

## MODEL ANSWER

M.P.Ed. First Semester Examination -2015-16

YOGIC SCIENCES PAPER- III (MPCC-103)

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1.

(i) Any one may be from the following:

- To achieve the ultimate is Yoga. – Rigveda 1/5/3
- Balance of Mind in failure or success is called yoga. – Geeta 2/53
- Perfection in action is called yoga. – Geeta 2/50
- Yoga is treasure house of fulfillment. – Mahabharata
- Expelling attachment and achieving "Moksha" is called yoga. – Ramayana
- Integration of physical, mental and spiritual energies into God is called yoga.

- Geeta according to Gandhi

(ii) Checking the senses for indulging with sense, objects and observing moral restriction are called Yamas.

(iii) It is yogic breathing which means extension and control of breathing process. "Prana" means breathing and pranayama means breathing exercise. Prana is the basic force of life in the universe.

(iv) Seven major Chakras are there in the body.

(v) Any two from the following:

- Has a positive influence on all sense organs in the head.
- Strengthens vision and relieves tired eyes (e.g. after working long hours at the computer).
- Neti can also be helpful in relieving headaches.
- Memory and concentration are improved.
- It is also beneficial for problems associated with the nasal and sinus cavities.
- Neti has a preventative effect against head colds and sinusitis. With regular use, Neti can also cure or at least ease hay fever and pollen allergies.

(vi) Kapala in Sanskrit means skull; and "Bhati" means shine. So the term "kapalabhati" means an exercise that makes the skull shine. This kriya cleanse the skull. Kapalabhati is a breathing technique for purifying the frontal region

of the brain. Kapalabhati cleanses the respiratory system and the nasal passage and removes the spasm in bronchial tubes.

- (vii) Effective in cases of mental ailment, imparts happiness, the intellect develops , memory is sharpened.
- (viii) Relief in diseases and pains related to the ear.
- (ix) Any two from the following:
  - You feel unusually scared and uneasy.
  - You tend to get uncontrolled and behaviour changes with team mates, coaches and officials.
  - You wake up from frequent nightmares.
  - You tend to repeatedly wash your hands.
  - You have problems sleeping.
  - Your hands and feet stay unusually sweaty.
  - You get frequent palpitations.
- (x) The realisation of what you are capable of.

## 2. The following are to be explained in details:

Niyamas are directly connected with personal behavior. Observance of niyamas helps in physical and mental growth. Niyamas are also five in numbers:

- 1.Sauch: Keeping oneself physically and mentally clean and healthy is called sauch.
- 2.Santosha: Keeping patience in all circumstances and gladly accepting whatever comes to one's share is called santosa.
- 3.Tapa: Hardwork and Forbearance is called tapa.
- 4.Swadhaya:Analysing the self and enriching through constant reading of good literatures is called swadhaya.
- 5.Ishwar Pranidhana: Surrender to all mighty God- having faith in the ultimate reality is called Ishwar Pranidhana.

Pratyahara

We have natural tendency towards running after the sensual objects. Checking this tendency and returning towards inner self is called pratyahara.

**OR**

The mechanism of breathing is very natural and systematic which should not be disturbed unless and until it's a demand of the required exercise.

The benefits of yoga are listed below:

- Yoga for Anxiety Relief
- Yoga for the cure of Asthma

- Yoga for the relief from Back Pain
- Yoga for Calm
- Yoga for Reducing Depression
- Yoga for Digestion
- Yoga for Energy
- Yoga for relief from Fatigue
- Yoga for Fitness
- Yoga for Flexibility
- Yoga for avoiding Headaches
- Yoga for the control of High Blood Pressure
- Yoga for Infertility
- Yoga for Insomnia Problem
- Yoga for relief from Neck Pain
- Yoga for Pregnancy
- Yoga for Stress Management
- Yoga for Weight Loss
- Etc.

3. It is to be explained in the following manner:

#### I Meditative

Asanas like padmasana, Vajrasana, yoga mudra, asanas in standing position like vrikshasana, tadasana etc. These are those asana which are meditative in nature and are useful for the development of concentration ability for dhayan. Even these are good enough for getting relief from mental tension.

