

## YOGA—A WAY OF LIFE

**Let us do these activities before we read.**

1. What do you know about yoga?  
Discuss in pairs and share with the whole class.
2. What is 21st June known for? What do we do on this day?
3. List as many words you know related to yoga. Share them with your classmates.



### Let us read

Yoga is a physical, mental, and spiritual practice that **originated** in ancient India. The word 'Yoga' comes from the Sanskrit root 'yuj', which means 'to join' or 'to unite'. This symbolises the unity of mind and body; thought and action; **harmony** between human and nature. It is a holistic approach to health and well-being.

Sage Patanjali presented the ancient tradition of yoga in a systematic way in 'Yoga Sutras of Patanjali'. He described yoga as the means to make the mind quiet and free from all **distractions**.

Yoga has become increasingly popular around the world due to its many health benefits.

**originated:**  
started

**harmony:**  
balance

**distractions:**  
disturbances



Here are some of the benefits of yoga—

- Yoga postures (*asanas*) help to stretch and strengthen the muscles, increase flexibility, **endurance** and balance. This can improve overall physical fitness. This can also help to reduce body pains, such as lower back pain.
- Yoga involves breathing techniques and meditation, which can help to calm the mind and reduce stress and **anxiety**. It relaxes the mind, improves the quality of sleep and increases concentration.
- Yoga has been shown to **boost** the immune system. It can improve heart health by lowering blood pressure and improving circulation.
- Yoga can aid in weight loss by burning calories, and maintaining health.

Yoga promotes a sense of overall well-being. This is the reason why the benefits of practising yoga are internationally recognised. The World



Health Organisation (WHO) on 20<sup>th</sup> June 2021, launched an App called WHO mYoga. The app contains a collection of videos and audio files to teach and support yoga practice. The aim was to have an easy-to-use and free tool for people across the world to encourage them to practise yoga.

**endurance:**  
capacity to  
continue  
without giving  
up

**anxiety:**  
worry

**boost:**  
increase



We can start practicing yoga at any given moment of time. We must remember that when we practice yoga *asanas* (postures), we do not just stretch the body. The mind has to be with the body. This is the reason why it should be practised without distractions. If each stretch is coordinated with the breath and awareness, our practice will become a yogic practice.

हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते।  
कुर्यात्तदासनं स्थैर्यमारोग्यं चाङ्गलाघवम् ॥१९॥

*haṭhasya prathamāṅgatvādāsanam pūrvamuchyate  
kuryāttadāsanam sthairyamārogyam chāṅgalāghavam*

Being the first accessory of Hatha-Yoga, āsana is described first. It should be practised for gaining steady posture, health and weightlessness of body.

Source: Haṭha Yoga Pradīpikā

## Let us discuss

1. Read the passage again and fill in the blanks with words from the box.

sleep lifestyle health strength calm stress balance

Yoga is a practice that not only improves physical flexibility but also improves mental (i) \_\_\_\_\_ and leads to a healthier (ii) \_\_\_\_\_. It involves a series of *asanas*, which increase muscular (iii) \_\_\_\_\_. Practicing yoga also leads to a better body and mind (iv) \_\_\_\_\_ and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind (v) \_\_\_\_\_, lessens (vi) \_\_\_\_\_, and improves the quality of (vii) \_\_\_\_\_. This helps to adopt a more positive lifestyle.





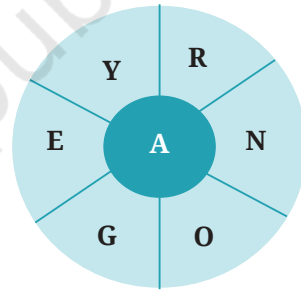
### Let us think and reflect

1. What is the aim of yoga?
2. Explain the idea of unity in yoga.
3. What does the launch of the WHO mYoga app tell us about the importance of yoga?
4. Describe one long-term effect that the practice of yoga can have on a person's qualities.



