

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 19

Topic no. : Section -B (3)

Lecture Title : Hath Yoga and Dhauti Kriyas

FAQ

Q-1 What is Hatha Yoga ?

Hatha Yoga is a branch of yoga. It is also called Hath Vidya, is a kind of yoga focusing on physical and mental strength building exercises and postures.

Q-2 what is the meaning of word Hatha yoga ?

Ans- The word 'Haa' represents the Sun, whereas the word 'Thaa' represents the Moon.

Q-3 How Sun and Moon are represented in Human body?

Ans- In human body Sun and Moon represents Prana-Vayu and Apana-Vayu respectively. The union of Prana and Apana is Pranayama. In Hatha Yoga 'Haa' represents the respiration of right side of the body while 'Thaa' represents the respiration of the left side. Haa is used for Ida Nadi and Thaa for Pingala Nadi. Proper balance and adequate adjustment of these two Nadis brings about peace and tranquility that are essential for achieving all types of physical and mental objectives.

Q-4 What is the main objective of Hatha Yoga ?

Ans-The main objective of Hatha Yoga is to create an absolute balance of the interacting activities and processes of the physical body, mind and energy. When

this balance is created, the impulses generated give a call of awakening to the central force (Sushumna Nadi) which is responsible for the evolution of human consciousness.

Q-5 What are the seven types of Hatha Yoga ?

Ans- Shat Karma, Asana, Pranayama, Mudra, Pratyahara, Dhyana, Samadhi