

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Pratyahara

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 9

Lecture Title

Pratyahara and Dhyana

FAQ's

Q-1 What is the meaning of Dhayanam?

Ans- Dhayanam means “meditation”. Uninterrupted flow(of mind) toward the object is meditation. The stage of dhayana is achieved after dharna or concentration. Through concentration, interruptions are reduced in frequency in a progressive manner. When the practitioner of yoga succeeds in eliminating the distractions completely and can continue the concentration on the object without any interruptions as long as he decides to do so, he reaches the stage of Dhaya.

Q-2 What is the difference between concentration and meditation?

Ans- Concentration is a process of effort in which threads of mental consciousness are kept confined within the limited area of the object. Meditation is a state of being in which there is choiceless and effortless aware and absence of mental activity.

Q-3What are the pre-conditions for meditation?

Ans- There are many pre-conditions for meditations, but the following of them are important:The place should be peaceful, away from noise. It should be clean and have natural surroundings.It is believed that Brahma Muhurta (a few hours before sunrise) is the best time for meditation.

Q-4 What are the types of Meditation:

Ans- Meditation is of three types: Sthoola Dhyana, Jyoti Dhyana and Sukshma Dhyana

Q-5 What are the essentials of Samadhi?

Ans- Faith (Shraddha), Energy (virya), Memory (Smriti), Intelligence (Samadhi Pragyā)