### Let us learn

1. Let us play the game of *Antakshari*. The first word is 'yoga'. The next word must then begin with the letter 'a'. This activity will go on and the whole class will participate and will write the words on the blackboard. How many new words have you learnt?
2. Make as many words as you can using the letters shown. Use the letter 'A' in all the words that you make.



### Let us listen

You will listen to a girl talk about practicing yoga. As you listen, select four **true** statements from the sentences given in the table. (refer to page 129 for transcript)

Statements	T / F
1. The girl sees people at the park doing breathing exercises.	
2. Her grandfather began practising yoga sixteen years ago.	



3. The girl practises some easy yoga exercises with her grandfather.	
4. The girl practises breathing exercises to relax.	
5. Her grandfather is fit even though he has untimely meals.	
6. Her grandfather's regular yoga practice has kept him strong.	
7. The girl wishes to learn <i>asanas</i> over the weekend.	



### Let us speak

1. Participate in groups of four to share your 'yoga thoughts'.

If you have tried yoga	If you have not tried yoga, yet
<ul style="list-style-type: none"> <li>• I practise yoga because ...</li> <li>• My favourite thing about yoga is ...</li> <li>• I feel _____ after a yoga session because ...</li> <li>• The one thing in yoga that I want to practise is _____ because ...</li> </ul>	<ul style="list-style-type: none"> <li>• I wish to practice yoga because ...</li> <li>• I hope that once I begin practising yoga, I ...</li> <li>• The kind of exercise I want to try in yoga is _____ because ...</li> </ul>

2. Take turns to speak and listen to others when they share their thoughts.





## Let us write

Write a short paragraph on 'The Benefits of Yoga'. You may use the following sentence starters along with your own ideas to create the paragraph.

Opening line	Yoga is important because ...
Supporting ideas	<ul style="list-style-type: none"> <li>• One benefit of yoga that interests me is ...</li> <li>• Practicing yoga can help people ...</li> <li>• A popular yoga pose is ____ because ...</li> <li>• Yoga is not just physical exercise; it also ...</li> </ul>
Concluding line	Finally, yoga can be a great way to ...



## Let us explore

### 1. Do you know?

- A few seals of the Sindhu-Sarasvati Civilisation, dating back to 2700 BC, indicate that yoga was prevalent in ancient India. Many people contributed to its development and now, yoga has spread all over the world. On 11th December 2014, the United Nations General Assembly (UNGA) with 193 members accepted the proposal to celebrate '21st June' as 'International Yoga Day'.

### 2. Find out about two *asanas* and their benefits, and share your findings with your classmates and teacher. You may visit the following websites to learn more about yoga.

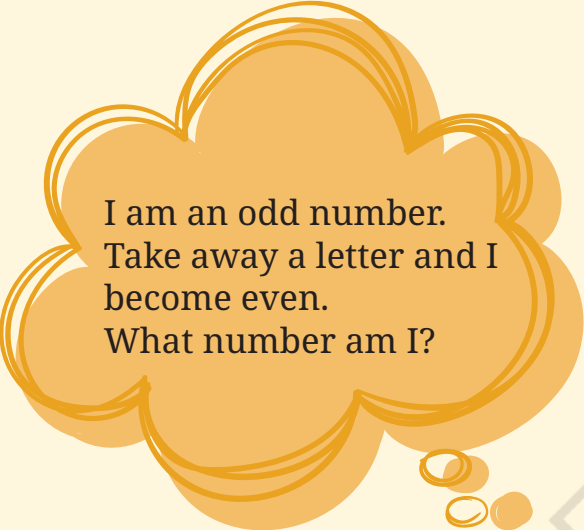
<https://www.mygov.in/campaigns/international-yoga-day/>

