

# **A Textbook of Physical Education**

## **Class 11**

### **Chapter 3**

### **YOGA**



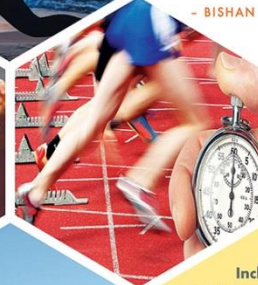
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BOOKS



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

- BISHAN SINGH BEDI



Includes COMPETENCY-BASED QUESTIONS (CBQs)

Assertion-Reason Type Questions

Data-Based/Picture-Based/ Case-Based Questions

MCQs



Revised and Updated



A Textbook of

# Physical Education

Based on the latest CBSE syllabus

XI

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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 3.1** 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 with the Divine



## Benefits of 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 3.5 Padmasana

# INTRODUCTION TO ASHTANGA 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.

## 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 3.7 Shirshasana

## Pranayama (Breathing Exercises)

It has three constituents:

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

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):



Figure 3.8 Pranayama



## 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.

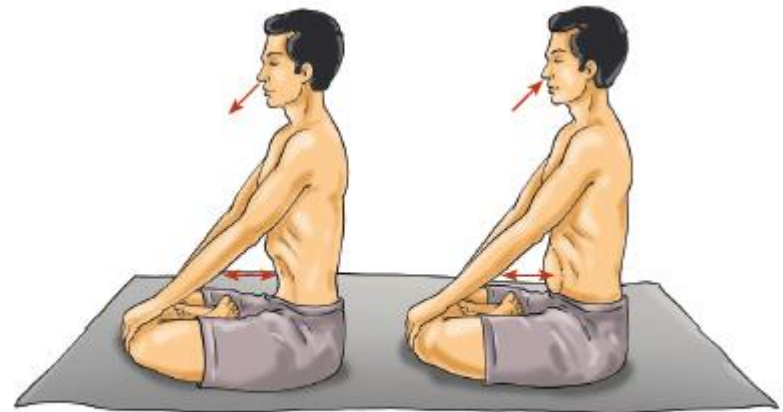
## Introduction to Yogic Kriyas (Shat Karma)

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):



**Figure 3.10** Jal Neti helps in preventing cough and cold.



**Figure 3.11** Kapalbhati

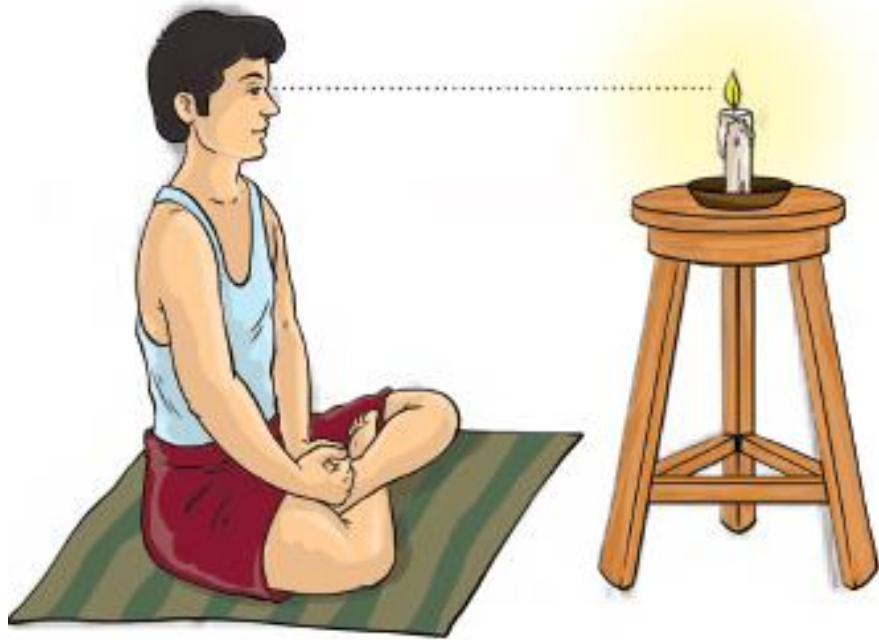


Figure 3.12 Trataka



Figure 3.13 Vamana dhauti

## 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.
6. Pranayama has eight varieties: suryabedhi, ujjayi, sheetkari, sheetli, bhastrika, brahmari, plavini and kapalbhati.

## SUMMARY

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. These are six yogic kriyas : Neti, Kapalbhati, Trataka, Vasti, Dhauti and Nauli.