



Unit -3

Physical Education



Course on

Yoga..!!



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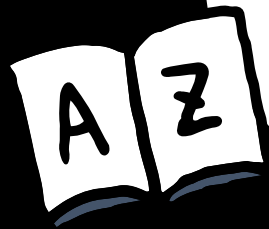


International Yoga Day

Celebrated all over the world on **June 21** since its inception in **2015**. The idea of IDY was first proposed by **Prime Minister Narendra Modi** during his speech at the United Nations General Assembly (UNGA), on September 27, 2014.

Yoga is a physical, mental and spiritual practice that has its routes mostly in India.

The date of June 21 was suggested by PM Modi in his UN address as it is the **longest day** of the year in the Northern Hemisphere and is highly important in many parts of the world.





YOGA

3.1 Meaning and Importance of Yoga :

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**.



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In the modern era, **Swami Vivekananda**, introduced the importance of Yoga to the Western world, when he addressed the **World Parliament of Religions at Chicago in 1893**.

Some important **benefits** of practicing yoga daily are:

- Reduces **mental tension**
- Cures and prevents from diseases
- Beautification of body
- Increases **self-awareness**
- Spiritual development
- Increases flexibility
- Reduces **stress and anxiety**



Importance of Yoga :

YOGA

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graph TD; YOGA --- Physical; YOGA --- Social; YOGA --- Mental; YOGA --- Spiritual;
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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

Spiritual

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

Mental

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

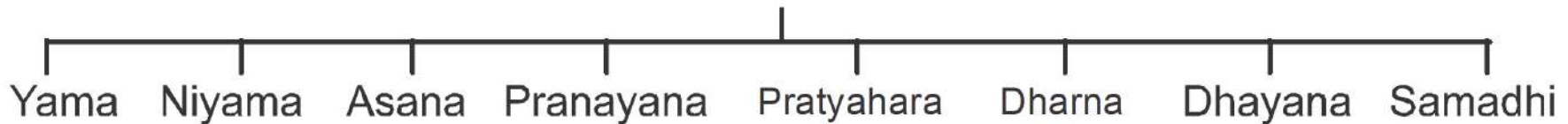
3.2 Elements of Yoga :

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 Maharashi Patanjali.

Elements of Yoga

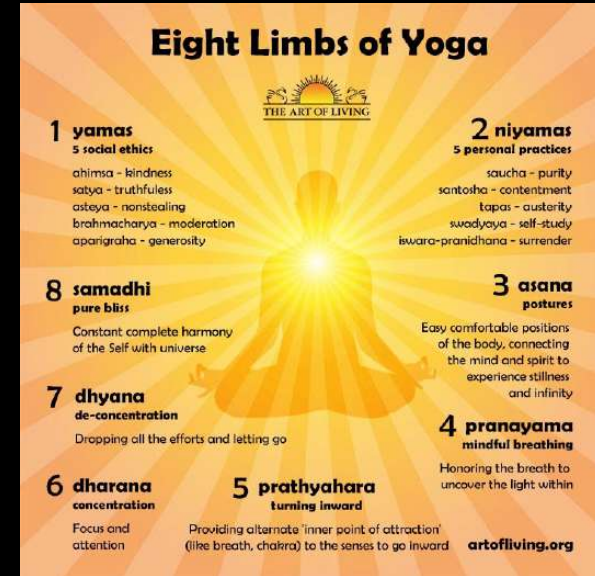


1. Yamas : Yama is the first “limb” of Ashtang Yoga. The 5 yamas are universal practices that help us move forward in our personal and spiritual development.

The five yamas ask practitioners to avoid violence, lying, stealing, wasting energy, and possessiveness.

The five yamas, or codes of conduct or moral disciplines towards the outside world are:

- a) Ahimsa — Sanskrit for “non-harming”
- b) Satya — Sanskrit for “refraining from dishonesty”
- c) Asteya— Sanskrit for “non-stealing”
- d) Brahmacharya — Sanskrit for “wise use of vitality”
- e) Aparigraha— Sanskrit for “non-possessiveness”



a) Ahimsa (non-violence) :

Ahimsa means practicing **kindness towards others**, towards animals and towards ourselves in every thought and action.

b) Satya (refraining from dishonesty) :

Satya is the principle of **living with integrity**. Satya refers to refraining from dishonesty and betrayal in thought, word, and deed.

अहिंसा



c) Asteya (non-stealing) :

Asteya teaches that everything we need in life is **already within us**.

By choosing Asteya, we rise above our “base cravings” and become self-sufficient because we no longer desire something outside of ourselves.

d) Brahmacharya (wise use of energy) :

Brahmacharya refers to the **wise use and preservation of vitality**.

It does not mean celibacy, but rather acting responsibly with your vitality, as a way to respecting others and yourself.



e) Aparigraha (non-possessiveness) :

The ability to let go. It encourages non-grasping, non-clinging, and non-attachment to possessions or even thoughts.

