

## Unit - 5

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### Yoga

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## YOGA

### Meaning and Importance of Yoga :

#### 5.1 Meaning

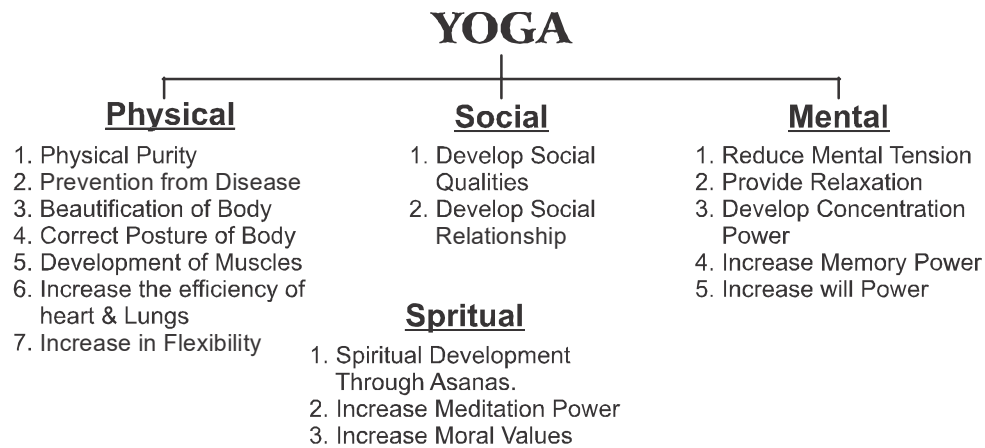
The term yoga is derived from a Sanskrit word 'Yuj' which means join or union. In fact joining the individual self with the divine or universal spirit is called yoga. It is a science of development of man's Consciousness.

**Patanjali** - "Checking the impulse of mind is yoga".

**Maharishi Ved Vyas** - "Yoga is attaining the pose".

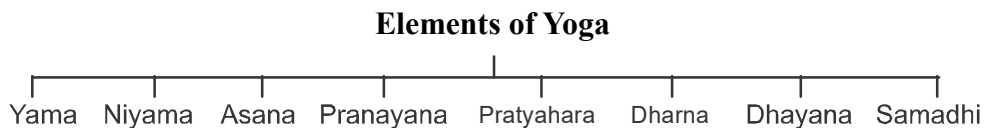
In Bhagwat Gita, Lord Krishna says, "Skill in action or efficiency alone is yoga.

#### Importance of Yoga :



#### 5.2 Elements of Yoga

The main aim of yoga is to control over the mind. This is Possible only follow to eight fold Paths or eight steps also know as "Ashtang Yoga". This system was Developed by Maharishi Patanjali.



### 5.3 Introduction to Asanas, Pranayam, meditation & yogic Kriyas

**Asana:** According to Patanjali Means "Sthiram Sukham Asanam" *i.e.* that possible which is comfortable and steady."

**Pranayama:** The word Pranayama is comprised of two words "Prana Plus Ayama" Prana means life force and Ayama means control. In this way pranayama means "The control or regulation of Prana"

Improve Concentration Power	Correct Body Posture	Rehabilitation of Injuries
Increase Flexibility	Improve Breathing System	Improve Heart & digestive System function
Improve Overall Health	Reduce Fatigue	Active All Body Systems

### 5.4 Yoga for Concentration and Related Asanas (Sukhasana, Tadasana, Padmasana, Shashankasana, Vrikshasana, Garudasana and Naukasana)

We all know about the amazing health benefits of Yoga, but the greatest thing amongst all is that Yoga works on changing our internal make-up.

According to a recent study conducted at the university of Ellinois at Urbana Champaign, practicing Yoga daily for 20 minutes can improve brain function and actually focus better on daily task at hand.

Yoga helps in improving concentration and focus by calming the mind and getting rid of distracting thoughts.

Here are 5 easiest effective Yoga asanas you need to try to boost concept rating and jump start your brain.

1. Tadasana (Mountain posa)
2. Vrikshasana (Tree pose)
3. Savasana (Corpse pose)
4. Padmasana (Lotus pose)
5. Bhramari Pranayama



## **SUKHASANA**

Sukhasana or the easy sitting pose is one of the simplest pose for meditation suited for all beginners. Sukhasana comes from the Sanskrit word 'Sukham' which can mean 'comfort', 'easy', 'joyful', 'pleasure', etc. Sukhasana can be done by all age groups.

