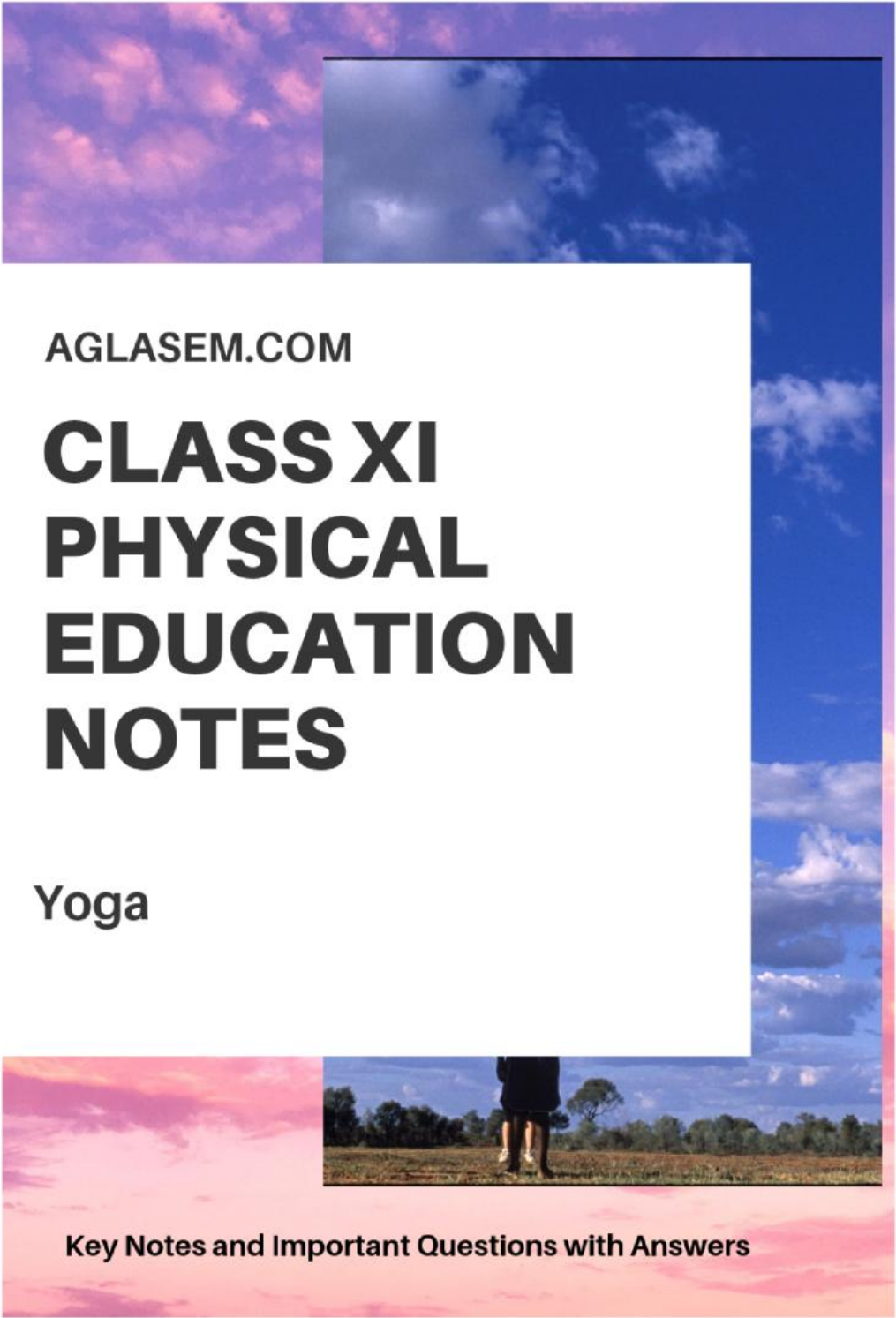




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CLASS XI PHYSICAL EDUCATION NOTES

Yoga



Key Notes and Important Questions with Answers

Meaning and Importance of Yoga :

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.

Maharishi Ved Vyas - “Yoga is attaining the pose”.

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

YOGA

Physical

1. Physical Purity
2. Prevention from Disease
3. Beautification of Body
4. Correct Posture of Body
5. Development of Muscles
6. Increase the efficiency of heart & Lungs
7. Increase in Flexibility

Social

1. Develop Social Qualities
2. Develop Social Relationship

Mental

1. Reduce Mental Tension
2. Provide Relaxation
3. Develop Concentration Power
4. Increase Memory Power
5. Increase will Power

Spiritual

1. Spiritual Development Through Asanas.
2. Increase Meditation Power
3. Increase Moral Values

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 Develop by Maharashi Patanjali.

Yama Niyama Asana Pranayana Pratyahara Dharna Dhayana Samadhi

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

5.4 Yoga for Concentration and Related Asanas (Sukhasana, Tadasana, Padmasana and Shashankasana)

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 helped umprove concentration and focus by calming the mind and getting rid of distracting thoughts.

