

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 25

Topic no . : Section D1 (c)

Lecture Title: Role of Yoga in Physical Education and Sports

F.A.Q.

Q1. What is the important of physical education ?

Ans. Physical education may be regarded as a fundamental biological urge for superiority and as such was the oldest mode of training, even among the primitives.

Q2. What is Hath yoga ?

Ans. Hath yoga or the physiology yoga is, it's entirely and essence, the sublime process of physical culture of which physical education is one aspect. The principal of yoga physical education are founded on two sound factors, viz asana or posture and pranayama or control of bio-energy through the respiratory system.

Q3. Describe physical immunity resulting in sound health and longevity ?

Ans. Man shares with the animal physical nature he has body, the citadel of the mind and the temporary tenement his soul. Yoga insists that it is imperative in the interest of human evolution whether it be interest in the interest of human evolution whether it be physical, mental, moral or spiritual that this link in the endless chain.

Q4. What does yoga holds ?

Ans. Yoga holds that physical cum health education should affect the whole person and that the activities of asana and pranayama should be so conducted as to lead to self-control, concentration and mental purity.

Q5. What is the development of postural training ?

Ans. The first indication of body-culture in yoga is to be traced through the words asana and pranayama.