#### II Cultural

##### (A) Physical

Asanas like halasana, bhujangasana, shirshasana etc. These are those asana which are physical in nature and helps in the development of strength, flexibility, coordination and general wellbeing of the individual.

##### (B) Relaxative

Asanas like makarasana, shavasana . These are those asana which are useful for giving relief to the body. After practicing yogic exercises for certain duration these asana could be followed to provide rest to the body and mind. Even if the body becomes restless this asana may be preferred.

Benefits of asana are as follows:

- It helps for physical and mental fitness.
- Flexibility of the spine is increased.
- The joints become more mobile.
- The muscles are relaxed, toned and receive a plentiful supply of blood.
- Organ and glandular activity is stimulated and regulated.
- The lymphatic system and metabolism are stimulated.
- The immune system is strengthened.
- Circulation and blood pressure are normalised and stabilised.
- The nervous system is calmed and strengthened.
- The skin becomes clear and fresh.
- Etc.

**OR**

Explain the method and benefits of doing Surya Namaskar.

Method of doing Surya Namaskar:

Pose: 1

Stand straight facing the sun keeping both the feet together and take a Hindustani style namaskar position.

Pose: 2

From similar position gradually bend backward from the waist region without bending the knee and bringing both the arms simultaneously backward to the maximum reach without any bend in the elbows and maintain it for few seconds.

Pose: 3

From pose-2 gradually come up and bend downwards from the waist region keeping the knees straight and try to touch the forehead with the knees and place the palms by the side of the outer edge of the foot.

Pose: 4

From pose - 3 bend the left knee and extend the right leg completely backward with similar position of the hand extended and facing upward.

Pose: 5

From pose-4 extend the other leg (left leg) backward bringing both the feet together coming on toes and simultaneously bring the body upward balancing on both the hands fingers together and pointing front keeping the elbows straight.

Pose: 6

From pose-5 simply bend the elbows and bring the body down to the extent that the body is little up from the ground.

Pose: 7

From pose-6 straighten the hands and make an arch towards back side from the waist region and try to look backward.

Pose: 8

From position -7 keeping the hands and feet in contact with the floor try to raise the waist up keeping the head straight in between the hands without any bent in the knees and elbows.

Pose: 9

From pose-8 come back to pose number four.

Pose: 10

Come to similar position that of pose-3.

Pose: 11

Come to similar position that of pose-2.

Pose: 12

Come back to simple standing position or the same position of pose -1.

There are plenty of advantages of surya namaskar and the most important advantage is getting up early in the morning. Practicing surya namaskar in the early morning soon after the arousal of the sun is always beneficial to health. The other benefits of surya namaskar are as follows:

- Surya Namaskar relieves stiffness.
- Surya Namaskar strengthens arm & leg muscles and increases the flexibility.
- Surya Namaskar increases the flexibility in neck and shoulders.
- Surya Namaskar energizes the body.
- Surya Namaskar is a good exercise for back muscles.
- Surya Namaskar refreshes the mind.
- Surya Namaskar keeps free from tension, stress anxiety etc.
- Surya Namaskar helps in smooth functioning of various systems of the body particularly muscular system, skeletal system, digestive system, endocrine system and cardio-vascular system.
- Helps to maintain good posture and attractive appearance.
- Regular practice of surya namaskar prevents from various diseases.

#### **4. Jalendra Bandha means Vishuddi (Throat) Chakra.**

Method:

- Sit down on the floor in Padma Asana (lotus pose) or in Sukha Asana (easy pose) with spine straight. Look straight and put palms on their respective sides of knees.
- Inhale slowly and retain the breathe.
- Bend your head downwards slowly, so as chin touches the chest.

- After the chin has touched the chest or is near to it, lift the shoulders a little upwards keeping spine straight.
- Hold your breath inside. Retain this position for 5 to 10 sec. this is Jalandhar Bandha.
- While releasing, raise your head slowly exhaling. When the head is straight you should have exhaled completely.

After rest of a few breaths repeat this bandha.

Benefits:

- It has curative and corrective effects on disorders of head, shoulders & cervical region.
- It has curative and corrective effects on disorders of throat and face.
- It is beneficial for people suffering from breathing trouble.

**OR**

The tongue is a freely movable muscular organ .The back of the tongue is attached to the hyoid bone and to the epiglottis. Below the hyoid is the thyroid and parathyroid glands. The thyroid is considered one of the master glands and is responsible for metabolism. When the throat is constricted and the hyoid bone locks, the tongue may similarly constrict.

