

# PHYSICAL EDUCATION

## CHAPTER 5: YOGA



## YOGA

### Meaning

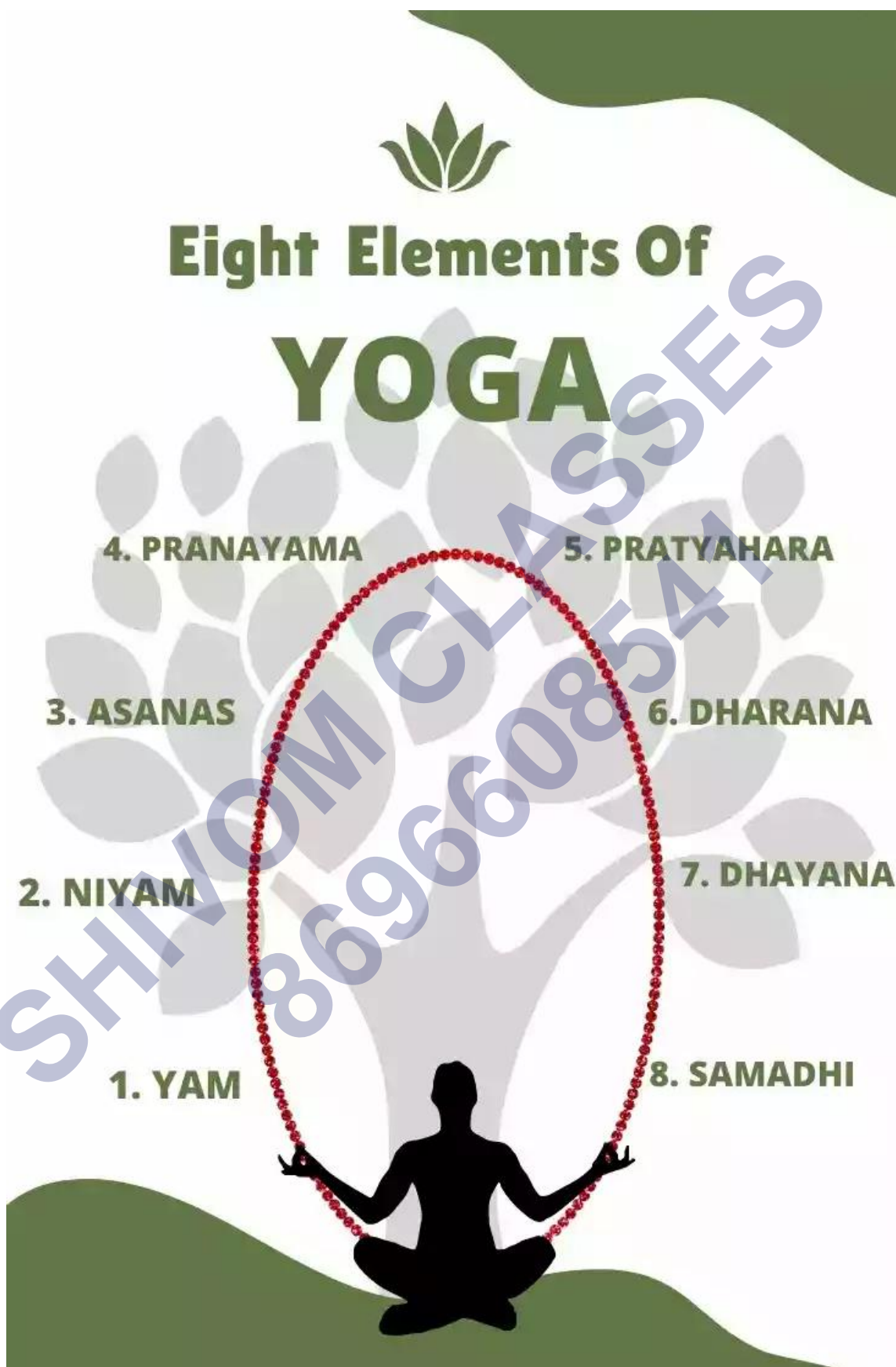
The term Yoga comes from the Sanskrit word 'Yuj', meaning 'union' or 'to join'. It is the union of Atma (soul) and Paramatma (super controller).