# **SUKHASANA THE EASY SITTING POSE**



## **TADASANA (MOUNTAIN POSE)**

This asana is like the base or the mother of all asanas, from within the other asanas emerge. Tadasana increases the levels of oxygen in the spinal cord and frontal part of the brain”.

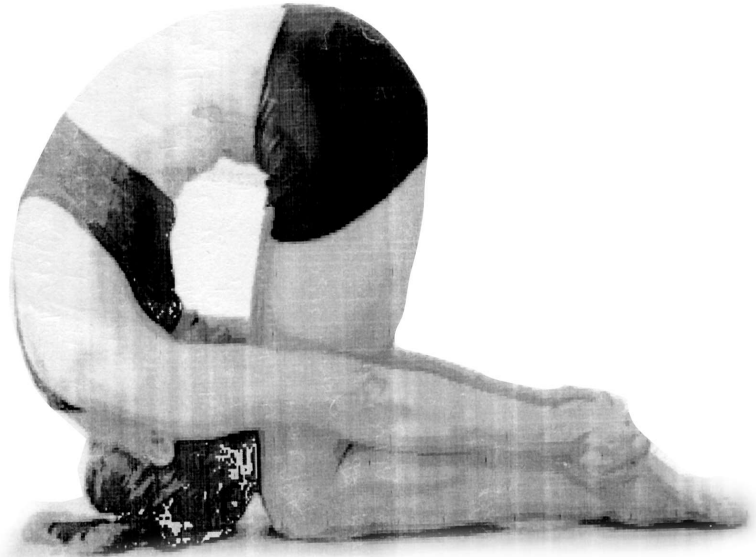
It improves concentration and boosts energy.

The word ‘Tada’ is come from the Sanskrit word, which means ‘palm tree’ or another meaning is mountain and meaning of asana is posture or ‘seal’ so this asana is

called Tadasana. Tadasana is the beginning and ending asana of Surya Namaskar according to Ashtang Yoga.

This is the best exercise to increase the height.

### **Shashankasana**

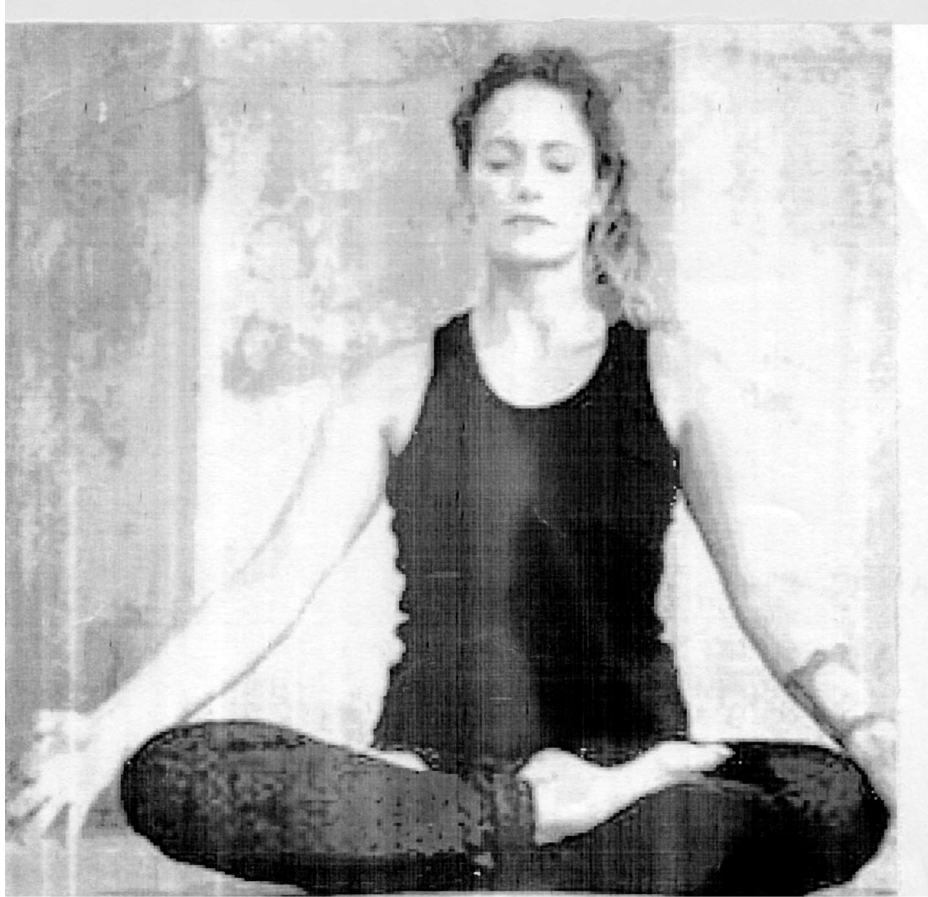


### **Shashankasana (Hare Pose)**

The Sanskrit name for Hare pose is Shashankasana. The meaning of 'Shashank' is moon. Shashank itself is made up of two words 'shash' meaning 'hare', and 'ank' meaning 'lap'.