Aparigraha teaches you not to take it easy and **be happy with what you have.**

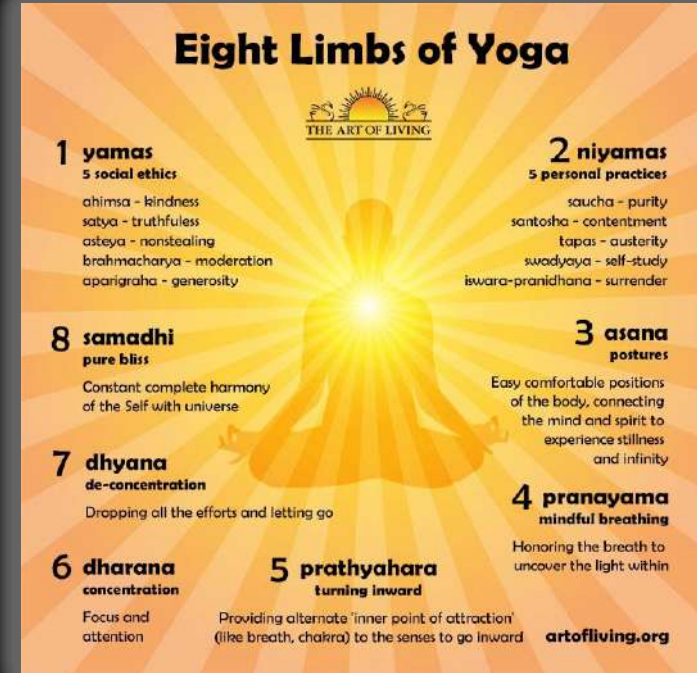


2. Niyamas :

The niyamas, the second constituent of Asthang Yoga, deal with the manner in which **we interact with ourselves and our internal world.**

Following the Niyamas helps the individual regulate **her/his behaviour** and maintain a positive environment in which to grow. Energy generated through the cultivation of the yamas is harnessed through the practice of the Niyamas.

- Saucha or purity
- Santosha or contentment
- Tapa or austerity
- Swadhyaya or self-education
- Ishwar Pranidhan or meditation of the Divine.



a) **Saucha :**

It implies both **external as well as internal purity**. The soul is purified by knowledge. It advocates the practices of intellectual purity, **purity of speech and of the body**.

b) **Santosh**a or contentment :

It is the second niyama, which is described as **not desiring more than what one has earned through honest labour**.

Santosh involves the practice of gratitude and joyfulness – **maintaining calm at all costs**



c) Tapa or Austerity :

The third niyama, is described in the philosophy of yoga as the power to stand thirst and hunger, cold and heat, discomforts of place and postures, silent meditation and fasts.

d) Swadhyaya or self-education :

The study of the Vedas and Upanishads together with the recitation of the Gayatri Mantra and the Om Mantra.

e) Ishwar Pranidhan :

The last of the niyamas, is described as the dedication of all our actions, performed either by intellect, speech or body, to the Divine.



3. Asanas :

To maintain a comfortable posture for everlasting period of time is called Asana.

It aims at the attainment of a sustained and **comfortable sitting posture** to facilitate meditation.

Asanas also help in **balancing** and harmonizing the basic structure of the human body, which is why they have a range of therapeutic uses too.



4. Pranayama :

Pranayama is a compound term (Prana and Yama) meaning the **maintenance of prana in a healthy manner** throughout one's life.

More than being merely a breath-control exercise, Pranayama is the art of the life force.

Breath or prana is **basic to life**, the practice of Pranayama helps in harnessing the prana in and around us, and by deepening and extending it, Pranayama leads to a state of inner peace.



According to Hatha Yoga, Pranayamas can be classified under :

- a) Surya Bhedi
- b) Ujjai
- c) Sitkari
- d) Sitli
- e) Bhastrika
- f) Bhramari
- g) Murchha, and
- h) Kewali.

5. Pratyahara :

Pratyahara is the “**withdrawal of the senses**” and it is the fifth element among the eight stages of Patanjali’s Ashtang Yoga.

6. Dharana :

The last three limbs of Ashtang Yoga. Dharana involves developing and extending our **powers of concentration**. This consists of various ways of directing and controlling our attention and mind – fixing skills, such as concentrating on the chakras or turning inwards.



7. Dhyana :

Dhyana is the **state of meditation**, when the mind attains a state of concentration without getting distracted. Strictly speaking, unlike the other six limbs of yoga, this is **not a technique but rather a state of mind**, a delicate state of awareness, where the mind has been quieted, and in the stillness it produces few or no thoughts at all.