<https://www.un.org/en/observances/yoga-day>

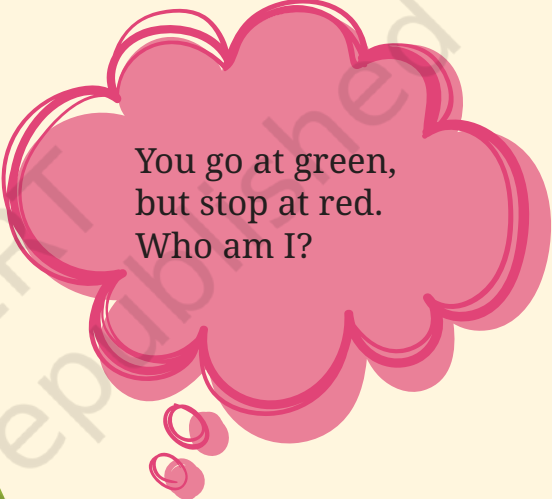
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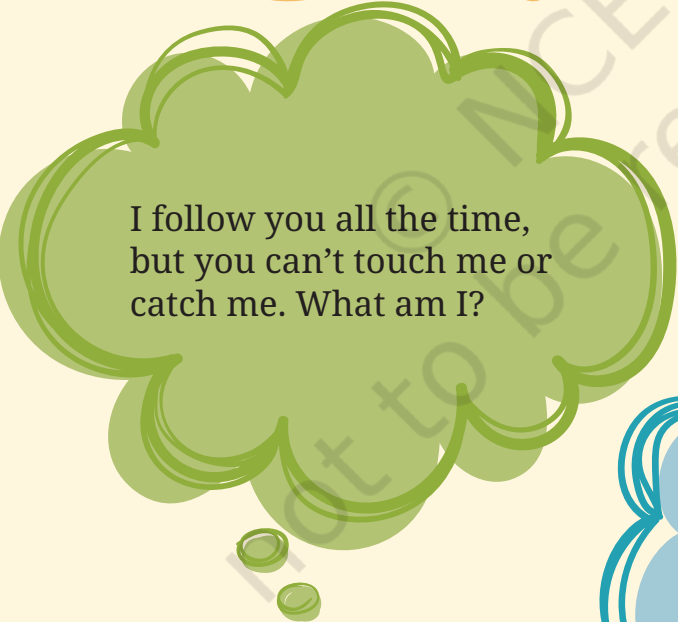
## WHO AM I?



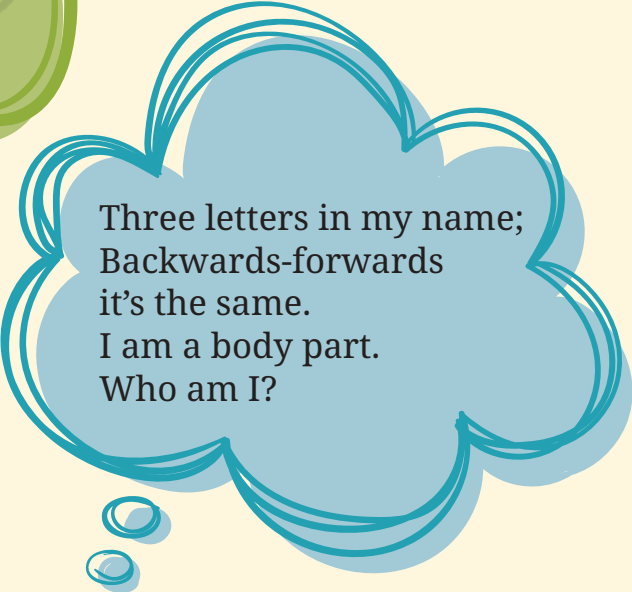
I am an odd number.  
Take away a letter and I  
become even.  
What number am I?



You go at green,  
but stop at red.  
Who am I?



I follow you all the time,  
but you can't touch me or  
catch me. What am I?



Three letters in my name;  
Backwards-forwards  
it's the same.  
I am a body part.  
Who am I?