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21GNM101L — Physical & Mental Health using Yoga

Topper-grade exam notes · **Unit 1** (Fundamentals of Yoga + Practicals, Sessions 1–2) · **Unit 5** (Spirituality & Self-Realization, Session 2)

Built from your four uploaded PDFs. Source wording is kept for definitions and key statements (underlined); everything I added is labelled **EXTRA** . Exam pattern used: mixed — MCQ + written (2 / 5 / 10 marks).

Highlight legend

Yellow = must-know term | Green = memory hook / correct answer | Pink = exam trap or source error | Blue = syntax, names, dates, numbers

FILE NOTE Your file named **uniy2-learningstuff.pdf** contains **Unit 1** content (Sessions 1 & 2 theory + practicals) — I have treated it as Unit 1. Theory and practical sessions repeat some asanas (Shavasana, Jnana Mudra, Sheetali, Yogic Breathing appear in both sessions) — each is written *once* here.

What is inside (in reading order)

1. Exam technique (blueprint, marks→length, time, traps)
2. Revision system (spaced plan, 60-second box, tracker)
3. Source-check report (every error/flag found)
4. Unit 1 theory notes (12 topics)
5. Unit 1 practicals — warm-up + 17 master blocks + comparison tables
6. Unit 5 notes (self-motivation → self-actualization)
7. Cross-unit integration
8. Answer bank — 12 long (10-mark), 10 mid (5-mark), 2[illegible] short (2-mark)
9. Question bank + tricky MCQs with answers
10. Cheat sheet (whole course, 3 pages) + top-traps box
11. Flashcards (separate PDF + Anki CSV)

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1 · Exam technique (read this first)

1.1 Answer blueprint — what to write, in order

#	Block	10-mark (long)	5-mark	2-mark
1	Introduction (1–2 lines; place the topic in yoga/self-realization)	✔ 3 lines	✔ 1 line	—
2	Definition in **source wording**, keyword underlined	✔	✔	✔ (the whole answer)
3	Numbered content (types / steps / benefits) — one heading per point	8–10 points	4–5 points	1–2 points
4	Diagram (name it, label it, caption it)	✔ boxed	if easy	—
5	Comparison table (Shruti/Smriti, Teacher/Guru, 3 karmas…)	✔ when 2+ items	optional	—
6	Significance / application (daily life, student life, computing)	✔ 3 lines	1 line	—
7	Cross-unit link (Unit 1 ↔ Unit 5) — one sentence	✔	—	—
8	Conclusion (1 sentence, plug-in line)	✔	✔	—

HOOK I-D-N-D-T-S-L-C = **I**ntro · **D**efinition · **N**umbered points · **D**iagram · **T**able · **S**ignificance · **L**ink · **C**onclusion. Say it as "*I Do Not Draw Tables, Sir — Let's Conclude*". **EXTRA**

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1.2 Mark-to-length guide

Marks	Length (answer booklet)	Must be inside
10	~3–4 pages (≈ 1.5–2 A4 pages of these notes)	Intro · source-wording definition · 8–10 numbered points · diagram · table if 2+ items · significance · link · conclusion
5	~1 page (≈ 12 lines)	Definition · 4–5 numbered points · small diagram/table if natural · 1-line conclusion
2	3–4 lines	Source-wording definition + 1 key fact (name/number/date). Underline the keyword.
MCQ	tick / letter	Eliminate traps first (see §1.6), never leave blank

Rule of thumb: **1 mark ≈ 1 distinct, correctly named point.** A 10-marker with 6 great points and 4 padded lines scores less than 10 short distinct points.

1.3 Time budget EXTRA — ASSUMPTION

I don't know your paper duration. Use this formula, then adjust: **minutes per mark = (paper minutes − 10) ÷ total marks**. Example: 90-min paper, 50 marks → (90−10)/50 = 1.6 min/mark → 10-marker ≈ 16 min, 5-marker ≈ 8 min, 2-marker ≈ 3 min.

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1. **First 2 min:** read everything, tick the questions you can do with your eyes closed.
2. **Order:** MCQs → 2-markers → 5-markers → 10-markers you know best → last 10-marker. (Banks early marks, builds confidence.)
3. **Abandon rule:** if you have written nothing useful for 90 seconds, write the heading + definition + any 3 points you know, leave a 6-line gap, move on; return if time remains.
4. **Last 8 min:** add diagrams, underline keywords, number points, fix missing conclusion lines.

1.4 Presentation tactics

- **Heading** every answer with the exact question keyword; **underline** key terms (teacher marks from the original file — use source wording).
- **Number** everything (1, 2, 3…). Markers count numbers faster than sentences.
- **Diagram**: draw beside the text it explains (Surya Namaskar cycle, Maslow pyramid, karma flow, chakras on spine, koshas as concentric circles). Label every part; give a caption.
- **Table beats paragraph** when comparing 2+ items: Shruti vs Smriti · Teacher vs Guru · Sanchita/Prarabdha/Agami · Apara vs Para vidya.
- **Sanskrit names**: write the English in brackets — *Bhujangasana (cobra pose)* — exactly as the source.

1.5 Extension moves — show real understanding (with template sentences)

Move	Template sentence	Example for this course
Why	"This works because …"	Shavasana relaxes the whole psycho-physiological system *because* body relaxation increases awareness of the mind.
Link	"This connects to Unit __ where …"	Self-awareness (Unit 5) is what Pratyahara/Dharana (Unit 1) train.
Failure / disease	"When this is absent / imbalanced, …"	If chakras are imbalanced, they create physical, mental and spiritual problems.
Compute / number	"Quantitatively, …"	72,000 nadis, 3 main; 7 chakras; 5 koshas; 8 limbs; 5 Maslow levels; 13.69 cal/round (as per source).
Frontier	"Modern research / practice extends this by …"	Mindfulness and breathing practices are now studied for stress and attention **EXTRA** .

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1.6 When you don't fully know the answer — partial-credit strategy

1. Always write the **heading + source-wording definition** (usually 20–30 % of the marks).
2. List whatever points you *do* remember as a numbered list; 3 correct points beat a vague paragraph.
3. Draw the diagram — diagrams score even when the text is thin.
4. Write the **conclusion line** (1 sentence) — it is almost free.
5. Never contradict the source wording to "be smart". If unsure between two, choose the source's version.

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6. **MCQ trap-elimination:** “always / never / only” options are usually wrong; look for the source's exact phrase.

Mistakes that cost marks

- Mixing **Sanchita** (stored) and **Prarabdha** (ripe, being experienced now).
- Writing Patanjali *founded* yoga — the source says he did not found or discover yoga; he compiled it.
- Saying Maslow's top level is “esteem”. It is self-actualization.
- Writing Sheetali is safe for asthma/low BP — it is contraindicated.
- Giving asana procedure without **breath cue** (inhale/exhale) and **rounds**.
- Forgetting contraindications (an easy mark).

1.7 Your timeline today EXTRA — HONEST ADVICE

You said it is 2 am, classes start at 8 and the exam is at 12. Staying awake all night usually costs more marks than the extra hours gain, because recall and writing speed drop sharply after a sleepless night. A realistic plan:

When	Do this
Now → ~3:00	Read **Cheat sheet** + **60-second box** + **top-traps**. Skim the 12 long answers' headings only.
~3:00 → ~7:00	**Sleep** (about 4 hours ≈ 2–3 cycles). Set two alarms.
7:00 → 7:45	Flashcards (definitions, numbers, traps). Redraw the 5 key diagrams once.
Between classes	Test-yourself books on phone: Unit 3 (karma, Maslow), then Unit 1 lists (limbs, chakras, koshas, history).
11:15 → 11:50	Contraindication grouping table + MCQ bank. Stop studying 10 minutes before entering.

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2 · Revision system

2.1 Spaced plan

When	Exactly what to do	Time
Day 0 (first read)	Read notes once. Underline nothing new — just tick the 60-second box lines. Close book, write the 5 lists from memory (8 limbs, 7 chakras, 5 koshas, 3 karmas, 5 Maslow levels).	60–90 min
Day 1	Flashcards (all). Redo failed cards only. Answer 5 two-markers aloud.	30 min
Day 3	Write 2 five-markers from blank paper; compare with the answer bank. Redraw Surya Namaskar + Maslow.	45 min
Day 7	Write 1 ten-marker against the clock (16 min). Practise the asana comparison table from memory.	45 min
Day 14	Mixed mock: 10 MCQs + 3 two-markers + 1 five-marker + 1 ten-marker.	60 min
Night before	Cheat sheet → top-traps → flashcards you missed twice. Sleep. No new material.	40 min

2.2 Active recall

Every topic has a **"Test yourself"** box: cover the answer, say it aloud or write it, then open. Wrong answers → flashcard pile.

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2.3 The 60-second daily revision box

1. Yoga = union; Patanjali: "the stilling of the fluctuations of the mind" (PYS I.2).
2. Patanjali compiled yoga (~800 BC per source); **Eight Limbs**: Yama · Niyama · Asana · Pranayama · Pratyahara · Dharana · Dhyana · Samadhi.
3. Shruti = revealed (Vedas, 108 Upanishads); Smriti = transmitted (Itihasa, Puranas, Yoga darshana).
4. Guru: *gu* = darkness, *ru* = dispels. Teacher → apara vidya; Guru → para vidya.
5. Gita: equanimity in success/failure (2.48) · discretion in work (2.50) · remover of misery (6.23).
6. History: Pre-Vedic 2700 BC · Vedic 1500 · Post-Vedic 1000 · Pre-Classical 800 · Classical 500 BC–800 AD · Modern 1700–1900 AD.
7. Purusharthas: **Dharma, Artha, Kama, Moksha**.
8. 72,000 nadis; main 3 = **Ida** (left, moon) · **Pingala** (right, sun) · **Sushumna** (central).
9. 7 chakras: Muladhara · Svadhistana · Manipura · Anahata · Visuddha · Ajna · Sahasra.
10. 5 koshas: Anna · Prana · Mano · Vijnana · Ananda (Taittiriya Upanishad).
11. Karma = **thought, deed and word**; 3 types: **Sanchita** (stored) · **Prarabdha** (ripened, now) · **Agami/Kriyamana** (being created).
12. Maslow (bottom→top): Physiological · Safety · Belongingness & love · Esteem · Self-actualization.
13. Sheetali: contra = low BP, asthma, bronchitis, excess mucus. Hernia: avoid Vajra, Bhujanga, Ardha Chakra. High BP: avoid **P-C-B** (Pawanmukta, Chakra, Bala).

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2.4 Self-test tracker

Tick the box when you can write / say the topic correctly *without looking*.

