

Course Name: Bachelor of Physical Education
Year - IInd (Part-1)
Paper Name - Yoga
Topic Name - Yoga
Topic No. – Section A (1)
Paper No. - V
Lecture No. - 1

Lecture Title

Introduction of Yoga

FAQs

Question1: Yoga has become famous in which corner of the world?

Answer: Yoga has become famous in every corner of the world.

Question2: The interest of common man is limited to which aspect of yoga?

Answer: Yoga is a vast concept but the interest of common man is limited only to the aspect of health and physical fitness.

Question3: Which system is best fitted for the health of man?

Answer: There are various system of Physical Culture and medical treatment that claim to give health to man. But now it stands proved in whole world, that the Yogic system is best fitted to attain this object.

Question4: By which method an individual can control the latent powers?

Answer: Deamond Dunne said that, Yoga is a method by which an individual can obtain control over the latent powers.

Question5: What Swami Shiva Nand states in his definition?

Answer: Swami Shiva Nand considers 'Yoga as an exact Science'. It aims at the Harmonious development of the body, mind and soul.