Method: sitting on a comfortable position gently /lightly pressing the tip of the tongue to the centre of the root of mouth.

Benefits: This helps to broaden the upper palate and create space in the back of the oral cavity. It is particularly beneficial for those who have extensive dental work, grind their teeth or have tension in the temporal mandibular joint.

The above are to be explained in details.

#### 5. The following are to be explained in details:

Method of Doing Ling Mudra:

Interlock the fingers of both hands together. Keeping the left thumb up (encircled by right thumb and index finger) i.e. left thumb should be vertically straight and right thumb around it.

Benefits :

Produces heat in the body and helps in curing cold and cough.

Method of Doing Vayu Mudra:

Press the index finger on the base of thumb and keep the thumb on the index finger. Let the other fingers be straight.

Benefits:

Helps in diseases like arthritis, trembling disease. Better results obtained if practices after Prana mudra.

**OR**

The following are to be explained in details:

Method of Doing Pritibhi Mudra:

Join the tip of the thumb and ring finger.

Benefits:

Makes body sturdy. One experiences happiness.

Method of Doing Varun Mudra:

Join the tip of the thumb and little finger.

Benefits :

Improves the deteriorated quality of blood due to shortage of water & gives freshness to the body.

**6.** It is helpful in the following manner:

- It helps to increase the concentration level.
- It helps to increase the motivational level to achieve the target.
- It develops self confidence.
- It reduces the level of anxiety.
- It is method of mental readiness.
- It develops positive attitude.
- It increases the endurance ability.
- It increases the level of performance.
- It keeps the player energetic throughout.
- It gives mental satisfaction.
- It develops social relationship.
- Etc.

**OR**

Some of the important effect on circulatory system is as follows:

- With asanas, the expansion and contraction of the heart is made even faster and thorough.
- Many yoga asanas e.g., Padamasana, Shirshasana, Sarvangasana, Viparita karni, Halasana, Mayurasana, few pranayamas like Ujjayi and Bhastrika Pranayama as well as uddiyan, nauli, Jalandhar bandha specially influence the blood circulation.
- The blood vessels are also relaxed which are otherwise constricted due to tension.
- The heart rate is reduced as well.

- Blood pressure comes to the normal level. This is possible by regular practice of Shauasana.
- Uddiyana and Nauli are the Yogic activities that raise the diaphragm so high in the thoracic cavity that they give a complete thorough massage from below to the continually working heart.
- Y oga asanas like Sirshasana, Sarvahgasana and Viparitakarani can cure such troubles which cause obstructions in blood circulation.
- Surya Namaskar Pose, Shoulder Stand Pose, Rabbit Yoga Pose, Headstand Yoga Pose and Balasana are the best yoga poses to improve the circulatory system. Thus, yoga is useful for maintaining a healthy circulatory system by fighting hypertension, enabling proper blood circulation and other circulatory ailments.
- Some of the important effect on skeletal system is as follows:
  - In many asanas (yoga postures), specially standing poses, the weight is beard on our bones in different specific ways and we constantly pull our bones. The contraction of muscles generates a force that is translated to tendons, ligaments and bones... this constant action will stimulate your bones to remodel and become stronger.
  - Stronger bones mean a stronger framework and obviously a stronger protection for your internal organs.
  - There are other indirect factors... you need calcium and minerals to support the skeletal system... you get them from your nutrition. Yoga on your body will make everything more efficient, so that the nutrients present in your food will effectively be digested, transformed, transported where necessary and assimilated.
  - Yoga stimulates thyroid and parathyroid glands... they secrete hormones deeply involved in bone remodelling, make these glands more efficient and consequently the bones will become stronger.
  - Yoga poses improve our joint health by stimulating the release of lubricating fluids and reducing the effects of the wear and tear that is responsible for osteoarthritis.
  - The stretching, twisting and strengthening of yoga poses and the emphasis that is placed on building and maintaining correct posture can so dramatically affect the spine that problems such as slipped discs, spondylosis, kyphosis and scoliosis can all be reduced if not cured.
  - Yoga also helps to make your bones flexible and thus prevents from injury.