Topic	Attempt 1	Attempt 2	Attempt 3
Shruti vs Smriti	☐	☐	☐
Patanjali + Eight Limbs	☐	☐	☐
Teacher vs Guru	☐	☐	☐
Definitions of yoga (Gita + Patanjali)	☐	☐	☐
Misconceptions · Objectives	☐	☐	☐
History of yoga	☐	☐	☐
Purusharthas · Woman & yoga	☐	☐	☐
Surya Namaskar benefits	☐	☐	☐
Anatomy table (9 systems)	☐	☐	☐
Nadis · Prana · 7 Chakras	☐	☐	☐
Pancha Koshas	☐	☐	☐
Disease & causes	☐	☐	☐
Warm-up (14 items)	☐	☐	☐
Standing asanas (Tadasana → Virabhadrasana)	☐	☐	☐
Sitting / prone / supine asanas	☐	☐	☐
Shavasana · Jnana Mudra · Sheetali · Yogic breathing	☐	☐	☐
Self-motivation · Self-awareness	☐	☐	☐
Karma + 3 types	☐	☐	☐
Maslow's pyramid	☐	☐	☐
Self-actualization & yoga	☐	☐	☐
Contraindication grouping	☐	☐	☐

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3 · Source-check report

I re-read every number, list count and claim in your four PDFs. Counts verified: **8** limbs ✔ · **7** chakras ✔ · **5** koshas ✔ · **9** anatomy systems ✔ · **14** warm-up items ✔ · **3** karmas ✔ · **5** Maslow levels ✔ · **17** distinct practicals ✔. Below are the things that are wrong, inconsistent, or unverifiable. Exam rule: write what the source says (your teacher marks from it); use the note only to avoid contradicting yourself.

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#	Where	Issue	What to do in the exam
E1	Unit 1 · Patanjali	Source: Yoga Sutras “around 800 BC”. Scholars usually date the Yoga Sutras much later (roughly 2nd century BC to 4th century AD).	Write “around 800 BC (as per notes)”.
E2	Unit 1 · History, Vedic	Sentence is **cut off**: “Vedic rishis like Vasishta, Agastya, Vyasa, and Vishwamitra were some…”. Also Vyasa is traditionally linked to the Mahabharata (post-Vedic).	Write the four names only; don't finish the sentence with invented text.
E3	Unit 1 · History, Classical	Hatha yoga is placed in the Classical period (500 BC–800 AD), but the classic Hatha texts are medieval. The source also has **no period between 800 AD and 1700 AD**.	Follow the source table exactly.
E4	Unit 1 · History, Modern	Range “1700 AD to 1900 AD” but the names listed (Sivananda, Krishnamacharya, Yogananda) worked in the 20th century.	Write range as given; list the 5 names.
E5	Unit 1 · Surya Namaskar	“One round burns 13.69 calories.*” — the asterisk has **no footnote**; calorie cost varies with speed and body weight.	Write “about 13.69 calories per round (as per notes)”.
E6	Unit 1 · Yogic breathing	Source says clavicular breathing “utilizes the entire lungs”, while abdominal = lower lobes and thoracic = middle lobes. By that pattern clavicular = **upper** lobes; the complete yogic breath uses the whole lungs.	Write the source line, then add “together the three stages fill the entire lungs”.
E7	Unit 1 · Vajrasana	Benefits: “preventative measure against hernia”. Contraindications: “patients of hernia … should refrain”. Looks contradictory.	Write both; add “preventive for healthy people, avoided by existing hernia patients”.
E8	Unit 5 · Karma	Text says karma is **not deterministic** (“dynamic and flexible … free will”) but Prarabdha “cannot be avoided or changed”.	Reconcile: **Prarabdha = fixed now**, **Agami = changeable by choices**. This is a likely trap question.
E9	Unit 5 · Maslow	Text lists physiological needs as “food, water, shelter, and sleep”; the pyramid also shows **breathing** and **clothing**. Text says “belongingness and love”, pyramid says “love and belonging” (same level). Also “must be met before” is a simplification.	Write text + add “breathing, clothing” from the figure.
E10	Unit 1 · claims not evidence-based	Dandasana “calms brain cells”; Jnana mudra “nerve endings emit energy … circuit”; Sheetali “control over hunger and thirst”; Pawanmuktasana “impotence, sterility”; Tadasana “increase height”.	Copy as stated in the source; do not elaborate further.
E11	Unit 1 · Balasana	Procedure (sit in Vajrasana, arms raised, bend forward) is what many schools call Shashankasana; the figure shows arms stretched forward.	Write the source procedure.

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E12	Unit 1 · Dandasana, Tadasana, Jnana mudra, Shavasana	No **contraindications** are given in the source.	Write “none listed in notes” — don't invent any.
E13	Typos in source	“Smiriti” → Smriti · “Taittriya” → Taittiriya · “Tons” → Tones · “Posses” → Possess · “experience to drive” → experience a drive · “Visuddha” is also spelled Vishuddha · “Sahasra” = Sahasrara.	Use source spelling, mention alternative if unsure.

4 · Unit 1 — Fundamentals of Yoga (Theory)

Sessions 1 & 2 · CLO1 · “Fundamentals of Yoga / Yoga for Physical Development”

4.1 Indian scriptures — Shruti and Smriti

Core idea: Indian scriptures are split into Shruti (revealed, first-hand knowledge) and Smriti (transmitted, derived knowledge); yoga is placed under Smriti.

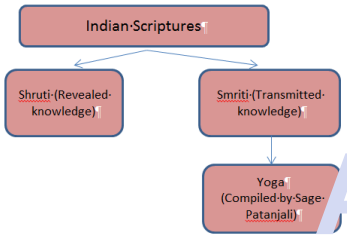


Fig 4.1 — Indian scriptures: Shruti (revealed) and Smriti (transmitted); Yoga compiled by Sage Patanjali sits under Smriti.

	Shruti	Smriti
Meaning	Knowledge through inner knowing; first-hand knowledge	Transmitted knowledge, derived from the Vedas
Who	Universal truths heard by Great Rishis”, recorded for posterity	Written by post-Vedic sages and scholars
Examples	The four Vedas and 108 Upanishads	Itihasa, Puranas, Yoga darshana (post-Vedic Classical Sanskrit literature)
Use	Source of faith/truth	Used to interpret and understand Vedic philosophy

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HOOK Shruti = “Heard” (S-H), Smriti = “Memorised/transmitted” (S-M). Shruti first, Smriti second.

▼ **Test yourself**

1. Which category is yoga in? **Smriti (Yoga darshana).**
2. What does Shruti literally mean in the notes? **Knowledge through inner knowing.**
3. Name Shruti texts. **Four Vedas, 108 Upanishads.**

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4.2 Yoga and Sage Patanjali — the Eight Limbs

> **Core idea:** Patanjali did not found or discover yoga; he compiled the yogic knowledge of his time in the *Yoga Sutras*, whose path is the Eight Limbs.

Source wording: Sage Patanjali, in his Yoga *Sutras,* set forth the philosophy of yoga around 800 BC. While Patanjali did not found or discover yoga, he compiled for the first time the yogic knowledge prevalent during his time. According to yoga darshana, the goal in life is union ("yoga") with the Ultimate Reality, a state of enlightenment called samadhi. Through physical and spiritual practice, yogis are devoted to creating a union between mind, body and spirit. To help calm the mind, yoga darshana requires both moral and practical steps known as the Eight Limbs of Yoga.

FLAG E1 "800 BC" is the notes' date; scholars date the Sutras later. Write "around 800 BC (as per notes)".

#	Limb	Source meaning	Group
1	Yama	Acting as per the rules of right social conduct	Ethical
2	Niyama	Following the rules of right personal conduct	
3	Asana	Postures for physical and mental stability	Physical
4	Pranayama	Developing control over the vital life force through breath practices	
5	Pratyahara	Rerouting the attention inward by tuning out external stimuli	Mental
6	Dharana	Developing the ability of the mind to focus and concentrate on a single point	
7	Dhyana	Effortless sustained concentration	
8	Samadhi	Union with or absorption into ultimate reality	Goal

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HOOK Y N A P P D D S → "*Yes, No Apple Pie, Please — Dosa, Dhokla, Samosa!*" **EXTRA** Grouping (2-2-3-1): **Outer code** (Yama, Niyama) → **Body** (Asana, Pranayama) → **Mind** (Pratyahara, Dharana, Dhyana) → **Goal** (Samadhi).

▼ **Test yourself**

1. Did Patanjali found yoga? **No — he compiled it.**
2. Limb 5? **Pratyahara — rerouting attention inward.**
3. Difference Yama/Niyama? **Social vs personal conduct.**

4.3 Importance of Guru in yoga — Teacher vs Guru

> **Core idea:** A teacher gives apara vidya (worldly knowledge); a guru gives para vidya (spiritual knowledge) from personal experience.

Guru: The syllable *gu* means darkness, the syllable *ru* means one who dispels them. Guru is the living light who dispels the darkness of spiritual ignorance. This light is none other than the self within us.

- Apara vidya: all knowledge relating to this material world; helps one take care of worldly needs; taught by a teacher.

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- Para vidya: the spiritual or transcendental knowledge beyond all limits of knowledge, experience and reason. A guru is not just a mere teacher or expert but one who can impart wisdom personally experienced. The yogic tradition places great importance on self-unfoldment; only one who has experienced levels of inner awakening is qualified to impart it.

A teacher	A guru
Explains the world and its nature to you	Explains yourself and your nature to you
Sharpens your mind	Opens your mind
Answers your questions	Questions your answers
Prepares you for the outer journey	Prepares you for the inner journey
Sends you on the road to success	Sends you on the road to success and freedom

HOOK Teacher = world · sharpen · answer · outer · success. Guru = self · open · question · inner · success + freedom. Only the last row shares "success".

▼ **Test yourself**

1. Meaning of *gu* and *ru*? **Darkness; dispels.**
2. Who teaches para vidya? **A guru.**
3. Which prepares you for the inner journey? **Guru.**

4.4 Meaning and definitions of Yoga

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> **Core idea:** Yoga is union — of the limited self and the Divine Self — and at the physical level it means physical harmony & health and mental balance & peace.

Source wording: Yoga is usually defined as union between the limited self and the Divine Self. The aim of Yoga is not really to unite us with anything for we are already united. It is to help us realize our identity with the Divine Self, to make us know and tune into our intrinsic nature. At the physical level, we need to harmonize the functions of different organs, muscles and nerves so that they do not hamper or oppose each other. Disharmony brings inefficiency and lethargy or clumsiness, and manifests in diseases.

Definition	Source (Gita / Sutra)	Verse
Yoga is equanimity of mind in success and failure	*samatvaṁ yoga uchyate*	BG 2.48
Yoga is discretion in work	*yogah karmasu kaushalam*	BG 2.50
Yoga is the remover of misery and destroyer of pain; the supreme secret of life	*duhkha-sanyoga-viyogam yogasanjnitam*	BG 6.23
Yoga is serenity	(Gita — no verse given)	—
Patanjali: "the stilling of the fluctuations of the mind"	*Yogah cittavrtti Nirodhah*	PYS I.2

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HOOK Gita numbers: 2-48 = Equal in win/lose · 2-50 = Excellent at work · 6-23 = Pain gone. Patanjali = I-2 → "Mind stops rippling".

