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“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”
— BISHAN SINGH BEDI

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Based on the latest CBSE syllabus

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BOOKS

A Textbook of Physical Education Class 11

Chapter 5

YOGA



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MEANING AND IMPORTANCE OF YOGA

Meaning of Yoga

Yoga is the 'unification of Atma with Parmatma.

"Checking the impulses of mind is yoga." – Patanjali

"Yoga is attaining the pose." – Maharishi Ved Vyas



Figure 5.1 International Yoga Day is celebrated on 21 June every year.

Importance of Yoga

Yoga plays a significant role; it aids us to understand our inner self, gives us lasting peace of mind and appreciation of life. Its goal is to help us utilise the breath and body to achieve an awareness of ourselves as a unit interconnected with others in the unified whole of creation. There are eight limbs of yoga:

1. Yama: Universal morality and ethics, comprising ahimsa
2. Niyama: Personal rules
3. Asanas: Body postures
4. Pranayama: Breathing exercises
5. Pratyahara: Control of the senses
6. Dharana: Concentration and cultivating inner perceptual awareness
7. Dhyana: Devotion, Meditation on the Divine Will
8. Samadhi: Union

Benefits of Practising Yoga

1. **Reduction of Stress and Tension:.**
2. **Physical Purity:**
3. **Cure and Prevention of Various Diseases:**
4. **Maintenance of Correct Body Posture:**
5. **Spiritual Development:**
6. **Increase in Flexibility and Attractiveness of the Body:**
7. **Enhancement of Moral and Ethical Values:**
8. **Reduction of Obesity:**



Figure 5.5 Padmasana

ELEMENTS OF YOGA

Yama (Universal Morality and Ethics)

Sub-disciplines of Yama are:

1. Ahimsa: 2. Satya: 3. Asteya: 4. Brahmacharya: 5. Aparigraha:

Niyama (Personal Rules)

Niyama consists of:

1. Saucha: 2. Santosh: 3. Tapa: 4. Swadhyaya:
5. Ishwara Pranidhana:

Asana (Yogic Postures and Positions)

Benefits of asanas are as follows:

1. It improves flexibility and strength of the body.
2. It reduces stress and anxiety.
3. It reduces symptoms of lower back pain.
4. It improves blood circulation.
5. It reduces weight.

Pranayama (Breathing Exercises)

It has three constituents:

1. Puraka (inhalation)
2. Kumbhaka (retaining the breath)
3. Rechaka (exhalation)

Pratyahara (Withdrawal from the Senses)

Pratyahara's function is the withdrawal from or control over sensory impressions, releasing the mind from external influences. It strengthens the mind's power of immunity and brings it closer to divinity by avoiding sensory distractions of sound, beauty, smell, touch, etc.

Dharana (Concentration)

In this stage, the practitioner trains the mind to remain fixed at a single external point in a continuous flow.

Samadhi (Enlightenment)

It is the final stage in which a person experiences oneness with the universe.

Figure 5.6 Pranayama



INTRODUCTION – ASANAS, PRANAYAMA, MEDITATION AND YOGIC KRIYAS

Asana

Performing asanas has many benefits:

1. It makes the practitioner alert to the centre of his being, which further helps maintain balance in movement and renders the body more agile.
2. Blood circulation is improved along with the internal organs for smoother functioning of the body.

Meditative Asanas: 1. Padmasana (lotus pose);
2. Swastikasana (ankle lock pose);
3. Vajrasana (thunderbolt pose); etc.

Relaxative Asanas: 1. Shashankasana (hare pose); 2. Shavasana (corpse pose);
3. Makarasana (crocodile pose), etc/

Cultural Asanas: 1. Shirshasana (headstand pose);
2. Matsyasana (fish pose); 3. Halasana (plow pose), etc.



Figure 5.7 Meditation leads to inner peace.

Pranayama

Let us have a look at the eight types of pranayama:

1. Suryabhedhi pranayama:
2. Ujjayi pranayama (the sound breath):
3. Sheetkari pranayama (the hissing breath):
4. Sheetli pranayama (the cooling breath):
5. Bhastrika pranayama (breath of fire):
6. Bhramari pranayama (bee breath):
7. Plavini pranayama (floating pranayama):
8. Kapalabhati (the front brain bellowing):

Meditation

Meditation, also called dhyana, is the technique of soothing the mind and achieving a state of consciousness. The goal of meditation is to transcend the mind and experience our essential nature which is described as peace, happiness and bliss.

Yogic Kriyas

Kriyas are cleansing activities used for purifying the body and preparing it for the journey to a higher state of consciousness. They are as follows:

1. Neti (nasal cleansing):
2. Kapalbhati (detox breath):
3. Trataka (gazing at a candle flame):
4. Vasti (colon cleansing):
5. Dhauti (internal cleansing):
6. Nauli (abdominal massage):

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

For Steps and Benefits of these asanas, refer to pages 80-85 of the book.



Figure 5.10 Sukhasana



Figure 5.12 Padmasana



Figure 5.13 Shashankasana



Figure 5.14 Naukasana

RELAXATION TECHNIQUES FOR IMPROVING CONCENTRATION – YOG-NIDRA

Yog-nidra can be understood as a state between consciousness and sleep in which the practitioner is alerted to the inner world. The energy of our body becomes consolidated and our nervous system is fully activated, readying us for the final meditation. In order to attain a satisfactory yog-nidra, certain conditions are necessary:



Figure 5.17 Yog-nidra helps conserve and consolidate energy and relaxes the entire body.

first, sufficient time should have elapsed after a full meal, since the stomach should be light. Secondly, the area where you have chosen for practice should be free of clutter. Though not obligatory, it is advisable to keep a light blanket nearby as some people tend to feel cold after practising yoga.

SUMMARY

- 1.** Yoga means to join or unite. It has become a prevalent feature of modern society and the culture of healthiness.
- 2.** There are eight limbs of yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi. Practising the eight limbs corrects postures, relaxes the mind and strengthens the body.
- 3.** The practice of yoga remained in India for the bulk of the first two millennia of the Christian Era. It was Swami Vivekananda who took it to the West in the late 19th century and spread awareness of its innumerable benefits.
- 4.** Yama is about universal morality and ethics, niyama personal rules, asana yogic poses, pranayama breathing techniques, pratyahara withdrawal from the senses, dharana concentration, dhyana meditation, and samadhi enlightenment.
- 5.** Asana can be meditative, relaxative or corrective.

SUMMARY

- 6.** Pranayama has eight varieties: suryabedhi, ujjayi, sheetkari, sheetli, bhastrika, brahmari, plavini and kapalbhati.
- 7.** Dhyana soothes the mind and produces a state of consciousness that is totally different from the normal waking state. It connects us with all.
- 8.** Yogic kriyas are cleansing activities used for purifying the body and preparing it for the journey to a higher state of consciousness, such as neti, kapalbhati and trataka.
- 9.** Yoga improves concentration of the mind. Sukhasana, tadasana, padmasana and shashankasana are relatively easy yogic postures and techniques that can be used to improve concentration.
- 10.** Yog-nidra or yogic sleep, is a relaxation technique that is simple to perform, and has wide benefits for the body and soul.