The Shashankasana pose is said to benefit the practitioners by helping in calming the nerves and providing a feeling of tranquility. The Shashankasana is similar to a sitting hare, from which it derives its name.

## **PADMASANA (LOTUS POSE)**



### **Padmasana (Lotus Pose)**

The word Padmasana is a Sanskrit word which means "lotus flower" so it's also known as the "Lotus pose". It is so called because of the lotus- like formation which made by our legs during this asana. Another name of Padmasana is "kamalasan" The word Kamal is a hindi word which means a lotus flower. It is a yogic exercise in which one crosses the legs while maintaining a straight posture. It is a important position for meditation.

### **Naukasana**

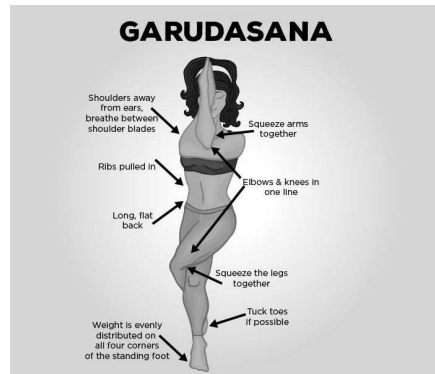
Naukasana comes from the two sankrit words' nauka' which means 'boat' and 'asana' meaning 'posture' or 'Seal'. It is a posture in which our boty takes the shape of a boat.

If you have always had a problem losing the extra paunch in your stomach area, then this asana is food for those who wish to reduce belly fat as well as to tone the abs. Naukasana is one of the few yoga poses that can be performed lying both on the stomach (prone position) and back (supine position.)

### **Vrikshasana or Tree pose**

It is a balancing asana. It is one of the very few standing poses in medieval hatha yoga, and remains popular in modern yoga.

The name comes from the Sanskrit words *vrksha* meaning 'tree' and *asana* meaning 'posture'. This posture replicates the graceful, steady stance of a tree. Unlike most yoga poses, the tree pose requires keeping one eye open in order to maintain body balance.

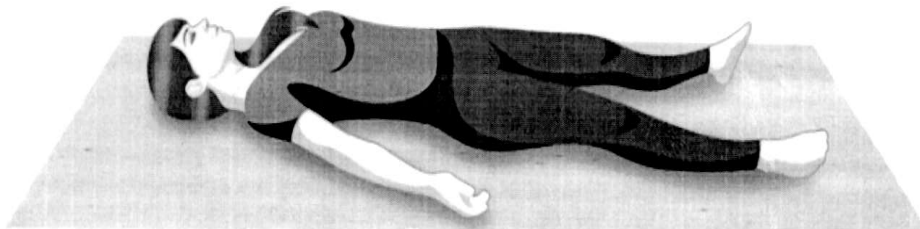


### **Garudasana**

Garudasana or eagle pose is a standing balancing asana in modern yoga. The name was used in medieval hatha yoga for a different pose.

Garuda - the mythic 'king of the birds,' the vehicle of Vishnu. The word is usually rendered into English as "eagle," though according to one dictionary the name literally means "devourer," because Garuda was originally identified with the "all consuming fire of the sun's rays".