▼ **Test yourself**

1. Which verse says yoga is discretion in work? **BG 2.50.**
2. Patanjali's definition (Sutra no.)? **Stilling of fluctuations of the mind, PYS I.2.**
3. Physical-level definition? **Physical harmony & health; mental balance & peace.**

4.5 Misconceptions about yoga

Core idea: Yoga is more than asanas, more than exercise, open to all ages and conditions — and needs a guide, not just books.

1. For many the practice of yoga is restricted to asanas.
2. Many consider yoga as an exercise and well-being regimen of the Hindus.
3. Some consider yoga mere exercise — whereas it should never be mistaken for any other mode of exercise, which is operational only on a physical level.
4. Some believe yoga is not challenging enough and ranks low as a cardiovascular workout.
5. A common belief is that yoga can be learnt through books and online resources.
6. People hold the view that one has to be young and flexible to do asanas.
7. Another myth is that older and sick people cannot practise yoga.

HOOK 7 myths = A-H-E-C-B-Y-O: Asana-only · Hindu-only · Exercise-only · **C**ardio-weak · **B**ooks-enough · **Y**oung-only · **O**ld/sick-can't [illegible]

▼ **Test yourself**

1. How many misconceptions are listed? **7.**
2. Which myth needs a guru to correct? **Yoga can be learnt through books/online.**

4.6 History of yoga

Core idea: Yoga evolved through six named periods, from the Indus-Saraswati seals to the modern global spread.

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Period	Date	Key points (source)
Pre-Vedic	2700 BC	Practice believed to begin with the dawn of civilization; seals and fossil remains of the Indus-Saraswati valley civilization show yogic motifs and figures performing yoga sadhana; a primordial or pure yoga in mystical traditions of South Asia.
Vedic	1500 BC	The term *Yoga* first arises in the mantras of the Rig-veda (yoking the higher intelligence, *dhi*). Terms: mantra, dhyana, karma, dharma, prana, tapas. Rishis: Vasishta, Agastya, Vyasa, Vishwamitra.
Post-Vedic	1000 BC	Upanishads, Ramayana, Mahabharata speak of karma yoga and jnana yoga.
Pre-Classical	800 BC	Systematic representation: Ashtanga Yoga of Patanjali (Yoga Sutras) and Thirumular (Thirumantiram). Two great teachers: Mahavir and Buddha.
Classical	500 BC – 800 AD	Most fertile and prominent period; Hatha yoga emerges: body and mind as a means to enlightenment; asanas, pranayama, concentration.
Modern	1700 – 1900 AD	Yoga popular and spreads worldwide: Swami Vivekananda, Ramana Maharishi, Sivananda, Krishnamacharya, Yogananda.

FLAG E2 · E3 · E4 Vedic sentence is cut off in the source; no period between 800 AD and 1700 AD; 20th-century yogis listed under 1700–1900. Write the table as given.

HOOK Dates fall like a countdown: 2700 → 1500 → 1000 → 800 → 500 → 1700 AD. Sentence: "*Pre-Vedic Seals, Vedic Rig, Post-Vedic Upni, Pre-Classical Patanjali, Classical Hatha, Modern Vivekananda*" → **S-R-E-P-H-V**. **EXTRA**

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▼ **Test yourself**

1. Period with Rig-veda? **Vedic, 1500 BC.**
2. Who are named with Patanjali in Pre-Classical? **Thirumular (Thirumantiram).**
3. Which period is "most fertile"? **Classical, 500 BC–800 AD.**

4.7 Objectives of yoga · Woman and yoga · Purpose of life

> **Core idea:** Yoga aims at mind and body control, harmony, relief from suffering and ultimately Kaivalyam (self-realisation).

Objectives of yoga

1. Mind control
2. Body and breath control
3. Harmonious living [enhances the function of all body systems]
4. Helps oneself to come out of suffering [therapy]
5. Total well-being
6. Kaivalyam [self-realisation and actualization]

Woman and yoga practice

Women, allowed to study and practise yoga in the Vedic period, were prevented in later years; now they practise everywhere. Primarily for:

1. Keeping fit and in shape
2. Pregnancy yoga for normal delivery
3. Post-pregnancy stress
4. Weight loss
5. Therapy needs

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Purpose of life (Purusharthas)

Purushartha	Source meaning
Dharma	Ethical and moral conduct
Artha	Earnings in a proper way as guided by dharma
Kama	Desires to be fulfilled in a proper way as guided by dharma
Moksham	The final purpose — happens if you follow the above 3 properly

HOOK D-A-K-M → "Dharma Always Keeps Moksha". Dharma is the *guide* for Artha and Kama.
EXTRA

▼ **Test yourself**

1. Final purpose of life? **Moksham.**
2. Which objective is "self-realisation and actualization"? **Kaivalyam.**

4.8 Benefits of Surya Namaskar

Core idea: Surya Namaskar channelizes physical energy toward physical and mental health; slow → strength, fast → cardiovascular efficiency, more rounds → endurance.

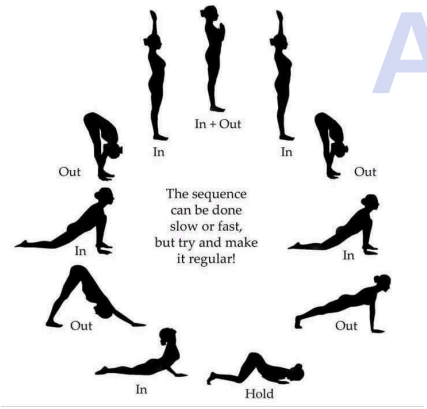


Fig 4.8 — Surya Namaskar sequence with breath cues (In / Out / Hold). "The sequence can be done slow or fast, but try and make it regular!"

1. Channelizes the physical energy toward physical and mental health
2. Enhances metabolism: one round burns 13.69 calories*. Slow → strength; fast → cardiovascular efficiency; more numbers → endurance.
3. Opens the diaphragm for improved breathing; respiratory diseases and excess mucus can be eliminated.
4. Improves heart action and the circulation of the lymph.
5. Speeds up circulation and eliminates waste through the urinary system.
6. Spinal column stretched and compressed, which stimulates all the nerve plexuses.
7. Reinforces better body posture.
8. Stimulates and tones all the internal organs.
9. Balances the production and stimulation of hormones.
10. Removes toxins from the body.
11. Helps in fast recovery from a lot of diseases.
12. Enhances mental and emotional stability.

FLAG E5 The asterisk on "13.69 calories" has no footnote in the source. Write "about 13.69 calories per round (as per notes)".

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HOOK 12 benefits in 4 groups: **Energy** (1–2) · **Organs** (3–6: breathing, heart/lymph, urinary, nerves) · **Structure** (7–8: posture, internal organs) · **Balance** (9–12: hormones, toxins, recovery, mind). **EXTRA**

▼ **Test yourself**

1. Calories per round (source)? **13.69.**
2. Slow vs fast gives? **Strength vs cardiovascular efficiency.**
3. Which system does it stimulate via the spine? **Nerve plexuses.**

4.9 Human anatomy — scientific view and the influence of yoga

Core idea: Yoga influences all nine body systems.

#	System	Organs and functions (source)	Influence of yoga (source)
1	Skeletal	Bones and joints; gives shape	Reinforces better body posture; best preventive measure against spinal problems
2	Muscular	Various muscles and their function; protects the skeletal system	Stretches, tones and realigns the intervertebral joints, supportive musculature, ligaments, nerves and blood vessels
3	Respiratory	Organs responsible for breathing	Opens the diaphragm for improved breathing; respiratory diseases and excess mucus can be eliminated
4	Circulatory	Heart and blood vessels	Improves heart action and circulation of the lymph
5	Digestive	Organs and associated glands involved in digestion of food	Aids digestion and assimilation of nutrients; enhances metabolism
6	Urinary	Organs involved in the excretion of wastes	Stimulating the kidneys helps water and salts regulation; speeds up circulation and eliminates waste
7	Genital	Organs of reproduction	Tones and regulates male and female reproductive systems; regulates menstrual irregularities; facilitates easy childbirth
8	Endocrine	Ductless glands and their functions	Balances the production and stimulation of hormones
9	Nervous	Brain, spinal cord and their structures responsible for senses like touch, taste	Spine stretched/compressed → stimulates nerve plexuses; balances sympathetic and parasympathetic nervous system

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HOOK Order = S-M-R-C-D-U-G-E-N → "*Some Mangoes Really Come Down Under; Great Every Night*" **EXTRA** . Think **frame (S,M) → flow (R,C,D,U) → control (G,E,N)**.

TYPO "Tons and regulates" in the source = "**Tones** and regulates".

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▼ Test yourself

1. Which system: “balances production of hormones”? Endocrine.
2. Which system's yoga effect mentions sympathetic/parasympathetic? Nervous.
3. Skeletal function? Bones and joints; gives shape.

4.10 Yogic anatomy — Nadis, Prana, Chakras

Core idea: Yogis describe a subtle anatomy seen in deep meditative states: 72,000 nadis, prana, and seven chakras along the spine.

- Nadis: subtle energy channels. There are 72,000 in the body. Three main nadis: **Ida** (left channel, feminine, moon, restful) · **Pingala** (right channel, masculine, sun, dynamic) · **Sushumna** (central channel, spiritual, harmony).
- Prana: energy that enlivens us; not received solely from external sources, it is also self-generated. Positive thoughts, higher feelings and yogic practices generate higher levels of prana.
- Chakras: spinning wheels of energy aligned along the spine; not seen by the human eye but seen, felt and sensed with intuition. They act as transformers, receiving cosmic prana and circulating it. Balanced → harmony of body and mind; imbalanced → physical, mental and spiritual problems.

#	Chakra	Location	Associated with (source)
1	Muladhara	Base of spine / pelvic floor	Basic life needs: food, clothing, shelter; security, stability, balance
2	Svadhistana	3 inches below navel	Abundance, well-being, pleasure, procreation
3	Manipura	Behind the navel region	Self-confidence, courage, personal power, self-discipline, wisdom, ‘gut-feeling’
4	Anahata	Centre of the chest	Influence on professional and personal relationships; love, bravery, compassion
5	Visuddha	Throat pit	Self-mastery, communication, creativity
6	Ajna	Centre of the eyebrows	Intuitive abilities and insight; gland: pineal
7	Sahasra	Top of the head	Illumination and mystical experiences; seat of ‘pure wisdom’ / ‘pure consciousness’

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HOOK Names: “My Sweet Mango Always Vanishes At Sunrise” = Mula · Sva · Mani · Ana · Visu · Ajna · Saha EXTRA . Themes bottom→top: **Survive → Pleasure → Power → Love → Voice → Vision → Wisdom**. Ajna is the only one with a named gland (pineal).

