

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. – 4

Lecture Title
Ashtanga Yoga – 2

FAQs

Q-1 What is helpful for mental non- stealing?

Ans- Complete silence is very helpful in observing mental non-stealing.

Q-2 What is Brahmacharya?

Ans- Brahma literally means the “divine consciousness” and charya in this case means “living”. Therefore, Brahmacharya means “Living in divine consciousness”, or “being established in the higher mind.

Q-3 What are the three aspects of Brahmacharya?

Ans- Brahmacharya has three aspects:

Intellectual Brahmacharya

Brahmacharya in speech

Bodily Brahmacharya

Q-4 What is mental stealing?

Ans- A man may keep his thoughts secret and when questioned about it may say that it is nothing, and then it is mental theft. He should express as he knows for as he has heard and should not conceal anything such behavior is mental non- stealing.

Q-5 What is Aparigraha?

Ans- Aparigraha is non- accumulation of worldly objects, caused by greed and attachment. It is also known as the non-possessiveness or abstinence from greed.

