

**Course Name - Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name - Ashtanga Yoga**

**Topic No. – Section A (2)**

**Paper No. - V**

**Lecture No. – 3**

**Lecture Title**  
**Ashtanga Yoga – 1**

**F.A.Qs**

**Q1 What is yama?**

**A1.** The yama are mainly qualities that are spiritual aspirant should have in order to communicate and interact with the outside world and people in it. They are also self restraints from performing actions of the weaker lower mind.

**Q2.What are five types of yama?**

**A2.**Ahimsa, satya, asteya, brahmacharya, aparigraha

**Q3. What is ahimsa?**

**A3.** Ahimsa means not acting with the will to violate anything, even the atmosphere.

**Q4. What are the three aspects of ahimsa?**

**A4.** Ahimsa in thoughts

Ahimsa in words

Ahimsa in action

**Q5. What are the three aspects of truth or satya?**

**A5.** Satya in thoughts

Satya in words

Satya in action