8. Samadhi :

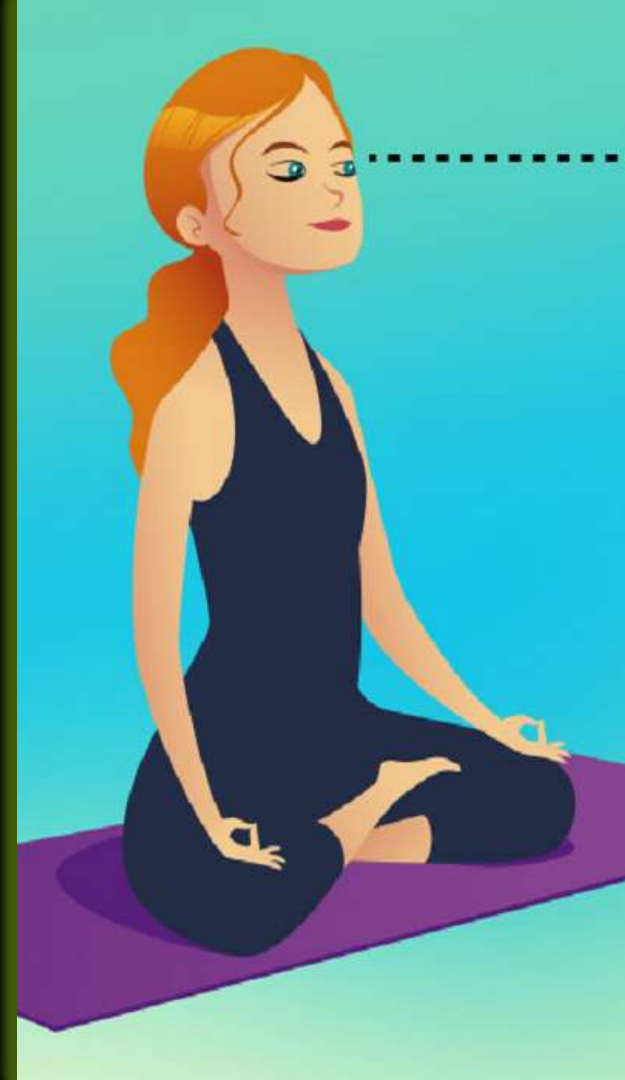
Samadhi or total absorption is the ability to become one with the true self and merge into the object of concentration. In this state of mind, the perceiver and the object of perception **unite** through the very act of perception – a true unity of all thought and action.

3.3 Introduction to Yogic kriyas :

The human body requires both internal and external cleanliness for proper functioning.

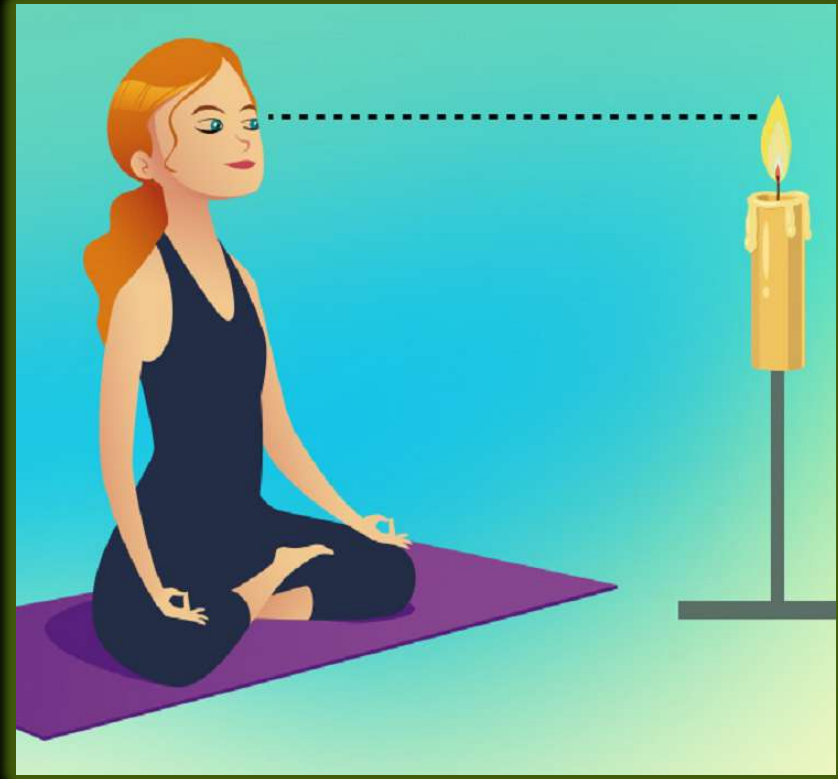
Generally, we carry out outer cleanliness, which is very easy, but **inner cleanliness is slightly difficult.**

Inner cleanliness of our body can be accomplished by **practicing six yogic Kriyas**, also called **Shat karmas** or **Shudhhi Kriyas.**



3.3 Six Yogic kriyas :

- 1. Neti – Nasal cleansing
- 2. Dharti – Stomach cleansing
- 3. Vasti – intestine cleansing
- 4. Nauli – Abdominal Massage
- 5. Trataka – Blinkless Gazing
- 6. Kpalbhati – Purification of frontal lobe and lungs.



Benefits of Yogic Kriyas :

1. They help in **overcoming many diseases** completely, so they are effective in Yoga therapy.
2. The practice of the shat karmas **creates harmony** between body and mind.
3. The different **systems of the body are purified** by the practice of the shatkarmas, so energy can flow through the body freely.
4. Practicing the shatkarmas increases the **capacity to work**, think, digest, taste, feel, experience etc.