▼ Test yourself

1. How many nadis? Main ones? 72,000; Ida, Pingala, Sushumna.
2. Chakra at throat pit? Visuddha.
3. Chakra with pineal gland? Ajna.
4. What happens if chakras are imbalanced? Physical, mental and spiritual problems.

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4.11 Pancha Koshas (Taittiriya Upanishad)

Core idea: The human being has five sheaths (koshas) — from the physical body to the bliss body.

#	Kosha	Meaning (source)	Tools that influence it
1	Annamaya	Physical body made from food; most visible; a healthy body allows optimal function of other koshas	Natural diet and nutrition, fasting and detoxification, physical exercise, yoga
2	Pranamaya	Vital energy circulating in the body; associated with prana / life force; influences vitality and energy levels	—
3	Manomaya	Mental body: thoughts, emotions, memory, perception, imagination, feelings	Mindfulness, meditation, visualizations
4	Vijnanamaya	Wisdom body: inner knowing, intuition, intellect, critical thinking, awareness	Introspection, self-enquiry, reading spiritual texts, meditation
5	Anandamaya	Bliss body, accessed in deep meditation; true nature of love, joy, freedom, happiness	Meditation, selfless service, devotion, mindfulness

HOOK Outer→inner: Food → Breath → Mind → Wisdom → Bliss = "*Free Bugs Make Wiser Beings*" **EXTRA** . Think of layers of an onion, or an OS: hardware → power → processes → insight → user delight.

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▼ Test yourself

1. Which kosha is "made from food"? **Annamaya.**
2. Kosha of intuition/critical thinking? **Vijnanamaya.**
3. Kosha accessed in deep meditation? **Anandamaya.**
4. Source Upanishad? **Taittiriya.**

4.12 Disease and causes

Core idea: Diseases arise from natural and artificial causes; we can prevent suffering by controlling the artificial ones — food, thought and deed.

Natural reasons	Artificial reasons	Factors to be limited
• Genetic imprints [hereditary] • Planetary position • Natural calamities and climatic changes	• Food — *Hitham Mitham Aharam*: appropriate food in right quantity • Thought — seek a way to avoid negative thoughts • Deed — as you sow, so you reap	• Over-eating • Work — don't over-exert • Sleep — repair time • Sexual gratification — within limits • Use of thoughts — be aware; divert if necessary

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HOOK Natural = G-P-N (Gene, Planet, Nature). Artificial = F-T-D (Food, Thought, Deed). Limited = O-W-S-S-T (Overeat, Work, Sleep, Sex, Thoughts).

EXTRA LINK Food–Thought–Deed = the same three channels as **karma** in Unit 5 (“thought, deed and the word”).

▼ Test yourself

1. Three natural reasons? **Genetic imprints, planetary position, natural calamities/climatic changes.**
2. Meaning of Hitham Mitham Aharam? **Appropriate food with right quantity.**

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5 · Unit 1 — Practicals (Yoga for Physical Development)

5.1 Warm-up (14 loosening exercises)

Core idea: A fixed bottom-to-top loosening sequence done before asanas — ankles → knees → hip → wrist → shoulder → squat → bends → twists → neck.

#	Exercise	How (source)	Reps
a	Loosening of ankle joints – 1	Stand straight; raise heels and balance on toes while raising arms up; lower heels and arms	10
b	Loosening of ankle joints – 2	Raise heels, balance on toes, open arms to sides; lower heels, arms in front of chest	10
c	Loosening of knee joints – 1	Bend knee, press thigh against abdomen; lower; repeat on the other side	5
d	Loosening of knee joints – 2	Lower arms in front, palms down; raise knees alternately and tap with palms	10
e	Loosening of hip joint	Balance on left leg, rotate right knee clockwise and anticlockwise; repeat other side	5
f	Wrist rotation	Arms forward; make a fist; rotate clockwise and anticlockwise	5
g	Shoulder rotation	Hands on shoulder; rotate elbows clockwise and anticlockwise	5
h	Squatting	Hold the foot with the hands; squat down and come up	5
i	Backward and forward bend	Raise arms up and arch back; bend forward and touch foot with hands	5
j	Torso twist – 1	Feet apart; twist torso right and left, one hand folded to chest, other extended back	5
k	Torso twist – 2	Feet apart; twist and touch right foot with left hand, other hand up; repeat other side	5
l	Forward and backward neck movement	Neck	3 rounds
m	Right and left neck bending	Neck	3 rounds
n	Right and left neck twisting	Neck	3 rounds

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HOOK A-K-H-W-S-S-B-T-N = "*Always Keep Healthy, Work Smart, Sweat, Bend, Twist, Nod*"
EXTRA . Reps: ankles **10**, knees **5/10**, everything else **5**, neck **3 rounds**.

FLAG Item h "Hold the foot with the hands" is ambiguous in the source (toes/ankles presumably). Write as given.

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▼ **Test yourself**

1. How many warm-up items? **14 (a–n).**
2. Reps for ankle loosening? **10.**
3. Neck exercises? **Forward-backward, right-left bending, right-left twisting — 3 rounds each.**

5.2 Session order (what is practised when)

Session 1 (Unit 1 Practical)	Session 2 (Unit 1 Practical)
Warm-up → Tadasana → Padahastasana → Ardha Chakrasana → Dandasana → Vajrasana → Marjariasana → Balasana → Shavasana → Jnana Mudra → Sheetali → Yogic Breathing	Warm-up → Virabhadrasana-I → Ardha Katichakrasana → Prasarita Padahastasana → Pawanmuktasana → Bhujangasana → Padmasana → Shavasana → Jnana Mudra → Sheetali → Yogic Breathing

11 practices in Session 1 + 6 new in Session 2 = **17 distinct** (Shavasana, Jnana mudra, Sheetali, Yogic breathing repeat). **5.3 Master blocks** follow — one per practice, about one A4 page each.

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Tadasana (palm tree pose)

Session 1 · Standing

1 · Definition

Source wording: “Stand with the feet together and the arms by the sides. Inhale, raise the arms over the head. Interlock the fingers and turn the palms upward. Raise the heels, coming up onto the toes.”



Fig — Tadasana (palm tree pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Stand with the feet together and the arms by the sides.
2. Inhale, raise the arms over the head; interlock the fingers and turn the palms upward.
3. Raise the heels and come up onto the toes; hold the breath and the position for a few seconds.
4. Lower the heels while breathing out and bring the hands down — this is one round.
5. Practise 5 rounds.

3 · Functions / properties (benefits)

1. Develops physical and mental balance.
2. The entire spine is stretched and loosened.
3. Helps to increase height (as per notes).
4. Stretches the rectus abdominis muscles and the intestines.
5. Useful during the first six months of pregnancy to keep the abdominal muscles and nerves toned.

Contraindications: None listed in the notes (E12).

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4 · Label guide

Label on your diagram	What to write
Feet together	Start from samasthiti (feet together, arms by sides)
Arms overhead, fingers interlocked	Inhale; palms turned upward
Heels raised	On the toes; hold breath for a few seconds
Spine line	Entire spine stretched and loosened

EXTRA **Unit 5 link:** balance and stretch train self-awareness (body awareness is the first step to mind awareness).
Real-world: a quick reset for students and desk workers after long sitting.
Computing angle: a 1-minute Tadasana between coding sessions counteracts screen-posture strain EXTRA .

HOOK “Toes up, hold, drop” — **5 rounds**.

5 · Conclusion: Tadasana is the basic standing stretch that develops physical and mental balance and tones the spine and abdomen.

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Padahastasana (hand to foot pose)

Session 1 · Standing · forward bend

1 · Definition

Source wording: “Stand in samasthiti. On inhalation, raise the arms upward. On exhalation, bend forward from the hips until the fingers or palms of the hands touch the floor on either side of the feet.”

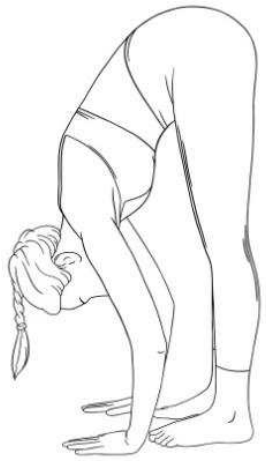


Fig — Padahastasana (hand to foot pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Stand in samasthiti.
2. Inhale, raise the arms upward.
3. Exhale, bend forward from the hips until fingers or palms touch the floor beside the feet; bring the forehead close to the knees as is comfortable; keep the knees straight.
4. Inhale, raise the torso and arms over the head.
5. Exhale, bring the hands down to samasthiti.

3 · Functions / properties (benefits)

1. Massages the digestive organs.
2. Alleviates flatulence.
3. Alleviates constipation.
4. Alleviates indigestion.
5. Improves the metabolism.
6. Improves concentration.

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Contraindications: People with back conditions should not bend forward fully.

4 · Label guide

Label on your diagram	What to write
Hands beside feet	Fingers/palms touch the floor on either side of the feet
Straight knees	Keep the knees straight
Forehead to knees	As close as is comfortable
Hip hinge	Bend from the hips, not the waist

EXTRA **Unit 5 link:** bending forward = surrender of ego; relates to “acceptance” in the self-actualization description.
Real-world: relieves the heavy-stomach feeling after meals (as per notes: flatulence, indigestion).
Computing angle: counters hunched posture from long hours at a laptop EXTRA .

HOOK “Hand-to-foot: Stomach happy” (digestion).

5 · Conclusion: Padahastasana massages the digestive organs and improves metabolism and concentration, but full forward bending is avoided in back conditions.

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Ardha Chakrasana (standing backward bend)

Session 1 · Standing · backward bend

1 · Definition

Source wording: “Stand straight with feet together and arms alongside the body. Bend the elbows and place the palms on the lower back.”



Fig — Ardha Chakrasana (standing backward bend) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Stand straight, feet together, arms alongside the body.
2. Bend the elbows and place the palms on the lower back.
3. Breathing out, gently bend backwards, pushing the pelvis forward, knees straight, lifting the chest towards the ceiling.
4. Hold for a comfortable duration.
5. Breathing in, come back up and relax.

3 · Functions / properties (benefits)

1. Improves lung capacity.
2. Tones the back muscles.
3. Tones the spine muscles.
4. Relieves shoulder pain.
5. Relieves neck pain.
6. Known as one of the best exercises for back pain, lower back pain.

Contraindications: Serious hip or spinal problems, high blood pressure and hernia.

4 · Label guide

Label on your diagram	What to write
Palms on lower back	Elbows bent, palms on the lower back
Pelvis pushed forward	Breathing out
Chest lifted to ceiling	Knees straight
Head/neck	Gentle backward bend, no strain

EXTRA **Unit 5 link:** lifting the chest = opening to self-esteem / confidence (esteem level).
Real-world: counter-stretch for people who sit and bend forward all day.
Computing angle: undoes “coding hunch” EXTRA .