Yoga brings physical harmony and mental balance. It is the combination of physical asanas, meditation, and breathing techniques to strengthen the muscles and relieve from stress.

The main purpose of Yoga is to provide a sound body and a sound mind. The aim of Yoga is 'self-identification' and 'self-perfection' which comes through 'self-purification and self-realization'.

### Importance

- Yoga improves the efficiency of the cardiovascular system.
- Organs get strengthened.
- It prevents premature ageing.
- It helps to maintain good posture.
- Yoga Improves brain function.
- It lowers stress levels.
- Yoga increases flexibility.
- Yoga lowers blood pressure.
- Gives relieve from stress and anxiety.
- It can gives relieves from chronic back pain.
- It lowers blood sugar level.
- It improves the sense of balance.
- It makes the bones stronger.
- Helps to maintain a healthy weight.
- Lowers risk of many diseases.



Yoga has eight elements to attain highest purification of body and mind.

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## Yama (abstinence)

There are many morality guidelines for good behaviour in society, which must be followed by everyone. These elements the basic principles for the benefits of society.

### These principles are:

- Ahimsa (Non-Harming)
- Satya (Truthfulness )
- Asteya ( Non-Stealing )
- Brahmacharya (Moderating the Senses )
- Aparigraha (Non-Possessiveness )

## Niyam (observances)

Niyam are personal observances or self-purification by discipline. It makes the individual healthy.

- Saucha (Cleanliness)
- Santosh (Contentment)
- Tapa (Austerity)
- Swadhyaya (Study of good literature)
- Ishwar Paridhana (Surrender to God)

## Asanas (yoga postures)

Asanas are slow stretching activities performed to improve the whole body fitness. It can be done in all three positions viz. Standing, sitting and lying.

## Pranayama (breathing control)

Pranayama is a systematic and rhythmic control of breathing, performed to improve the internal functioning of the whole body.

Pranayam is based upon Purak (Inhale) Rechak (Exhale) and Kumbhak (holding breath)

## Pratyahara (withdrawal of the senses)

Pratyahara is conscious withdrawal of energy from the senses. It is performed to improve

intellectual capability. It develops inner mental strength by controlling sense organs

### **Dharana (concentration)**

Dharana is fixing the attention on a single object for a long time to improve concentration. This mental fixation should be uninterrupted and without any kind of mental activities.

### **Dhayana (meditation)**

Dhayana is the process of controlling the mind through meditation. It develops a high level of concentration.

### **Samadhi (absorption)**

Samadhi is the state of super-consciousness where dhayana reaches its final stage. It is also the state of union with God, merging consciousness and salvation.

## **Asanas, Pranayam, Meditation & Yogic Kriyas**

### **Asanas**

Asanas are the third step of yoga in which slow stretching activities are performed, by holding body postures which brings stability of body and poised mind.

#### **Asana has three categories:**

- i. Cultural Asana: For overall body fitness
- ii. Meditative and Relaxative Asana: For improving mental activities
- iii. Therapeutic Asana: For curing a various health problem

These Asanas are performed in standing, sitting and lying (supine and prone) position. The warming up in Yoga is performed with Surya Namaskar.

These are slow stretching activities in which heart rate, breathing rate and body temperature remain almost normal. The effects of Asanas are felt internally.

### **Pranayama**

It is the fourth stage of Yoga. Pranayam is systematic breathing activities in which inhalation (purak), exhalation (rechak) holding of breath (kumbhak) are controlled.

This systematic rhythmic control of breathing provides deep effects over an individual health. It develops inner strength and cures many health ailments.

