

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Relevance of Yoga

Topic No. – Section D 1 (d)

Paper No. - V

Lecture No. – 26

Lecture Title

Relevance of Yoga in The Modern Age

FAQ's

Q1. What are the Ten Benefits of yoga in daily life?

A1. The ten benefits of yoga include: all round fitness, stress relief, weight loss, improved immunity, inner peace, living with great awareness, better relationships, increased energy, better flexibility, better intuition.

Q2. How does yoga helps in weight loss?

A2. Sun Salutation, Kapalbharti and Pranayam reduces the weight and with regular exercise our body becomes sensitive to kind of food our body asks for and also keep a checks on weight.

Q3. Enumerate the five moral Codes of Yam?

A3. The very first limb of asthang yoga is Yam, which consist of five moral principles as below:

1. Ahimsaa or non- violence
2. Satya
3. Asteya or noncovetousness
4. Brahmacharya

5. Aparigraha or non-hoarding.

Q4. What is yoga?

A4. As yoga is a spiritual science for the integrated and holistic development of our physical, mental as well as moral spiritual aspects

Q5. How mind pollution is attributed by media?

A5. Mind pollution caused by media by portraying junk programmes, vulgarity and violence. This is highly determined to children and youth whose education carrier and height goal suffer violence on screen promotes anti social behavior and cultural degradation.