HOOK **Chakra = PCB**: Ardha Chakrasana — avoid in high BP (with Pawanmukta and Bala).

5 · Conclusion: Ardha Chakrasana improves lung capacity and tones back and spine muscles, but must be avoided in spinal problems, high BP and hernia.

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Dandasana (staff pose)

Session 1 · Sitting

1 · Definition

Source wording: "Dandasana is a simple seated posture with the legs straight in front of the body and the spine upright and long."



Fig — Dandasana (staff pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Sit with the legs straight in front of the body.
2. Keep the spine upright and long.
3. Keep the elbows close to the torso; place the palms on the ground with the fingers pointing forward.
4. Hold for a comfortable duration; then release and relax.

3 · Functions / properties (benefits)

1. Improves posture.
2. Strengthens back muscles.
3. Lengthens the spine and chest.
4. Helps to calm brain cells (as per notes).
5. Improves the alignment of the body.
6. Mild stretch for the hamstrings.

Contraindications: None listed in the note (E.g.?)

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4 · Label guide

Label on your diagram	What to write
Straight legs	Legs straight in front of the body
Upright spine	Upright and long
Palms on ground	Fingers point forward, elbows close to torso

EXTRA **Unit 5 link:** upright alignment = self-awareness of posture.
Real-world: the "base" sitting posture before seated asanas.
Computing angle: model for ergonomic sitting with a long spine EXTRA .

HOOK "Staff = straight as a stick".

5 · Conclusion: Dandasana is a simple seated posture that improves posture, strengthens the back and lengthens the spine.

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Vajrasana (thunderbolt pose)

Session 1 · Kneeling / sitting · meditation

1 · Definition

Source wording: “Kneel on the floor with the knees close together. Bring the big toes together and separate the heels. Lower the buttocks onto the inside surface of the feet with the heels touching the sides of the hips.”



Fig — Vajrasana (thunderbolt pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Kneel with the knees close together.
2. Bring the big toes together and separate the heels.
3. Lower the buttocks onto the inside surface of the feet, heels touching the sides of the hips.
4. Place the hands on the knees, palms down; back and head straight.
5. Close the eyes; relax the arms and the whole body.

3 · Functions / properties (benefits)

1. Strengthens the pelvic muscles.
2. Alleviates menstrual disorders.
3. Preventative measure against hernia, piles and hydrocele in men.
4. Increases the efficiency of the entire digestive system.
5. Relieves stomach ailments such as hyperacidity and peptic ulcer.
6. A very important meditation posture — body upright and straight with no effort.

Contraindications: Hernia patients, joint pains, foot or ankle problems.

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4 · Label guide

Label on your diagram	What to write
Knees together	Kneeling
Big toes together, heels apart	Buttocks on the inside surface of feet
Hands on knees, palms down	Back and head straight

EXTRA **Unit 5 link:** Vajrasana is the base for meditation → self-awareness (and the base of Marjariasana and Balasana).
Real-world: the notes highlight its use for digestion problems (hyperacidity, peptic ulcer).
Computing angle: stable posture for short focus breaks EXTRA .

HOOK **Vajra = hernia caution** (benefit vs contra — E7).

5 · Conclusion: Vajrasana is an effortless upright meditation posture that strengthens the pelvic muscles and improves digestion.

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Marjariasana (cat stretch pose)

Session 1 · Hands-and-knees

1 · Definition

Source wording: “Sit in vajrasana. Raise the buttocks and stand on the knees. Lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward.”

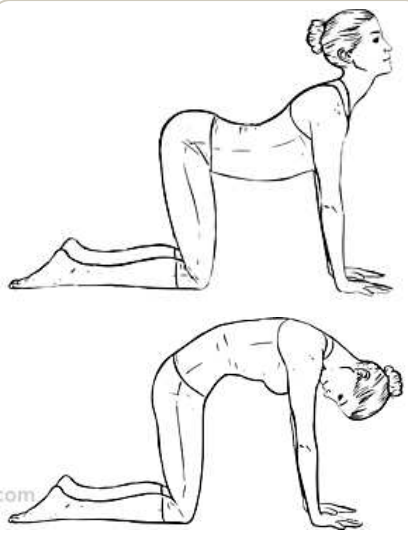


Fig — Marjariasana (cat stretch pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. From vajrasana, raise the buttocks, stand on the knees, lean forward; hands flat under the shoulders, fingers forward.
2. Hands in line with knees; arms and thighs perpendicular to the floor; knees slightly apart = starting position.
3. Inhale: raise the head, depress the spine so the back becomes concave; expand the abdomen fully; hold breath 3 seconds.
4. Exhale: lower the head and stretch the spine upward; contract the abdomen and pull in the buttocks; head between the arms facing the thighs; hold breath 3 seconds accentuating the arch.
5. This is one round; practise 5–10 rounds.

3 · Functions / properties (benefits)

1. Improves flexibility of the neck.
2. Improves flexibility of the shoulders.
3. Improves flexibility of the spine.
4. Gently tones the female reproductive system.
5. Relief from menstrual cramps and leucorrhoea.
6. May be safely practised during pregnancy.

Contraindications: Back or neck-related problems — practise with care.

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4 · Label guide

Label on your diagram	What to write
Left figure (head up)	Inhale — back concave, abdomen expanded
Right figure (head down)	Exhale — spine arched up, abdomen contracted
Hands under shoulders	Fingers forward
Knees under hips	Slightly separated, in line with hands

EXTRA **Unit 5 link:** coordinating breath with movement = mind-body connection (self-actualization and yoga).
Real-world: spine “warm-up” used before back-bends.
Computing angle: relieves upper-back stiffness after long typing sessions EXTRA .

HOOK “Cat: Inhale hollow, Exhale hump” — **5–10 rounds**.

5 · Conclusion: Marjariasana improves flexibility of neck, shoulders and spine and is safe in pregnancy; back/neck problems need care.

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Balasana (child pose)

Session 1 · Kneeling · forward bend

1 · Definition

Source wording: “Sit in vajrasana. While inhaling, raise the arms above the head, keeping them straight and shoulder width apart.”



Fig — Balasana (child pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Sit in vajrasana.
2. Inhale: raise the arms above the head, straight and shoulder-width apart.
3. Exhale: bend the trunk forward from the hips, arms and head straight in line with the trunk; hands and forehead rest on the floor in front of the knees.
4. Stay for some time; inhale and slowly raise arms and trunk to vertical.
5. Breathe out while lowering the hands to the knees = one round; 3–5 rounds.

3 · Functions / properties (benefits)

1. Stretches and strengthens the back muscles.
2. Separates the individual vertebrae, relieving backache.
3. Regulates the functioning of the adrenal glands.
4. Tones the pelvic muscles.
5. Tones the sciatic nerves.
6. Beneficial for male and female reproductive organs.
7. Regular practice relieves constipation.

Contraindications: Very high blood pressure, slipped disc, vertigo.

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4 · Label guide

Label on your diagram	What to write
Forehead on floor	In front of the knees
Arms forward	In line with the trunk
Hips on heels	Start/end from vajrasana

EXTRA **Unit 5 link:** the “rest and surrender” pose supports emotional balance (yoga and self-actualization).
Real-world: relieves back ache and constipation as per notes.
Computing angle: counter-pose after long sitting EXTRA .

HOOK **Bala = PCB** (high BP caution).

5 · Conclusion: Balasana stretches the back, relieves backache and constipation, and regulates adrenal function; avoid in very high BP, slipped disc and vertigo.

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Virabhadrasana-I (Warrior Pose)

Session 2 · Standing · lunge

1 · Definition

Source wording: “Stand in Samasthiti. Angle the left foot 45 degrees. Take a wide step forward with the right foot. Bend the right knee.”



Fig — Virabhadrasana-I (Warrior Pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Stand in Samasthiti; angle the left foot 45°.
2. Take a wide step forward with the right foot; bend the right knee.
3. Inhale, take both arms up and make namaskara mudra; arch the back.
4. Reverse the movements to return to the starting pose.
5. Repeat with the left foot forward; 2–3 rounds each leg.

3 · Functions / properties (benefits)

1. Strengthens and tones the arms, legs and lower back.
2. Improves the balance of the body.
3. Helps increase stamina.
4. Beneficial for those with sedentary or deskbound jobs.
5. Beneficial in case of frozen shoulders.
6. Releases stress in the shoulders very effectively in a short period.

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Contraindications: Persons with knee issues should avoid this asana.

4 · Label guide

Label on your diagram	What to write
Back foot	Angled 45 degrees
Front knee	Bent (right knee first)
Arms overhead	Namaskara mudra, inhale
Arched back	Chest lifted

EXTRA **Unit 5 link:** the “warrior” posture builds self-motivation — inner drive to act.
Real-world: the notes recommend it for sedentary / deskbound jobs.
Computing angle: fits a student or developer who sits long hours.

HOOK “Warrior: Wide step, Knee bent, Namaskar” — **2–3 rounds each leg**.

5 · Conclusion: Virabhadrasana-I builds strength, balance and stamina and releases shoulder stress; knee issues rule it out.

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Ardha Katichakrasana (lateral ark pose)

Session 2 · Standing · side bend

1 · Definition

Source wording: “Stand straight with feet hips-width apart. The right hand should be raised vertically, and you should breathe in during this step.”



Fig — Ardha Katichakrasana (lateral ark pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Stand straight, feet hips-width apart.
2. Raise the right hand vertically while breathing in; stretch it as much as possible.
3. Exhale and bend the body towards the left.
4. In the final posture maintain regular breathing; hold a few seconds.
5. Repeat on the other side.

3 · Functions / properties (benefits)

1. Tones and strengthens the spine.
2. Tones and strengthens the back muscles.
3. Tones and strengthens the hips.
4. Tones and strengthens the abdomen.
5. EXTRA Adds side-flexibility to the trunk.
6. EXTRA Balances work on both sides (repeat on other side).

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Contraindications: Persons with spine and abdominal issues should avoid this asana.

4 · Label guide

Label on your diagram	What to write
Raised arm	Vertical while inhaling
Bend direction	To the left while exhaling (then repeat right)
Feet	Hips-width apart
Final posture	Regular breathing, hold a few seconds

EXTRA **Unit 5 link:** doing both sides = balance → emotional balance.
Real-world: side stretch to relieve side-body tightness.
Computing angle: quick stretch next to the desk EXTRA .

HOOK “Hand up inhale, bend exhale, switch sides”.

5 · Conclusion: Ardha Katichakrasana tones the spine, back, hips and abdomen; spine and abdominal issues forbid it.

