

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 1

Topic no. : Section D 1(e)

Lecture Title : Difference Between Yoga and Non - Yogic Exercise

F.A.Q

Q1. Write about yoga exercises Benefits ?

A1: yogic exercises not only develop the body. But also broaden the mental faculties. Moreover, the yogi acquires mastery over the involuntary muscles of his organism.

Q2. What happens when muscle contracts ?

A2. When muscles contract glycogen breaks down to lactic acid and additional energy is released. This energy is used for the reforming of organic phosphates from organic phosphate or organic compounds.

Q3. Increased CO₂ concentration stimulates ?

A3. The increased carbon dioxide concentration in the blood flowing through the medulla of the brain directly stimulates the respiratory centre. In turn, the respiratory centre responds with an increase in the frequency of the impulses it rhythmically discharges.

Q4. What is the role of Adrenaline ?

A4. Adrenaline may be released from the adrenal medulla and aid in the respiratory and circulatory changes. It would also favour the release of glucose from liver glycogen and delay fatigue of skeletal muscles.

Q5. What is role of elasticity of muscles ?

A5. The elasticity of the muscles also plays an important part in keeping the body youthful. The abnormal accumulation of fat, which is evenly or unevenly distributed in the muscular system in relation to strenuous exercise or inactivity, results in the hardening of the body's muscular tissues.