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

1. Tadasana (Mountain posa)
2. Vrikshasana (Trace 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 work '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.

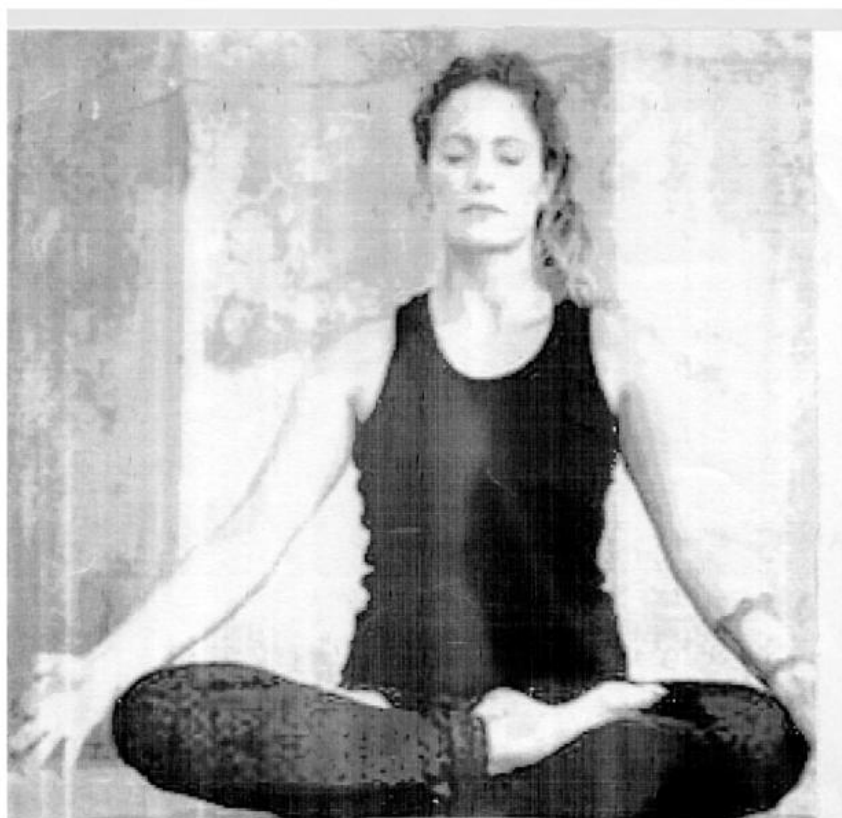
The word ‘Tada’ is come form the sanskrit word, which menaing is ‘palm tree’ or another meaning is mountain and meaning of asana is posture or ‘seal’ so this asana is called Tadasana. Tadasana is the begining and ending asana of Surya Namaskar according to Ashtang Yoga.

This is the best exercise to increase the height.

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 is 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 an important position for meditation.

(1 Mark)

Ans. Unification of Jivatma with parmatama is called Yoga.

Ans. Complete concentration of mind is dhayana.

Ans. Padamasana, Sidhasana, Gomukasana.

Ans. It creates a positive effect on the brain and calm it.

 O_r

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.

Or

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.

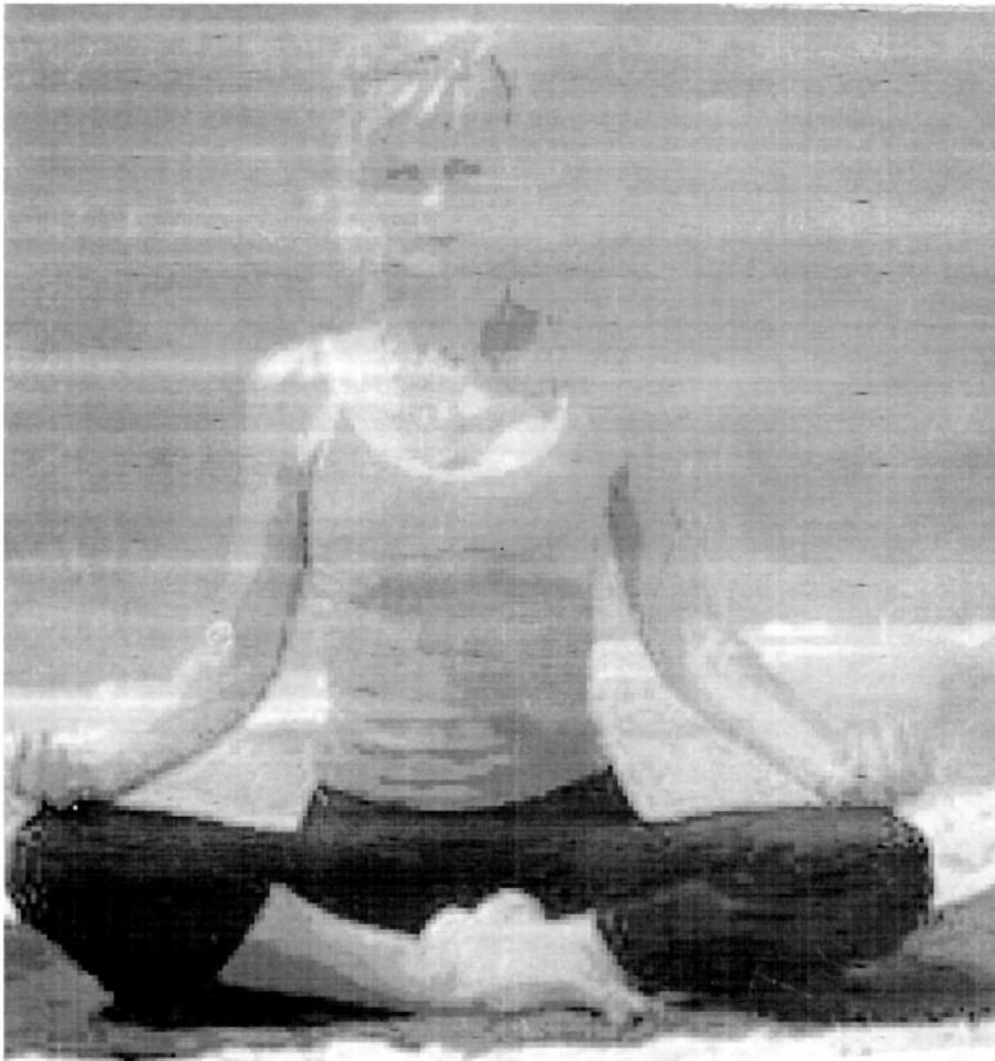
5. It activates the brain and mind properly.
6. It controls anger problem.