### **5.5 Relaxation Technique for Improving Concentration (Yog-Nidra)**



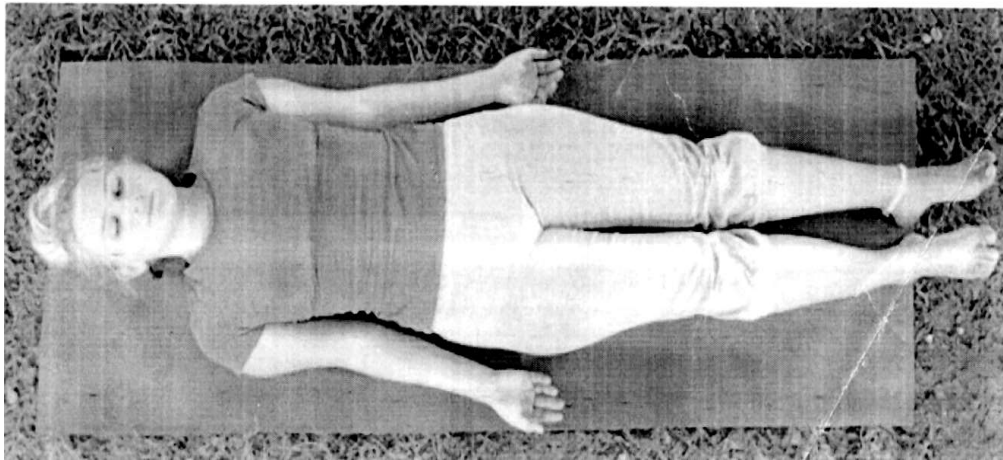
A yoga routine provides deep restoration to your body and the mind. And to make your practice more effective, it's ideal to end your yoga sequence with yoga nidra (yogic sleep) In yoga nidra, we consciously take our attention to different parts of the body and relax them.

Simply described as effortless relaxation, yoga nidra is an essential end to any yoga pose sequence. Yoga postures 'warm up' the body; yoga nidra 'cools it down'.

Yoga practices increase the energy levels in the body.

Yoga Nidra helps conserve and consolidate this energy and relax the entire system, preparing it for pranayama and meditation. It is, therefore, important to keep aside sufficient time for yoga nidra after yoga postures.

### **Relax Yourself With Yoga Nidra - As Restorative As Sleep**



### **Objective Type Questions (1 Marks Each)**

**Q.1. Who is the writer of 'yogsutra'?**

- |                      |                        |
|----------------------|------------------------|
| (a) Vedyas           | (b) Baba Ramdev        |
| (c) Swami vivekanand | (d) Maharshi patanjali |

**Ans.** Maharshi patanjali



**Q.2. The components of yoga are**

- (a) Four
- (b) Six
- (c) Eight
- (d) Two

**Ans.** Eight

**Q.3. Which of the following is not a part of yama?**

- (a) Satya
- (b) Apathy
- (c) Asteya
- (d) Santosh

**Ans.** Santosh

**Q.4. The components of pranayama are**

- (a) Three
- (b) Two
- (c) Five
- (d) Seven

**Ans.** Three

**Q.5. Which is the eighth limb of Ashtanga yoga?**

- (a) Dhyana
- (b) Dharana
- (c) Samadhi
- (d) Pratyahara

**Ans.** Samadhi

**Q.6. Which of the following is not a body building Asana?**

- (a) Dhanurasana
- (b) Bhujangasana
- (c) Mayurasana
- (d) Savasana

**Ans.** Savasana

**Q.7. The number of yogic kriyas are**

- (a) Four
- (b) Five
- (c) Six
- (d) Three

**Ans.** Six

**Q.8. Which of the following asana is also called 'hare pose'?**

- (a) Padmasana
- (b) Tadasana
- (c) Shashankasana
- (d) Halasana

**Ans.** Shashankasana.

**Q.9. Complete stability of mind is known as**

- (a) Samadhi
- (b) Pratyahara
- (c) Dharana
- (d) Dhyana

**Ans.** Dhyana

**Q.10. Which of the following is helpful in increasing height?**

- |               |               |
|---------------|---------------|
| (a) Padmasana | (b) Tadasana  |
| (c) Halasana  | (d) Sukhasana |

**Ans.** Tadasana

**Q.11. Which of the following asana is helpful in controlling diabetes?**

- |               |                 |
|---------------|-----------------|
| (a) Vrkaasana | (b) Mandukasana |
| (c) Vajrasana | (d) Garudasana  |

**Ans.** Mandukasana

**Q.12. Which of the following is related in developing the character of a person?**

- |                 |             |
|-----------------|-------------|
| (a) yama        | (b) Niyama  |
| (c) Pratayahara | (d) Dharana |

**Ans.** Niyama.

### **Short Type Question (3 Marks Each)**

**Q.1 What is the role of yoga in sports?**

*Or*

**Importance of yoga? Describe it?**

**Ans.** Yoga consists of both mental as well as physical exercise.

1. It help to keep the body fit.
2. Relief from any kind of tension
3. Improves the heart and lung-functioning capacity.
4. It helps in curing and prevention from disease.
5. Improves, agility, flexibility, co-ordination, strength etc.
6. Improves the co-ordination of body system.
7. Improves correct body posture.

