

## 8. Yoga for Healthy Living

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### Exercise

**Q1) Answer the following questions :-**

**1) Yoga is a way of life'. What makes it a way of life?**

**Ans :-** By doing yoga daily, it will help human being to get relaxed from the stress and in developing a healthy lifestyle. Yoga does not only help us to improve physical health but mentally (by performing meditation for few minutes) and respiratory (breathing) too. For the living a healthy life style, yoga has defined many principles for practices like asana, pranayama, kriya, mudra, bandha and meditation. This yoga practicing principles can be gained by anyone (of any gender, any age, any profession etc) and anywhere (at any place). Yoga guides the human being in intaking proper healthy diet food, proper thing and recreational means. The yoga way of life helps us to deal with the stress and helps in developing physical and mental health. There are five ways/parts of Yoga way of life which are

- Ahara (Food)
- Vihara (Relaxation)
- Achara (Conduct)
- Vichara (Thinking)
- Vyavahara (Behavior or actions)

**2) Which specific Yoga practices are relevant for relaxation?**

**Ans :-** Vihara term means as relaxation that can be performed by doing some activities like exercise, drawing, singing, dancing etc. such activities helps us in changing our emotions and brings happiness. The yogic activities/ practices different types of pranayamas, asanas, meditation etc helps us to relax our body and mind. The relaxation can be successful if you are in good company of friends. We should remove some time from our busy schedule and always follow a timetable that is been allocated for yogic, relaxing, and doing creative activities.

**3) Mention any two stressful situations experienced by you ?**

**Ans :-** The two stressful situations that were experienced by me were :

a) At the time when I've appeared for my board exams for the first time and declaration of board results. I had already done with my preparations but was in much stress due to rise of various questions arised in my mind like How will be

my question paper? Whether the questions which I am prepared will appear in the question paper or no? , Will my paper be completed within the given time? etc. and at the time of board results I was in much stress about whether I have passed the examination or not? Cleared with all my subjects or No? what would be the marks ive received in all.

subjects, total marks? What would be the percentage, that I would have received? Because good percentage would open the gates of the good colleges for me to continue my further education.

b) Second time I was in stress, when I was declared as Covid-19 positive case. I was in much stress in regards, that how to interact with neighbours, felt like its totally ended up everything. What would be the neighbours or relatives reaction, behavior towards me and my family during the covid. Will I be able to involve/ mingle again with my friends, relatives, neighbours as before as I used to be. Will I be cured from these pandemic disease/sickness etc. but I came over these stress/ situations by keeping my self mind relaxed (not panicked), kept healthy body (by performing daily exercise), by intaking nutritious diet, and most important by been in contact with my friends and relatives through phone contact which helped in reducing.

**4) List any two positive and two negative effects of stress on body.**

**Ans :-** Do it yourself.

**5) Write any two symptoms of stress?**

**Ans :-**

<b>Physiological symptoms</b>	<b>Emotional symptoms</b>	<b>Behavioral symptoms</b>
Changes in heart rate, pulse rate, blood pressure, segregation of harmones etc.	Sudden change in emotional behavior like hate, anger, fear, sadness, love, pity etc.	Diseases, poor living conditions, poverty, problems in relationship, challenges of adolescence, wrong habits, high as aspirations, unrealistic goals, death of a close relative, discrimination etc
Changes in attention, concentration,	Tough competitions, getting low marks	Not getting up early for school, reaching school late, not getting desired food,

memory and alertness	in examination, breakups in friendship, not getting good job, fight with others.	arguments with a friend, not getting permissions from parents for late night parties.
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**Q6) You are stressed due to a certain happening. Mention any two yogic practices you would like to perform to de-stress yourself. Give reasons.**

**Ans :-** Do it yourself.

**Q7) Write the advantages of the following yogic practices**

**a) Shirshana :-** The advantages of Shirshana are as follows :-

- It helps to improve blood
- Helps to perform proper function of abdominal glands and endocrine
- The central nervous system is improved by supplying the blood to the

**b) Anuloma- Viloma Pranayama :-** The advantages of Anuloma- Viloma Pranayama are

- It relaxes mind and helps in improving proper
- Improves the functions of the all the body cells as if plenty of oxygenated blood is supplied.
- Improvement in the supply of
- It helps to maintain blood pressure in normal
- It helps in reducing