

Unit 4: Sports and Wellness

Chapter 12 – Yoga: A Way of Life

Let us do these activities before we read. (Page 122)

1. What do you know about yoga? Discuss in pairs and share with the whole class.

Answer:

Yoga is an ancient technique that involves physical postures, breathing, and meditation to promote health and well-being by creating a harmony between human and nature.

2. What is 21st June known for? What do we do on this day?

Answer:

We celebrate International Yoga Day on 21st June. On this day, people from all around the world come together to practice yoga, raise awareness about its health benefits, and encourage each other to practise yoga.

3. List as many words you know related to yoga. Share them with your classmates.

Answer:

Kriya, meditation, dhyana, yogi, asana, mudra, pranayama, deep breathing, mantra, bandha, chakras, guru, shanti.

Let us discuss (Page 124)

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.

Answer:

Yoga is a practice that not only improves physical flexibility but also improves mental (i) health and leads to a healthier (ii) lifestyle. It involves a series of *asanas*, which increase muscular (iii) strength. Practicing yoga also leads to a better body and mind

(iv) balance and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind (v) calm, lessens (vi) stress, and improves the quality of (vii) sleep. This helps to adopt a more positive lifestyle.

Let us think and reflect (Page 125)

1. What is the aim of yoga?

Answer:

The aim of yoga is to promote the health and well-being of an individual by calming the mind and freeing it from distractions through the practices of breathing and meditation.

2. Explain the idea of unity in yoga.

Answer:

The word 'yoga' comes from the Sanskrit word 'yuj,' which means 'to join' or 'to unite.' It represents the practice of performing body postures with breath and awareness to attain physical, mental, and spiritual well-being.

3. What does the launch of the WHO mYoga app tell us about the importance of yoga?

Answer:

The launch of the WHO mYoga app tells us that the benefits of practising yoga are recognised worldwide, and the WHO is encouraging everyone to learn, teach, support, and practise yoga.

4. Describe one long-term effect that the practice of yoga can have on a person's qualities.

Answer:

Yoga, when practised regularly over a long period of time, calms the mind and reduces stress levels. This as a result improves sleep quality and enhances an individual's ability to concentrate.

Let us learn (Page 125)

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?

Answer:

Do it yourselves.

2. Make as many words as you can using the letters shown. Use the letter 'A' in all the words that you make.



Answer:

Anger	Orange	Fear	Earn	Near	Year
Gear	Range	Arena	Yoga	Organ	

Let us listen (Page 125)

1. 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)

YOGA—A WAY OF LIFE

Namaste everyone!

I wish to share with you all that I do simple yoga exercises with my grandfather. He has been practising yoga since he was 16 years old. My grandfather is fit and strong even at the age of 65. I am sure that this is the result of many good habits. I know that eating a balanced diet regularly and making yoga a part of his life have been hundred per cent effective. When I accompany my grandfather to the park, I see so many people—young and old—doing yogic breathing exercises.

I like doing these exercises. Whenever I'm a little worried about an Inter-House competition, I always remember to do some of these exercises early morning that day. It relaxes me and makes me feel focused and calm. I plan on learning some *asanas* from my grandfather during the summer vacations.

Wish me luck!

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.	

Answer:

Statements	T / F
1. The girl sees people at the park doing breathing exercises.	T
2. Her grandfather began practising yoga sixteen years ago.	F
3. The girl practises some easy yoga exercises with her grandfather.	T
4. The girl practises breathing exercises to relax.	T
5. Her grandfather is fit even though he has untimely meals.	F
6. Her grandfather's regular yoga practice has kept him strong.	T
7. The girl wishes to learn <i>asanas</i> over the weekend.	F

Let us speak (Page 126)

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"> • I practise yoga because ... • My favourite thing about yoga is ... • I feel _____ after a yoga session because ... • The one thing in yoga that I want to practise is _____ because ... 	<ul style="list-style-type: none"> • I wish to practice yoga because ... • I hope that once I begin practising yoga, I ... • The kind of exercise I want to try in yoga is _____ because ...

Answer:

If you have tried yoga	If you have not tried yoga, yet
I practise yoga because it helps calm my mind.	I wish to practice yoga because of the health benefits it provides.
My favourite thing about yoga is doing the breathing exercises.	I hope that once I begin practising yoga, I will enhance my concentration ability.
I feel relaxed after a yoga session because it reduces stress and anxiety.	The kind of exercise I want to try in yoga is Surya Namaskar because it is a sequence of 12 poses that improve flexibility and balance.
The one thing in yoga that I want to practise is Shirshasana because it is described as king of all asanas.	

Let us write (Page 127)

1. 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"> • One benefit of yoga that interests me is ... • Practicing yoga can help people ... • A popular yoga pose is ____ because ... • Yoga is not just physical exercise; it also ...
Concluding line	Finally, yoga can be a great way to ...

Answer:

Yoga is important because it provides many health benefits. One benefit of yoga that interests me is its breathing exercises and meditation, which helps to calm the mind. Practicing yoga can help people reduce their stress levels and anxiety by relaxing the mind. A popular yoga pose is the Shoulder Stand (Salamba Sarvangasana) because it is one of the few poses that work on the entire body, allowing energy to flow seamlessly through every part. Yoga is not just a physical exercise; it is also a mental and spiritual practice that promotes the overall well-being of an individual. Finally, yoga can be a great way to quiet the mind and free it from all sorts of distractions.