

Chapter – 9

Personality Development Through Yoga

Answer the following questions

1. Mention various dimensions of personality.

Ans. Hence, the above mentioned attributes are the five dimensions of personality.

2. Which yogic practice is useful for developing physical dimension of personality?

Ans. Yoga is not only necessary for attaining a dynamic state physical health but also for mental health.

3. Which practice can help you develop emotional control?

Ans. Studies additionally display that meditation will increase the grey count this is associated with emotional regulation.

4. Write two advantages of asana?

Ans. Flexibility in the body, strength can be improved by performing asana. Body can be maintained mentally and physically fit.

5. What are benefits of Kapalabhati?

Ans. Overall there are many benefits of kapalbhati in our body.

6. Which practices would you like to perform to develop interpersonal relationships?

Ans. Strong interpersonal abilities will assist you advantage in allies and concurrently reveal on your manager that you're able to bring out the excellent in others which itself is a key component of profession advancement.

7. What are the benefits of Bhastrika?

Ans. Benefits of bhastrika :-

1. Helps in improving respiratory and digestive system.
2. Helps in draining phlegm from lungs.
3. Helps in increasing the vitality of organs and tissues by oxygenated blood cells.
4. Helps in strengthening the abdominal region.

5. Helps in energizing the mind and body also keeps you calm.

8. Write the names of asana which derive their name from living and non-living objects.

Ans. Yoga means union. It unites us with our mind. Asana is a process of making postures which helps us to meditate. In ancient times it was just a sitting posture but now it includes movement of body for flexibility and fitness. It reduces stress, improves breathing.

9. Mention the importance of introspection.

Ans. An introspective person spends examining his/her own thoughts and inner feelings, maintains a diary to write whatever that comes in his/her mind throughout a day. It gives him/her a new perception towards life which make positive changes in his /her mind-set. World is a chaotic place but introspection slows it down. Self-examination is as much important as food to keep us alive.

10. Write the technique of meditation.

Ans. Hence meditation is a very useful thing to do, as it helps to reduce stress, anxiety from our lives by using different techniques.

11. Write a short note on pranayama.

Ans. On the whole pranayama is a very vital thing for our overall growth in terms of both physical and mental health.

12. Which yogic practices are related to the behaviour and need to be adopted irrespective of time and place.

Ans. Hence yogic practices are related to the behaviour of a person and needs to be adopted for a positive outcome in life.

Project

- Prepare a chart of five asana which have been named after animals.
- Collect stories related to the principles of Yama and niyama and prepare a folder.
- Prepare a chart on the changes you have experienced in various dimensions of personality.

Student Do it Yourself