

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Yoga Asana

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 11

Lecture Title

Yoga Asana Part – 1

FAQ's

Q-1 What is Pratyahara?

Ans- The process of controlling the mind through the medium of the senses is called Pratyahara. It is a practice of withdrawal from senses- a process for the prevention of mind wandering and indulgence to unhealthy thoughts, a psychological practice. Though Pratyahara appears to be control of senses by the mind, the essential technique is the withdrawal of the mind into itself.

Q-2 What are the benefits of Pratyahar?

Ans- The regular practice of pratyahar makes an individual completely capable of becoming the master of indriyas or senses. He no longer remains their slave.

Q-3 What are the three stages of pratyahara?

Ans- In the first stage of Pratyahara, an effort is made to observe the entire mental plane in just one glimpse, in one go, by rotating the perception like the second hand. In the second stage, awareness is combined with it. After this, the third stage is to observe subtle experiences, i.e. to observe the mind.

Q-4 What are the basic Pre-conditions for Dharana?

Ans- Yamas: Ahimsa, Asteya, Aparigraha, Brahmacharya, and Satya

Niyamas: Santosh, Swadhaya, Shaucha, Tapa and Iswar Pranidhan

Meditative Asana

Pranayama

Pratyahar or control of senses

Q-5 What is Practice of Concentration?

Ans- The practitioner fixes his mind on some object either within the body or without. He tries to keep mind fixed for some time. But for achieving this state, purity of mind is essential. It is achieved through the practice of right conduct.