**Q.2 What is the role of meditation in sports?**

*Or*

**Importance of meditation? Describe it?**

**Ans.**

1. Meditation helps to increase concentration.
2. It gives relaxation to the body and mind.
3. It cures stress and Anxiety.
4. It improves the function of nervous system.

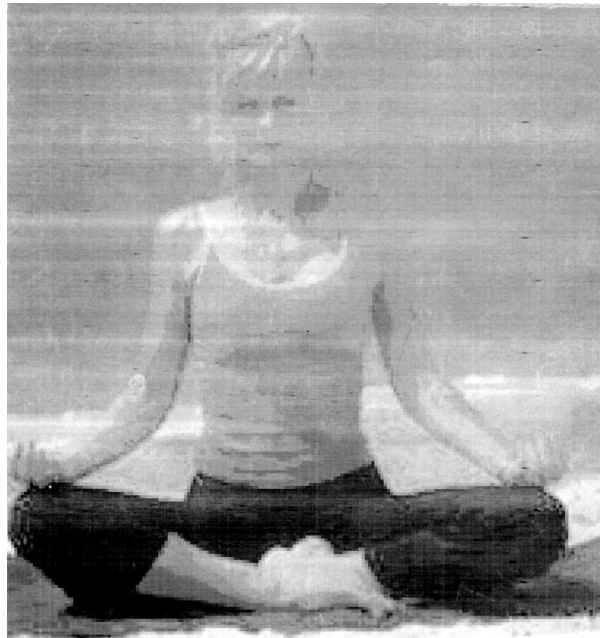
5. It activates the brain and mind properly.
6. It controls anger problem.

**Q.3 What is Yog Nidra?**

**Ans.** Yog nidra is an effortless relaxation. It is an essential end to any Yoga pose sequence. Yoga posture warms up the body; Yoga nidra 'cools' it down.

**Q.4 What are the benefits of Yog Nidra?**

- Ans.**
1. Cools down the body after yoga postures.
  2. Restoring normal temperature.
  3. Activates the nervous system to absorb the effects of Yoga asanas.



**Q.5 How to get ready for a Yoga Nidra.**

*Or*

**What are the preparations on the part of performer before doing Yog Nidra?**

**Ans. Getting ready for Yog Nidra:**

1. The stomach has to be empty or light before the practice. It is not recommended to practice Yoga asanas or Yoga nidra after a full meal.

2. A comfortable clutter free space A yogi's home is calm, comfortable.
3. Some people may feel a little cold after Yoga Nidra, so, it is a good idea to keep a light blanket handy.

**Q.6 Explain the procedure of Padmasana.**

**Ans. Steps of Padmasana (Lotus Pose)**

Sit on the floor and stretch your legs, your legs should be straight in front. Hold the right leg in both the hands, fold the legs slowly and place it on your left thigh. Ensure that your feet should touch your navel.

**Padmasana step 1**

Same like earlier fold the left knee, and hold it with both hands and place it on the right thigh close to the other. At this point your both knees should touch the floor and the foot should face upwardly.

Your spinal cord should be straight at this point. If you feel some difficulty while sitting in the posture for a long time, you can change the legs and then sit on the same position.

**Padmasana step 2**

Your spinal cord should be erect, your both hands should be together or put the palms facing upside on the knee joints and the thumb must touch your index finger and the other fingers should face the upward.

**Q.7 Write the procedure, benefits and Precautions of Sukhasana.**

**Ans. Sit erect with spine straight.**

Relax your whole body and breathe normally.

Maintain this position for as long as comfortable.

**Benefits To Body Part:**

The Sukhasana is a comfortable, sitting yoga pose that is ideal for meditation. In Sanskrit, Sukh means, happiness, peace or relaxation and this pose is aimed at providing all of it. There are many physical, emotional and mental benefits associated with this pose, some of which include -

Amplifying your state of serenity and tranquility

Broadens your collarbones and chest

Calming your brain

Eliminating stress, anxiety and mental exhaustion

Improving alignment  
Lengthening your spine  
Opening your hips  
Promoting inner calm  
Reducing fatigue  
Strengthening your back  
Stretching your ankles and knees

**Precautions:**

- Don't do sukhasana in inflammation in the knee or hip, spinal disc problems and chronic knee injuries.
- Perform this asana under the Guidance and supervision of a certified Yoga guru at least until you master it.

