

Course Name : Bachelor of Physical Education

Year : IInd(Part-1)

Paper Name : Yoga

Topic no. : Section D 1(b)

Paper No. V

Lecture No. 24

Lecture Title : Educational Values of Yoga

FAQ

Q1. What is yoga ?

Ans - The word Yoga comes from the Sanskrit word ‘Yuj’ which means to ‘Join’ or to ‘Yoke’. This leads us to the definition that Yoga is a means of joining one thing to another, or of yoking two things together.

Q2. What is the main difference between Christian statement and yogi statement ?

Ans - The main difference between the Christian statement and the yogi statement is that the former teaches union after death of the body, whereas yoga teaches that by rigorous training and observances, conscious union can be achieved whilst the spirit is still in the flesh, in other words, whilst one is still in this world.

Q3. What yoga teaches ?

Ans - Yoga teaches, however, that any individual, even a normal householder, can achieve this state of spiritual advancement, if he leads the right kind of life, and studies and practices assiduously the means whereby such accomplishment may be attained.

Q4. Describe the life of true yogi ?

Ans - The true Yogi lives a life full and joyful, enjoying the fruits of earth and of spirit, living a life of direction and power, with inner harmony and peace, physical and mental health, in simplicity and happiness.

Q5. What is the difference between yoga and orthodox western methods ?

Ans - Yoga differs from orthodox western methods of physical culture, where emphasis is usually placed upon the acquisition of muscular and gymnastic powers.