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Prasarita Padahastasana (wide stance forward bend pose)

Session 2 · Standing · wide-legged forward bend

1 · Definition

Source wording: “Stand erect with the feet 3-4 ft apart. Inhale, stretch the arms overhead. Exhale, bend forward from the hip joints, keeping the spine straight.”

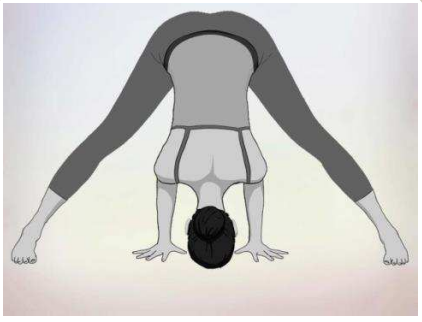


Fig — Prasarita Padahastasana (wide stance forward bend pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Stand erect with the feet 3–4 ft apart.
2. Inhale, stretch the arms overhead.
3. Exhale, bend forward from the hip joints, spine straight; hands on the floor under the shoulders.
4. Inhale, stretch the arms to the front and lift up slowly.
5. Exhale, bend the arms to the sides.

3 · Functions / properties (benefits)

1. Strengthens the legs.
2. Strengthens the feet.
3. Strengthens the abdomen.
4. Strengthens the joints.
5. Lengthens the spine.
6. Stretches the hamstrings.

Contraindications: Persons with low back pain should avoid this asana.

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4 · Label guide

Label on your diagram	What to write
Feet	3–4 ft apart
Hands	On the floor under the shoulders
Spine	Straight while bending from the hip joints

EXTRA **Unit 5 link:** stable wide base = safety and security level of Maslow (symbolic) EXTRA .
Real-world: stretches hamstrings tight from sitting.
Computing angle: hamstring release for long sitters EXTRA .

HOOK “3–4 feet apart, hands under shoulders”.

5 · Conclusion: Prasarita Padahastasana strengthens legs, feet, abdomen and joints and lengthens the spine; low back pain rules it out.

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Pawanmuktasana (leg lock pose)

Session 2 · Supine

1 · Definition

Source wording: “Lie in shavasana. Bend both knees and bring the thighs to the chest. Interlock the fingers and clasp the hands on the shin bones just below the knees.”



Fig — Pawanmuktasana (leg lock pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Lie in shavasana; bend both knees, thighs to the chest.
2. Interlock the fingers; clasp the hands on the shin bones just below the knees.
3. Inhale deeply; exhaling, raise the head and shoulders and try to place the chin between the two knees.
4. Hold a few seconds.
5. Slowly lower head, shoulders and legs while inhaling; practise 3 times.

3 · Functions / properties (benefits)

1. Strengthens the lower back muscles.
2. Loosens the spinal vertebrae.
3. Massages the abdomen and digestive organs.
4. Very effective in removing wind and constipation.
5. Massages the pelvic muscles and reproductive organs.
6. Useful for impotence, sterility and menstrual problems (as per notes).

Contraindications: High blood pressure; serious back conditions such as sciatica and slipped disc.

4 · Label guide

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Label on your diagram	What to write
Hands clasped	On the shin bones just below the knees
Head and shoulders raised	While exhaling; chin between knees
Thighs	Pressed to the chest

EXTRA **Unit 5 link:** “wind-releasing” — removes physical discomfort (physiological needs level).
Real-world: a simple posture for gas and constipation.
Computing angle: counter-bend after long sitting EXTRA .

HOOK **Pawan = PCB** (high BP caution). “Wind-free pose”.

5 · Conclusion: Pawanmuktasana strengthens the lower back and massages the abdomen to remove wind and constipation; high BP and serious back conditions forbid it.

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Bhujangasana (cobra pose)

Session 2 · Prone · back bend

1 · Definition

Source wording: “Lie down on the stomach; rest the forehead on the ground. Keep the legs close together.”



Fig — Bhujangasana (cobra pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Lie on the stomach, forehead on the ground; legs close together.
2. Palms on the ground under the shoulders; elbows parallel and close to the torso.
3. Deep breath in, slowly lift the head, chest and abdomen; keep the navel on the floor; tilt the head back and look up.
4. Maintain for a comfortable duration.
5. Breathe out, bring abdomen, chest and head back to the floor and relax; 3 times.

3 · Functions / properties (benefits)

1. Tones the abdomen.
2. Strengthens the entire back and shoulders.
3. Improves flexibility of the upper and middle back.
4. Expands the chest.
5. Improves blood circulation.
6. Reduces fatigue and stress.
7. Useful for respiratory disorders such as asthma.

Contraindications: Peptic ulcer, hernia, intestinal tuberculosis, hyperthyroidism.

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4 · Label guide

Label on your diagram	What to write
Forehead/head	Tilted back, looking up
Navel	Stays on the floor
Hands	Palms under shoulders, elbows close to torso
Lifted part	Head, chest, abdomen (on inhalation)

EXTRA **Unit 5 link:** expanding the chest = confidence and self-esteem, reduces stress.
Real-world: counter-pose to hunching; helps asthma (per notes).
Computing angle: opens the chest after keyboard hours EXTRA .

HOOK “Cobra: Navel down, Chest up, Look up”. Hernia caution with Vajra & Chakra.

5 · Conclusion: Bhujangasana strengthens the back and expands the chest, reducing fatigue and stress; it is avoided in ulcer, hernia, intestinal TB and hyperthyroidism.

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Padmasana (lotus pose)

Session 2 · Sitting · meditation

1 · Definition

Source wording: “Sit with the legs straight in front of the body. Slowly bend the right leg and place the foot on top of the opposite thigh.”



Fig — Padmasana (lotus pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Sit with the legs straight in front.
2. Slowly bend the right leg, foot on top of the opposite thigh, sole upward, heel close to the pubic bone.
3. Bend the other leg, foot on the opposite thigh.
4. Head and spine upright; shoulders relaxed.
5. Hands on the knees in chin or jnana mudra; close the eyes and relax the whole body.

3 · Functions / properties (benefits)

1. As the body is steadied, the mind becomes calm.
2. Pressure on the lower spine has a relaxing effect on the nervous system.
3. The breath becomes slow.
4. Muscular tension is decreased.
5. Blood pressure is reduced.
6. Blood flow to the legs is redirected to the abdominal region.
7. Stimulates the digestive process.

Contraindications: Sciatica or weak or injured knees.

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4 · Label guide

Label on your diagram	What to write
Right foot on left thigh	Sole upward, heel near pubic bone
Left foot on right thigh	Opposite thigh
Hands on knees	Chin or jnana mudra
Spine	Head and spine upright

EXTRA **Unit 5 link:** the classic meditation seat → self-awareness and self-exploration (self-actualization and yoga).
Real-world: used for meditation and pranayama.
Computing angle: calm, steady focus before study sessions EXTRA .

HOOK “Lotus: right foot first, sole up”.

5 · Conclusion: Padmasana steadies the body and calms the mind by slowing breath, reducing tension and BP; knee problems and sciatica rule it out.

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Shavasana (corpse pose)

Sessions 1 & 2 · Supine · relaxation

1 · Definition

Source wording: “Lie flat on the back with the arms about a little away from the body, palms facing upward. Move the feet slightly apart to a comfortable position and close the eyes.”

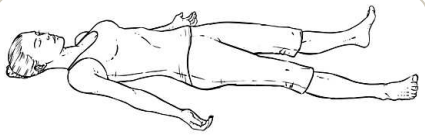


Fig — Shavasana (corpse pose) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Lie flat on the back, arms a little away from the body, palms facing upward.
2. Feet slightly apart; close the eyes; head and spine in a straight line, head not falling to one side.
3. Relax the whole body and stop all physical movement.
4. Become aware of the natural breath; let it become rhythmic and relaxed.
5. After some time, become aware of the body and surroundings; gently and smoothly release.

3 · Functions / properties (benefits)

1. Relaxes the whole psycho-physiological system.
2. Ideally practised before sleep.
3. Practised before, during and after asana practice, particularly after dynamic exercises such as surya namaskara.
4. Practised when the practitioner feels physically and mentally tired.
5. Develops body awareness.
6. When the body is completely relaxed, awareness of the mind increases.

Contraindications: None listed in the note (E?)

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4 · Label guide

Label on your diagram	What to write
Arms	A little away from the body, palms up
Feet	Slightly apart
Head–spine line	Straight; head not to one side
Breath	Natural, rhythmic, relaxed

EXTRA **Unit 5 link:** body relaxed → mind awareness rises → self-awareness.
Real-world: rest pose after Surya Namaskar or before sleep.
Computing angle: like “sleep mode” for the nervous system EXTRA .

HOOK “Corpse: stop all movement — sleep, tired, after Surya”.

5 · Conclusion: Shavasana relaxes the whole psycho-physiological system and develops body awareness, which in turn increases awareness of the mind.

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Jnana Mudra (psychic gesture of knowledge)

Sessions 1 & 2 · Hand gesture · meditation

1 · Definition

Source wording: "Jnana mudra is a simple but important psycho-neural finger lock which makes meditation asanas more powerful."

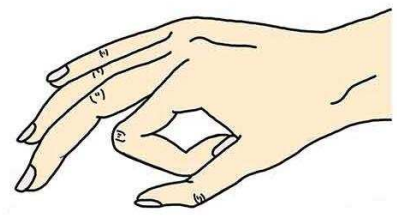


Fig — Jnana Mudra (psychic gesture of knowledge) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Assume a comfortable meditation posture.
2. Fold the index fingers so that they touch the tip of the thumbs.
3. Straighten the other three fingers, relaxed and slightly apart.
4. Place the hands on the knees, palms facing down.
5. Relax the hands and arms.

3 · Functions / properties (benefits)

1. A simple but important psycho-neural finger lock — makes meditation asanas more powerful.
2. Promotes concentration.
3. Calms the mind.
4. Boosts memory.
5. Improves sleep.
6. Source explanation: a circuit allows energy that would dissipate to travel back to the brain (as per notes).

Contraindications: None listed in the notes (E12).

4 · Label guide

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Label on your diagram	What to write
Index finger	Folded to touch the tip of the thumb
Other three fingers	Straight, relaxed, slightly apart
Palms	Facing down on the knees

EXTRA **Unit 5 link:** "gesture of knowledge" = vijnanamaya (wisdom) connection.
Real-world: used with Padmasana/Vajrasana for meditation.
Computing angle: simple cue to start a focus session EXTRA .

HOOK "Index + Thumb = Knowledge".

5 · Conclusion: Jnana mudra is a simple finger lock that promotes concentration, calms the mind, boosts memory and improves sleep.

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Sheetali Pranayama (cooling breath)

Sessions 1 & 2 · Pranayama · seated

1 · Definition

Source wording: “Sit in any comfortable meditation posture. Close the eyes and relax the whole body. Extend the tongue outside the mouth as far as possible without strain.”



Fig — Sheetali Pranayama (cooling breath) (from your notes).

