

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Types of Yoga

Topic No. – Section A (1)

Paper No. - V

Lecture No. - 2

Lecture Title

Type of yoga

FAQs

Question1: What is the basic objective of Practical Yoga?

Answer: The basic objective of practical Yoga is to attain a perfectly balanced and harmonized state of physical, mental, moral and spiritual health.

Question2: What is the basis of all schools of Yoga?

Answer: All schools of yoga must have the basis of ‘Ashta Marga- Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi- if they really claim to be a yogi.

Question3: The promotion of Yoga education primarily depends upon which thing?

Answer: The promotion of yoga education depends primarily on its products rather than on its propaganda.

Question4: What are the two main systems of Yoga?

Answer: The two main systems of Yoga are Hath yoga and Raja yoga.

Question5: What are the main schools of Yoga?

Answer: Main schools of yoga are Hath Yoga, Bhakti Yoga, Dhyana Yoga and Raja Yoga which includes Karma Yoga and Jnana Yoga.