**Q.8 Explain in detail the procedure, precautions and benefits of Shashan-kasana.**

**Ans. Procedure:**

1. First assume vajrasana. Both your arms should be placed on your knees.
2. Keep your neck and spinal cord straight.
3. Shut your eyes and begin focussing on your breathing and your body.
4. Take a deep breath and without allowing the elbow to bend, bring your hands above your shoulders.
5. Slowly exhale and reach down to touch the ground while your head and both your hands.
6. Let your upper torso relax and remain in this position for a while. The neck should be kept straight between the arms.
7. To finish, you should exhale and place your palms on your knees.

**Precautions**

Avoid practice of this pose if you suffer from vertigo, slipped disc, high blood pressure and heart related problems.

**Benefits**

1. It strengthens the muscles.

2. It helps in the extension of the neck, arms and spine.
3. Practicing this pose helps improve the circulation of blood to the scalp, face and brain. It gives a nice glow to the face.
4. This pose helps in regulating the adrenal glands.
5. The hare pose is also peneficial to the reproductive organs.

#### **Precautions**

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#### **Q.9 What is he procedure, precautions and benefits of Tadasana?**

##### **Ans. Procedure:**

1. Stand erect, and place your legs slightly apart, with your hands hanging alongside your body.
2. You must make your thigh muscles firm.
3. Strengthen the inner arches of your inner ankles as you lift them.
4. Now, imagine a stream of white light (energy) passing through your ankles, up to your inner things, gently turn your upper things inward. Elongate the tailbone such that it is toward the floor. Lift the pubis such that it is closer to the navel.
5. Look slightly upward.
6. Now breath in and stretch your shoulders, arms and chest upwards. Raise your heels, making sure your body weight is on your toes.
7. Feel the stretch in your body right from your feet to your head. Hold the pose for a few seconds. Then, exhale and release.

##### **Precautions:**

It is best to avoid this asana if you have the following problems—

1. Headaches
2. Insomnia
3. Low blood pressure

### **Benefits of Tadasana**

These are some amazing benefits to Tadasana.

1. This asana helps improve body posture.
2. Your buttocks and abdomen get toned.
3. This asana reduces flat foot.
4. It also makes your spine more agile.
5. It is an excellent asana for those who want to increase their height in their formative years.
6. It also helps improve balance.

### **Long Answer Type Questions (5 Mark Each)**

**Q.1** Explain the benefits of Yog Nidra in detail.

**Ans.** 10 REASONS

## **YOG NIDRA** **IS GOOD FOR YOU**

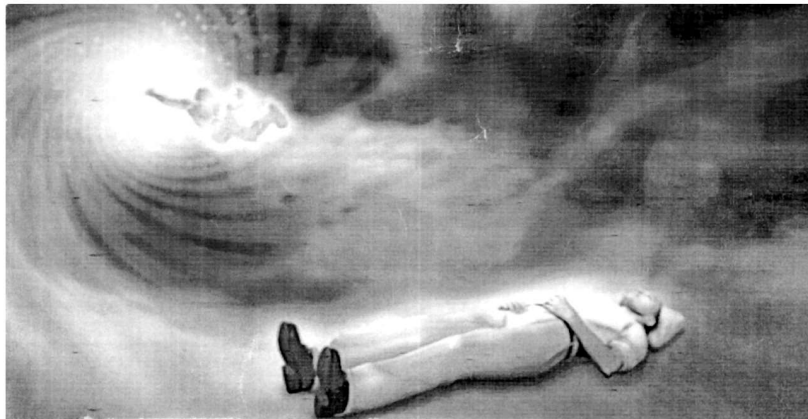


### **YOG NIDRA BENEFITS ARE**

1. It helps in relieving muscular, emotional, and mental tension.
2. Yog Nidra relaxes the mind by relieving stress and anxiety.



3. It treats insomnia, psychological disorders, and psychosomatic diseases.
4. It trains the mind and helps in enhancing memory and increasing learning capacity.
5. Yogic sleep also results in increased energy levels.
6. It heals endocrinal imbalances.
7. Yog Nidra not only detoxifies the body, but also clears up the subconscious.
8. It improves creativity.
9. It also leads to improved senses and more cultivated body awareness.
10. Yoga nidra restores the mind and body.