2 · Structure / working (procedure as exam prose)

1. Sit in a comfortable meditation posture; close the eyes; relax.
2. Extend the tongue outside the mouth as far as possible without strain.
3. Roll the sides of the tongue up to form a tube.
4. Long, smooth, controlled inhalation through the rolled tongue.
5. At the end of inhalation, draw the tongue in, close the mouth and exhale through the nose = one round; 10 rounds.

3 · Functions / properties (benefits)

1. Cools the body.
2. Reduces mental and emotional excitation.
3. Induces muscular relaxation.
4. Induces mental tranquility.
5. May be used as a tranquillizer before sleep.
6. Gives control over hunger and thirst (as per notes).

Contraindications: Low blood pressure; respiratory disorders such as asthma, bronchitis and excessive mucous.

4 · Label guide

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Label on your diagram	What to write
Tube tongue	Sides rolled up; inhale through it
Mouth closed	At end of inhalation, tongue drawn in
Exhale	Through the nose
Count	10 rounds

EXTRA **Unit 5 link:** reducing emotional excitation → emotional balance.
Real-world: cooling breath for a hot day or before sleep (notes).
Computing angle: calm down before an exam — but avoid if asthmatic or low-BP EXTRA .

HOOK Sheetali = Cool; Low BP & asthma = No.

5 · Conclusion: Sheetali cools the body, reduces excitation and induces tranquility; it is forbidden in low BP and respiratory disorders.

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Yogic Breathing

Sessions 1 & 2 · Pranayama · breath-awareness

1 · Definition

Source wording: "Yogic breathing is composed of abdominal breathing, thoracic breathing, and clavicular breathing."

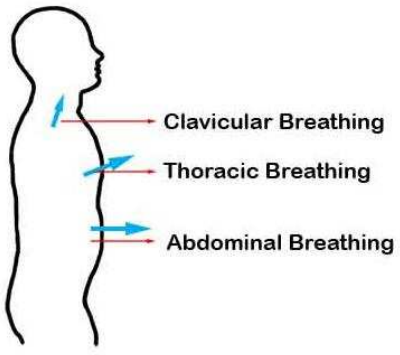


Fig — Yogic Breathing (from your notes).

2 · Structure / working (procedure as exam prose)

1. Sit in a meditation posture and relax the whole body.
2. Inhale slowly and deeply, allowing the abdomen to expand fully; air reaches the bottom of the lungs.
3. Then expand the chest outward and upward; when the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck; shoulders and collar bone move up slightly = one inhalation.
4. Exhale: relax the lower neck and upper chest, then let the chest contract downward and inward; empty the lungs by drawing the abdominal wall towards the spine.
5. This is one round; perform 5 to 10 rounds.

3 · Functions / properties (benefits)

1. Composed of abdominal, thoracic and clavicular breathing.
2. Abdominal stage uses the lower lobes of the lungs.
3. Thoracic breathing uses the middle lobes.
4. Clavicular breathing "utilizes the entire lungs" (as per notes — see E6).
5. Improves lymphatic drainage from basal parts of the lungs.
6. Positive effect on cardiac functions and coronary supply.
7. Improves oxygenation of the blood and circulation.

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Contraindications: None listed for Yogic breathing in the notes (the contraindication line above it belongs to Sheetali).

4 · Label guide

Label on your diagram	What to write
Clavicular breathing (top arrow)	Upper chest / base of neck; shoulders and collar bone rise
Thoracic breathing (middle arrow)	Ribs expand outward and upward; middle lobes
Abdominal breathing (bottom arrow)	Abdomen expands; lower lobes

EXTRA **Unit 5 link:** breath is the bridge between body and mind — self-awareness (mind-body connection).
Real-world: improves oxygenation and calms stress before exams.
Computing angle: like "three-stage buffer fill": abdomen → chest → neck; exhale reverses EXTRA .

HOOK Belly → Ribs → Collar; then Collar → Ribs → Belly (empty).

5 · Conclusion: Yogic breathing combines abdominal, thoracic and clavicular breathing to improve oxygenation, lymphatic drainage and cardiac function.

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5.4 All-practices comparison table

Practice	Position	Rounds / breath	Headline benefit	Avoid if
Tadasana	Standing	5 rounds; inhale up, hold, exhale down	Balance, spine stretch	—
Padahastasana	Standing · forward	inhale up / exhale bend	Digestion, metabolism	Back conditions
Ardha Chakrasana	Standing · back bend	exhale bend / inhale up	Lung capacity, back pain	Hip/spine, high BP, hernia
Dandasana	Sitting	comfortable hold	Posture, back	—
Vajrasana	Kneeling	comfortable hold	Digestion, pelvic muscles	Hernia, joint/foot/ankle
Marjariasana	Hands & knees	5–10 rounds; hold breath 3 s	Neck/shoulder/spine flexibility	Back/neck (care)
Balasana	Kneeling · forward	3–5 rounds	Backache, constipation	Very high BP, slipped disc, vertigo
Virabhadrasana-I	Standing · lunge	2–3 rounds each leg	Strength, stamina, frozen shoulder	Knee issues
Ardha Katichakrasana	Standing side bend	hold few seconds; both sides	Spine, hips, abdomen	Spine/abdominal issues
Prasarita Padahastasana	Standing · wide forward	inhale/exhale cycle	Legs, hamstrings	Low back pain
Pawanmuktasana	Supine	3 times	Wind & constipation	High BP, sciatica, slipped disc
Bhujangasana	Prone	3 times	Back, chest, asthma	Peptic ulcer, hernia, intestinal TB, hyperthyroidism
Padmasana	Sitting · meditation	comfortable hold	Calm mind, BP reduced	Sciatica, knee injury
Shavasana	Supine	natural breath	Total relaxation, awareness	—
Jnana Mudra	Seated hands	—	Concentration, memory	—
Sheetali	Seated	10 rounds	Cooling, tranquility	Low BP, asthma, bronchitis, mucus
Yogic breathing	Seated	5–10 rounds	Oxygenation, lymph, cardiac	—

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5.5 Grouping tricks

Group	Members	Trick
By position	**Standing 6:** Tadasana, Padahastasana, Ardha Chakrasana, Virabhadrasana-I, Ardha Katichakrasana, Prasarita Padahastasana · **Sitting/kneeling 5:** Dandasana, Vajrasana, Padmasana, Marjariasana, Balasana · **Lying 3:** Pawanmuktasana, Shavasana (back), Bhujangasana (stomach) · **Breath/mudra 3:** Jnana, Sheetali, Yogic breathing	6-5-3-3 = 17
By spine movement	Forward: Padahastasana, Prasarita, Balasana · Backward: Ardha Chakrasana, Bhujangasana · Side: Ardha Katichakrasana · Flex both ways: Marjariasana	F-B-S-C
High BP — avoid	Ardha **C**hakrasana, **P**awanmuktasana, **B**alasana (very high)	PCB = High-voltage BP
Low BP — avoid	Sheetali (also asthma, bronchitis, mucus)	Only one
Hernia — avoid	Vajrasana, Bhujangasana, Ardha Chakrasana	V-B-C
Knee / joint	Virabhadrasana-I (knee issues), Padmasana (weak/injured knees), Vajrasana (joint pains, foot/ankle)	V-P-V
Back / spine	Padahastasana, Prasarita (low back pain), Ardha Katichakrasana (spine+abdomen), Pawanmuktasana (sciatica, slipped disc), Balasana (slipped disc), Padahastasana (sciatica), Ardha Chakrasana (spinal), Marjariasana (care)	"Back pain? skip bends"
No contraindication listed	Tadasana, Dandasana, Shavasana, Jnana mudra, Yogic breathing	T-D-S-J-Y

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HOOK Rounds: **Sheetali 10** (biggest) · **Marjari 5–10** · **Yogic breathing 5–10** · **Tadasana 5** · **Balasana 3–5** · **Virabhadra 2–3 each leg** · **Pawan 3** · **Bhujanga 3**.

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7 · Cross-unit integration

7.1 Mapping table (Unit 1 ↔ Unit 5)

Unit 1 idea	Unit 5 idea	Ready-to-write linking sentence
Kaivalyam — self-realisation and actualization (objective of yoga)	Self-actualization — complete realization of one's potential	"The last objective of yoga, *Kaivalyam*, is the same aim as self-actualization, the top level of Maslow's hierarchy."
Pratyahara → Dharana → Dhyana (attention inward)	Self-awareness — oneself becomes the focus of attention	"The inner limbs of yoga train the attention to turn inward, which is exactly self-awareness."
Yama · Niyama (right social/personal conduct)	Karma — thought, deed, word	"Yama and Niyama guide right action, so that agami karma is positive."
Disease causes: food, thought, deed	Karma — law of cause and effect	"Yoga traces disease to food, thought and deed, which is the same cause-and-effect logic as karma."
Purusharthas (Dharma, Artha, Kama, Moksha)	Maslow's hierarchy	"Artha and Kama fulfil the lower needs; Moksha corresponds to self-actualization." **EXTRA**
Pancha Koshas (food → bliss)	Maslow's levels (survival → purpose)	"Both models run from the physical to the inner: Annamaya ≈ physiological needs; Vijnanamaya/Anandamaya ≈ self-actualization." **EXTRA**
Shavasana, Padmasana, Yogic breathing	Mind-body connection & emotional balance	"Breath and posture practices in Unit 1 are the tools by which yoga produces the mind-body connection of Unit 5."
Virabhadrasana (strength, stamina)	Self-motivation	"The warrior posture builds the inner drive described as self-motivation." **EXTRA**
Guru (para vidya — explains yourself to you)	Self-exploration	"A guru helps with the self-exploration that self-actualization demands."
Prana — positive thoughts raise it	Agami karma — positive intentions	"Positive thoughts generate prana and positive agami karma." **EXTRA**

EXTRA — CSE ANGLE Self-awareness ≈ *debugging yourself*; Sanchita/Prarabdha/Agami ≈ stored data / running process / new writes; Sheetali/Shavasana ≈ low-power modes. Use one such line in a 10-marker only if it fits naturally.

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8 · Answer bank — Unit 1

Written the way you should write in the exam: heading · source-wording definition · numbered points · table/diagram · link · conclusion. Red underline = keyword to underline in your answer. Badge = marks. Long answers here fill about 1.5–2 A4 pages; in your exam booklet that is ≈ 3–4 handwritten pages. Blue boxes tell you which diagram to draw.

Ten-mark answers

L1. Define yoga. Explain the meaning and definitions of yoga (Bhagavad Gita and Patanjali) and state th objectives of yoga. **10 marks**

Meaning and Definitions of Yoga

Introduction: Yoga is the ancient Indian science of harmony of body, mind and spirit.

Definition: Yoga is usually defined as union between the limited self and the Divine Self.