### **Anulom-Vilom Pranayam**

It is an alternate breathing technique. In this process close your right nostril with the thumb, breathe in from left nostril, then close left nostril and breathe out from right nostril. Repeat from another side.

### **Kapalbhati Pranayam**

In Kapalbhati pranayam forceful exhalation is performed where inhalation happens automatically. Exhalation is done from the nose with pressure while the stomach is vibrated in and out.

### **Bhramari Pranayama**

In this pranayama, exhalation is done with humming sound from the throat with closed ears with thumbs.

### **Sitli Pranayam**

It is a forceful exhalation from the mouth with the tongue rolled. It provides a cold feeling to the body.

### **Yogic Kriyas**

These Kriyas are performed to clean the body internally.

- Nauli
- Jal Neti
- Sutra Neti
- Vaman Dhauti
- Vastra Dhauti
- Trataka

## Meditation

Meditation is a process which controls the mind and its activities. It is a very powerful process as it stabilises the mind in a proper direction.

In meditation, we focus our mind on a particular object, thought, or activity and pay attention to the breath.

## Yoga For Concentration



### Sukhasana

It is a simple sitting posture with crossed legs, hands over the knee and back straight

#### Benefits:

- Improves concentration.
- Improves leg Strength.
- Cures Arthritis, and Knock Knee.

### Tadasana

It is a standing posture on toes, arms straight up and joined palms.

#### Benefits:

- Develop leg muscles
- Increase height in children
- Relieve ankle and leg pain
- Improves concentration

## Padmasana

It is a sitting posture with crossed legs, feet touching opposite hips, hands on the knees and back straight.

### Benefits:

- Improve concentration
- Improve leg strength
- Cures Arthritis, Sciatica and Knock Knee

## Shashank Asana

Sit in the kneeling position while keeping the hips on the heels, toes pointing outside and big toes should touch each other at the back. Bend body at the front while hands and head touches the floor at the front.

### Benefits:

- Improves concentration.
- Improves leg strength and flexibility.
- Cures Arthritis, Knock Knee.

## Naukasan

Lie down flat, lift your chest and feet off the ground upto 10 inches, stretch your arms towards feet. Feel the tension in your stomach area, the weight of your body on the buttocks.

### Benefits:

- It strengthens the arms, thighs and shoulders, neck muscles.
- It improves the function of organs.



- It helps in regulating blood flow.

## Vriksh asana

Stand straight, feet together, bend your right knee, place your right sole on your left thigh, gently raise your arms over your head and bring them together. Look straight

### Benefits:

- It strengthens the spine.
- It improves neuromuscular coordination.
- It tones the leg muscles.
- It strengthens the knees.

## Garud Asana

Stand straight, bend your right knee and left foot cross over the right knee. Cross the right arm over the left arm and bend your elbows, palms facing each other

### Benefits:

- It stretches the thighs, shoulders and upper back.
- It improves balance.
- Strengthens the calves.
- Makes the hip flexible
- Relaxation Techniques for improving concentration

## Yog Nidra

Yog Nidra is a relaxation techniques for relaxing body and improving concentration.

### Procedure:

- Lie down straight on your back.
- Close your eyes.
- Take a few relaxed and slow deep breaths.
- Take your attention to your right foot for a few seconds, while relaxing your foot.

- Next move your attention to the right knee, right thigh and hip.
- Repeat this same process for the left leg.
- Take your attention to all parts of the upper body: stomach, navel region, chest.
- Now take attention to the right shoulder, right arm, palms, and fingers.
- Repeat this same process on the left shoulder, left arm.
- Finally throat, face, and top of the head.
- Now take a deep breath and observe the sensations in your body.
- Relax in this state for a few minutes.
- Slowly sit up and open your eyes.

**Benefits:**

- It improves concentration.
- It cools down the body after yoga postures.
- It activates the nervous system to absorb the effects of yoga asanas.