**Q.2 What is the procedure to do a perfect Yog Nidra?**

**Ans. How to do a perfect Yog Nidra:**

1. Lie down straight on your back in Corpse Pose (Shavasana). Close your eyes and relax. Take a few deep breaths in and out. Remember to take slow and relaxed breaths, and not ujjayi breaths.
2. Start by gently taking your attention to your right foot. Keep your attention



there for a few seconds, while relaxing your foot. Then gently move your attention up to the right knee, right thigh and hip. Become aware of your whole right leg.

3. Gently, repeat this process for the left leg.
4. Take your attention to all parts of the body: genital area, stomach, navel region chest
5. Take your attention to the right shoulder and right arm, palms and fingers then repeat this on the left shoulder and left arm, torso, face and finally the top of the head.
6. Take a deep breath in, observe the sensations in your body, and relax in this still state for a few minutes.
7. Now, slowly becoming aware of your body and surroundings, turn to your right side and keep lying down for a few more minutes. Rolling over to the right side makes the breath low through the left nostril which helps cool the body.
8. Taking your own time, you may then slowly sit up, and whenever you feel comfortable, slowly and gradually open your eyes.

### **Yoga Nidra Instructions by Sri Sri Ravi Shakar**

Note that Yoga Nidra is not about 'conscious effort' but 'conscious relaxation'. For example, the moment you hear the word 'apple,' its image instantly flashes through your mind. You don't need put in an effort to think whether it's small or big. red or green. The same happens during yoga nidra

You don't need to 'concentrate' or 'focus' on what a leg is, or touch your nose. Nor do you need to physically move these body parts. You only need to gently take your attention to them, while taking deep breaths. The trick in yoga nidra is to: relax with awareness, remain effortless and consciously relax the body and mind.

It is quite natural to be distracted by random thoughts during yoga nidra. Do not try and curb them. If you fall asleep naturally, don't feel guilty once you wake up.

Yoga nidra is thus a joyous, effortless way to end your yoga practice. Let go,

relax and enjoy the experience that follows

“As refreshing as sleep, I fondly call yoga nidra my ‘super nap’. In just a short while, it leaves me deeply rested and freshens me up in a way no tea or coffee does,” shares Pritika Nair, an avid meditator.

**Q.3 Elaborate Naukasana in detail.**

**Ans.** In Sanskrit ‘Nauka’ means Boat and ‘Asana’ means ‘Pose’. So this asana is called as naukasana while practicing boat pose you will see the entire body takes a shape of a boat. This boat pose is beneficial cure many physical disorders.

Basically, naukasana helps to strengthen the lungs, liver and pancreas. Helps to increase the circulation of blood and maintain the sugar level.

**Steps for Naukasana**

- Lie flat on your back on the yoga mat with your arms by your side.
- Relax in this position for some time and keep breathing normally.
- Now inhale slowly and lift your both legs.
- Keep legs straight and should not be bent.
- Raise your upper body to touch your legs with both hands.
- Try to maintain the angle of 45°.
- Hold your breath and the posture for 10-15 seconds. You can increase the time of holding posture by practicing regularly.
- Now exhale slowly and get back to your starting position.

**Duration**

- 3-4 repetitions daily but should not overdo.

**Precautions for Naukasana**

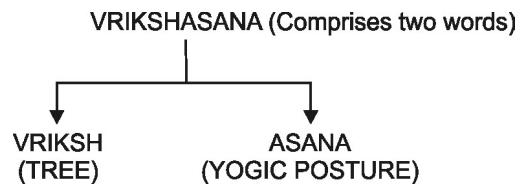
- Suffering from low or high blood pressure, hip, joint pain, arthritis, severe headache, migraine, hernia and ulcer patients should not practice Naukasana.
- Consult a doctor first before practicing any exercise and practice under expert guidance.
- Pregnant women should not practice this boat pose.
- Avoid practicing during periods but if you are comfortable to practice then go ahead.

### **Benefits of Naukasana**

- Helps to reduce belly fat.
- Improve the function of digestion.
- Good for developing six packs ABS.
- Regulates the function of pancreas, liver and lungs.
- Strengthens abdominal muscles
- Good for a diabetic patient to maintain the sugar level.
- Improves the blood circulation.
- Strengthens the muscles of thighs, hips, necks and shoulder.
- Improves the function of kidney, thyroids and prostate glands.

**Q.4 Write down the steps, procedure, benefits and precautions of Vrikshasana.**

**Ans.** Vrikshasana has taken from Sanskrit word Vraksh (वृक्षासन)



While performing it gives the true spirit of tree, thus named as tree pose.



