans. Exhale and lean forward from the lower back while maintaining a straight spine. Place the hands by the sides of the feet on the field. Try to touch your brow to your leg without bending your knees. Inhale, extend the right leg as

far as possible and position the right foot's knee on the ground. Bend the left leg at the knee, keeping the knee and foot at a right angle; arch the spine back and look up between the brows in the middle.

8. Nath culture is related to which school of yoga?

Ans. The refinements and use of Yoga, especially Hatha Yoga, to turn one's body into a sahaja siddha state of awakened self's identity with absolute reality has been a notable aspect of Nath tradition practice. A successful guru, or yoga and spiritual guide, is considered essential, and they have a long history of esoteric and heterodox practices.

9. Ashtanga yoga is related to which school of yoga?

Ans. Yoga is a higher state of consciousness and a mechanism for calming the mind and manifesting knowledge, according to the Upanishads. Yoga promotes practices that promote a balanced body, mind, and harmonious interpersonal relationships. Due to an unhealthy lifestyle, a child's overall development is stunted, resulting in ill health.

10. What is Nishkam karma?

Ans. The core tenet of the Karma Yoga road to liberation is Nishkam Karma (sanskrit IAST : nishkamakarma), or self-less or desireless action. It is an action done without any hope of fruits or outcomes. Its modern proponents stress the importance of upholding the ideals of Yoga in order to achieve success, as well as stepping beyond personal interests and agendas while taking any action for the common good, which has become well known because it is the core message of the Bhagavad Gita.

11. What is Navdabhakti?

Ans. The softening effect of love and devotion on emotions and the calming effect of love and devotion on the mind. In ancient texts, there are nine different types of Bhakti Yoga. Shravan, Kirtan, Smaran, Padsevan, Archana, Vandana, Dasya, Sakhya, and Atmanivedan are some of them.

12. What is Vihara?

Ans. The term "vihara" refers to a Buddhist renunciate monastery. The definition is old, and it meant any arrangement of space or facilities for dwellings in early Sanskrit and Pali texts. In Buddhism, the term has developed into an architectural definition that refers to monks' living quarters with an open common space or courtyard.

13. Which system is related to pranayama?

Ans. Pranayama is the fourth of the eight limbs of Ashtanga Yoga, as defined in verse 2.29 of Patanjali's Yoga Sutras. In verses, 2.49 through 2.51, Patanjali, a Hindu Rishi, addresses his particular approach to pranayama and devotes verses 2.52 and 2.53 to describing the advantages of the practice.

14. Name the practice which cleanse our nasal passage.

Ans. Pollen from trees, grasses, and weeds is abundant in the air during allergy season. In order to avoid diseases, you can do so all year. Bacteria and viruses grow in wet, humid conditions, such as the nose. Wash those germs away so they don't have a house to call their own. At least one hour prior to going to bed. This will assist you in breathing more deeply and effectively.

III. Fill in the Blanks

1. Vedas have _____ types

Ans. Vedas have Four types.

2. Uddiyana bandha is related to _____ region.

Ans. rise up

3. Jalandhara bandha is related to _____ region.

Ans. Vishuddhi Chakra

4. In Kapalabhati, the meaning of kapal is _____.

Ans. sanskrit .

IV. State whether True or False

1. Ujjayi is a practice of asana

Ans. Therefore the given statement is True.

2. Surya Namaskar is a process of 12 asanas.

Ans. Therefore the given statement is True.

3. Agnisar is related to water element of body.

Ans. Therefore the gievn statement is True.

4. Jnana Yoga is a path of devotion.

Ans. Therefore the given statement is False.

5. Kapalbhati is a pranayama.

Ans. Therefore the given statement is true.