

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-1)**  
**Paper Name - Yoga**  
**Topic Name - Niyama**  
**Topic No. – Section A (2)**  
**Paper No. - V**  
**Lecture No. – 10**

### **Lecture Title**

#### **Niyama**

#### **FAQ's**

**Q1.What are the five types of Niyama?**

**A1.** Shauch, Santosh, Tapah, Swadhyayeshwara, Pranidhanani Niyamaha

**Q2. What is meant by yogic purification?**

**A2.** Yogic purification means the maintenance and transformation of body and mind in such a manner that they can serve to bring about unification of body and mind and super power.

**Q3. Which are the methods for bringing the contentment?**

**A3.** The methods and techniques of bringing the mind activities,comparing oneself with those who are at lower level in terms of socio-economic status and standard of living,etc.

**Q4. What do you mean by Asana?**

**A4.** The dictionary meaning of Asana is to sit on a seat or any particular term Asana is derived from Sanskrit root 'Aas'means to Sit. Asana is a pose of body which not only promotes steadiness but which is also pleasant and comfortable.

**Q5. Enumerate/classify the various Asana?**

**A5.** Asana can be classified in a number of ways. One of the most useful classification as based on the physiological effects of different groups of asanas on the body.they are:

Meditative Asanas

Relaxative Asanas

Cultural Asanas.