**How to perform tree pose**

- Stand erect, keep the feet together.
- Fold the right leg and placed it at the top of left thighs with the toes of right leg showed pointed downwards.
- The right leg showed perpendicular to left leg.
- Extend your arms above your head.
- Inhale and try to make Namaskar mudra with your palms.
- Balance the pose as long as you can because balancing is utmost important in tree pose.
- Try to make your spine straight and feel the stretching from toes to fingers.
- With deep exhale bring your arms and legs down.
- Repeat the same with left leg. It completes one round.
- Do three-five rounds.
- No. of rounds may increase as per your convenience.

### **Health Benefits of Tree Pose Yoga (Vrikshasana)**

- It stretches the entire body from toes to fingers, thus invigorates you.
- It gives tranquillity to your mind thus good for those who are facing the problems of depression and anxiety.
- It increase your stamina, concentration and immunity.
- It is good for your hips as it helps to open it.
- It is beneficial for those who are experiencing Sciatica. But one should practice it under the supervision of a yoga expert.
- It enhances the flexibility of legs, back and chest muscles.
- It makes your ankle stronger.
- It is also good for your knees.
- It strengthens thighs and calves.
- It gives suitable stretching to the groins.
- Person suffering from flat feet should practice it.
- It makes you more focussed and concentrated.
- By practicing this asana, the ligaments and tendons of the feet get strengthen.
- It is also good for pelvic region.
- It develops esteem and self-confidence.

- It calms and relaxes the central Nervous system.
- It helps to cure rheumatic pain and also treats numbness.

#### **Tree Pose Yoga Precautions**

- High blood pressure
- Low blood pressure
- Migraine
- Insomnia
- Acute knee problems
- Hip injury



#### **Q.5 Explain in detail the procedure, benefits, and precautions while performing Garudasana (Eagle Pose).**

**Ans.** The mythology behind garudasana (Eagle pose). Although it is called 'eagle pose' in English, garudasana is named for a divine creature.

In the south Asia, a garuda is a huge, mythical bird with the golden body of a man, a white face, red wings, and an eagle's beak. He is the king of the bird community, the enemy of snakes, and the friend of human. Garuda is the vehicle of Lord Vishnu, the aspect of divinity which sustains the universe and takes birth as a man.

#### **How to do the Garudasana**

1. Stand erect. Gently bend your right knee, and wrap your left leg around

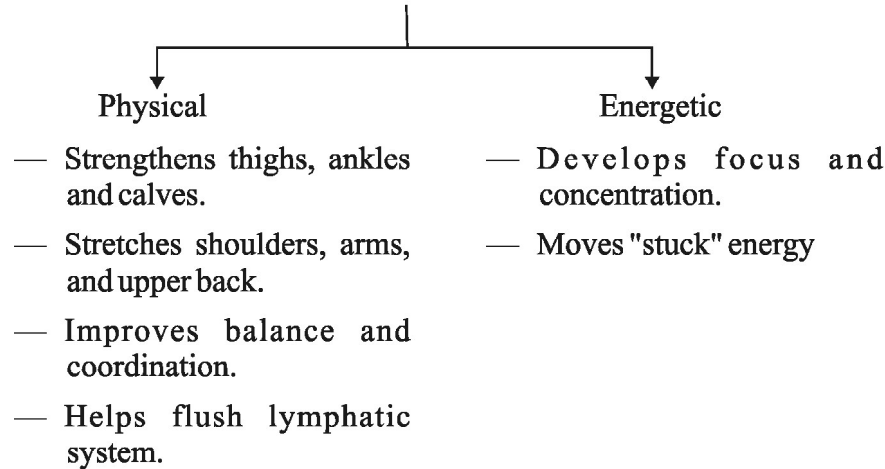
your right, such that the knees are stacked over each other. Your left foot must touch your right shin.

2. Raise your arms to the shoulder height and wrap your right hand around your left.

Ensure that your elbows are bent at 90° angles and are also stacked.

3. Strike a balance in the pose as you gently bring down your hips. Your knees must move towards the midline instead of leaning to one side.
4. Hold the pose for a few seconds. Breathe deeply and slowly. Focus on the third eye, and let go of your negative emotions.
5. Release the pose, switch the limbs, and repeat the pose.

### **Benefits**



### **Contraindications**

- Knee injuries/Ankle or elbow injuries.
- Late term pregnancy.