Q.7 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.8 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.



Short Answer Type Questions (3 Marks Each)

Q.1 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.2 Explain the procedure, Benefits and precautions during Padmasana.

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.

Breathing process should be slowly-slowly and deeply. (Inhale and Exhale) and focus on your breathing. Do this asana for 2 to 3 minutes in the beginning stage, once you are used to it then increase the time 15 to 30 minutes. Remember one most important thing don't bend your body or head while doing this Asana.

Padmasana is the highly preferred asanas by yoga practitioner in the beginning stage for increase the focus of mind and concentration. It helps in improving the concentration power and it will calms the brain also.

Doing this Asana gives your mind peace, solitude and longevity to the practitioner. It increases the hunger and helps to relax the body.

It can also help in the stretches the ankle and knees. This Asana is the base for all asanas and it strengthens the hip and knee joints of the female and can get painless peaceful mind.

You can reduce the unwanted fat of hip and the thigh. This is the simplest and easiest asana which can practice by all the age group of men and women they can get benefits of yogasana.

People who are suffering from ankle injury should not practice this asana. In case you have undergone a recent knee surgery please avoid this asana. If you have sprain in the leg, then our advise is not to do this asana. Don't perform this if you suffering from severe back pain.

Q.3 Explain in detail the steps, benefits and precautions during Sukhasana.

Sit on the floor with legs stretched out. Always use a yoga mat or a cushion or a carpet while sitting on the floor.

Fold the left leg and tug it inside the right thigh. Then fold the right leg and tug it inside the left thigh.

Keep the hands on the knees. Jnana mudra or Chin mudra can be used if you are using this posture for meditation.

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.3 Explain in detail the procedure, precautions and benefits of Shashan-kasana.

Ans. Procedure:

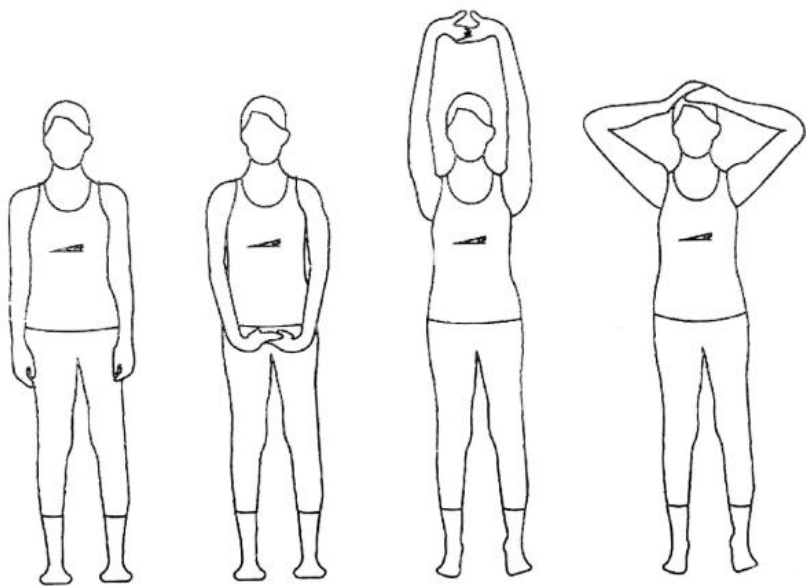
1. First assume vajrasana. Both your arms should be placed on your knees.
2. Keep your neck and spinal cord straight.

- ## 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.



Q.4 What is the 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 thighs, gently turn your upper thighs 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 breathe 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

(e) 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.