1. The aim is not really to unite us with anything, for we are already united.
2. It helps us realize our identity with the Divine Self and tune into our intrinsic nature
3. At the physical level, it harmonizes the functions of organs, muscles and nerves so that they do not hamper one another.
4. Disharmony brings inefficiency, lethargy or clumsiness and manifests as disease.
5. So yoga = physical harmony & health and mental balance & peace.

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Definition	Source
Equanimity of mind in success and failure	Gita 2.48
Discretion in work	Gita 2.50
Remover of misery, destroyer of pain; supreme secret of life	Gita 6.23
Serenity	Gita
Stilling of the fluctuations of the mind	Patanjali, PYS I.2

Objectives of Yoga

1. Mind control
2. Body and breath control
3. Harmonious living – enhances the function of all body systems

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4. Helps one come out of suffering (therapy)
5. Total well-being
6. Kaivalyam – self-realisation and actualization

Link (Unit 5): Kaivalyam = self-actualization, the highest level of Maslow's pyramid.

Conclusion: Thus yoga ranges from physical health to mental peace to self-realisation.

L2. Explain the Eight Limbs of Yoga (Ashtanga yoga) of Sage Patanjali. **10 marks**

The Eight Limbs of Yoga

Introduction: Sage Patanjali, in the Yoga Sutras, set forth the philosophy of yoga around 800 BC (as per notes).

Definition: Patanjali did not found or discover yoga; he compiled the yogic knowledge of his time. According to yoga darshana the goal is union with the Ultimate Reality – samadhi. To calm the mind, it requires moral and practical steps known as the Eight Limbs of Yoga.

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1. Yama – acting as per the rules of right social conduct
2. Niyama – following the rules of right personal conduct
3. Asana – postures for physical and mental stability
4. Pranayama – control over the vital life force through breath practices
5. Pratyahara – rerouting attention inward by tuning out external stimuli
6. Dharana – focus and concentration on a single point
7. Dhyana – effortless sustained concentration
8. Samadhi – union with / absorption into ultimate reality

Draw: a staircase of 8 steps, Yama at the bottom → Samadhi at the top

Group	Limbs	Works on
Ethical	Yama, Niyama	Conduct
Physical	Asana, Pranayama	Body & breath
Mental	Pratyahara, Dharana, Dhyana	Mind
Goal	Samadhi	Union

Significance: The path moves outside → inside: conduct → body → breath → senses → mind → union. Asanas practised in the practical sessions are

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only the third limb — this corrects the misconception that yoga is restricted to asanas.

Link (Unit 5): Pratyahara–Dharana build self-awareness.

Conclusion: The eight limbs together lead from right conduct to samadhi.

L3. Discuss the classification of Indian scriptures into Shruti and Smriti and the place of yoga and Sage in it. **10 marks**

Indian Scriptures: Shruti and Smriti

Introduction: Indian scriptures can be broadly classified into Shruti (knowledge through inner knowing) and Smriti (transmitted knowledge).

Draw: box "Indian Scriptures" → two boxes Shruti (revealed) and Smriti (transmitted) → under Smriti: Yoga (compiled by Sage Patanjali)

1. **Shruti** is the first-hand knowledge. The universal truths of faith were heard by Great Rishis, who recorded them for posterity's gain.
2. The four Vedas and 108 Upanishads are Shrutis.
3. **Smriti** literature is derived from the Vedas and thought to be written by post-Vedic sages and scholars.
4. It refers to the entire body of post-Vedic classical Sanskrit literature — Itihasa, Puranas, Yoga darshana etc.
5. These texts are used to interpret and understand Vedic philosophy.

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Point	Shruti	Smriti
Nature	Revealed, first-hand	Transmitted, derived
Author	Heard by Rishis	Post-Vedic sages
Examples	4 Vedas, 108 Upanishads	Itihasa, Puranas, Yoga darshana
Function	Universal truths	Interpret Vedic philosophy

Place of yoga: Yoga darshana is in Smriti; it was compiled by Sage Patanjali in the Yoga Sutras. Patanjali did not found yoga but compiled the prevailing yogic knowledge.

Significance: Shruti gives the vision; Smriti gives practical interpretation — yoga is the practical path.

Link: The Upanishads (Shruti) also give the Pancha Kosha model (Taittiriya Upanishad).

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Conclusion: Shruti = revealed truth; Smriti = transmitted interpretation; yoga is a Smriti system.

L4. Trace the history of yoga through its different periods. **10 marks**

History of Yoga

Introduction: Yoga is believed to have started with the very dawn of civilization; it developed through six periods.

Period	Date	Key points
Pre-Vedic	2700 BC	Seals and fossil remains of Indus-Saraswati valley with yogic motifs; primordial or pure yoga
Vedic	1500 BC	Term Yoga in the Rig-veda; mantra, dhyana, karma, dharma, prana, tapas; rishis Vasishta, Agastya, Vyasa, Vishwamitra
Post-Vedic	1000 BC	Upanishads, Ramayana, Mahabharata: karma yoga and jnana yoga
Pre-Classical	800 BC	Ashtanga yoga of Patanjali and Thirumular (Thirumantiram); Mahavir and Buddha
Classical	500 BC–800 AD	Most [illegible] period; Hatha yoga – asanas, pranayama, concentration
Modern	1700–1900 AD	Spreads across the world: Vivekananda, Ramana Maharishi, Sivananda, Krishnamacharya, Yogananda

Draw: a horizontal timeline 2700 BC → 1900 AD with the six periods as beads

Explanation:

1. In the Pre-Vedic period yoga is known only from seals and figures.
2. In the Vedic period the word yoga appears – yoking higher intelligence (dhi) to unite with the higher light of truth.
3. The Post-Vedic texts talk about karma yoga and jnana yoga.
4. In the Pre-Classical period yoga is systematised.
5. The Classical period develops Hatha yoga for physical health and well-being.
6. The Modern period makes yoga popular worldwide.

Link (Unit 5): The karma yoga of the Post-Vedic period connects to karma (Unit 5).

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Conclusion: From seals to global spread, yoga evolved from pure practice to systematised science.

L5. Explain the benefits of Surya Namaskar and the influence of yoga on the human body systems (sci view). **10 marks**

Surya Namaskar and Body Systems

Introduction: Surya Namaskar is a cycle of postures linked with breath (In / Out / Hold). It can be done slow or fast, but should be regular.

Draw: circle of 10–12 figures with In/Out labels

Benefits of Surya Namaskar:

1. Channelizes physical energy toward physical and mental health
2. Enhances metabolism — one round burns 13.69 calories (as per notes); slow → strength, fast → cardiovascular efficiency, more numbers → endurance
3. Opens the diaphragm; eliminates respiratory diseases and excess mucus
4. Improves heart action and circulation of lymph
5. Speeds up circul[illegible]; elimi[illegible] waste v[illegible] urinary system
6. Spine stretched and compressed — stimulates nerve plexuses
7. Better body posture; tones all internal organs
8. Balances hormones; removes toxins
9. Helps fast recovery from diseases
10. Enhances mental and emotional stability

System	Influence of yoga
Skeletal	Better posture; prevents spinal problems
Muscular	Stretches, tones and realigns joints, muscles, ligaments
Respiratory	Opens diaphragm; removes excess mucus
Circulatory	Heart action; lymph circulation
Digestive	Digestion, assimilation, metabolism
Urinary	Kidney stimulation; water & salt regulation
Genital	Tones and regulates; menstrual irregularities; easy childbirth
Endocrine	Balances hormones
Nervous	Stimulates nerve plexuses; balances sympathetic and parasympathetic

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Link (Unit 5): Mind-body connection — physical practice improves emotional balance.

Conclusion: Surya Namaskar benefits all nine systems and mental stability.

L6. Describe the yogic anatomy — nadis, prana and the seven chakras. **10 marks**

Yogic Anatomy

Introduction: Yogis have seen the anatomy in their deep meditative states.

1. Nadis — subtle energy channels; 72,000 in the body. Main three: Ida (left, feminine, moon, restful), Pingala (right, masculine, sun, dynamic), Sushumna (central, spiritual, harmony).
2. Prana — energy that enlivens us; not received only from outside, also self-generated; positive thoughts, higher feelings and yogic practices generate higher prana.
3. Chakras — spinning wheels of energy along the spine; felt with intuition; act as transformers receiving cosmic prana. Balanced → harmony of body and mind; imbalanced → physical, mental and spiritual problems.

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Draw: spine with 7 dots (base → crown), Ida, Pingala criss-crossing Sushumna

Chakra	Location	Associated with
1 Muladhara	Base of spine	Food, clothing, shelter; security
2 Svadhistana	3 inches below navel	Abundance, pleasure, procreation
3 Manipura	Behind navel	Confidence, courage, personal power
4 Anahata	Centre of chest	Love, bravery, compassion
5 Visuddha	Throat pit	Self-mastery, communication, creativity
6 Ajna	Between eyebrows	Intuition, insight; pineal gland
7 Sahasra	Top of head	Illumination; pure consciousness

Significance: The yogic view explains why thoughts, feelings and practices influence health — prana and chakras link mind and body.

Link: Prana is increased by positive thoughts — connects to karma (thoughts create consequences).

Conclusion: Nadis carry prana, chakras transform it, and their balance gives health.

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L7. Explain the Pancha Koshas (five sheaths) of the human being with the practices that influence eac **10 marks**

Pancha Koshas

Introduction: The Taittiriya Upanishad explains the human being as Koshas (sheaths) — another way to understand anatomy.

Draw: five concentric circles — Annamaya (outermost) → Anandamaya (innermost)

1. Annamaya kosha — the physical body made from food; most visible aspect; a healthy body allows optimal functioning of the other koshas. Influenced by natural diet, fasting and detoxification, exercise, yoga.
2. Pranamaya kosha — vital energy circulating in the body; linked with prana / life force; influences vitality and energy levels.
3. Manomaya kosha — the mental body: thoughts, emotions, memory, perception, imagination, feelings. Tools: mindfulness, meditation, visualizations.
4. Vijnanamaya kosha — the wisdom body: inner knowing, intuition, intellect, critical thinking, awareness. Sharpened by introspection, self-enquiry, reading spiritual texts, meditation
5. Anandamaya kosha — the bliss body, accessed in deep meditation; true nature of love, joy, freedom, happiness. Cultivated by meditation, selfless service, devotion, mindfulness.

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Kosha	Layer	Key word
Annamaya	Physical	Food
Pranamaya	Energy	Prana
Manomaya	Mental	Emotions
Vijnanamaya	Wisdom	Intuition
Anandamaya	Bliss	Joy

Significance: Health is holistic — body, energy, mind, wisdom and bliss all need attention.

Link (Unit 5): Self-actualization (Maslow's top level) corresponds to the inner koshas (wisdom and bliss) EXTRA .

Conclusion: From food to bliss, the koshas map the journey outer → inner.

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L8. Describe the procedure, benefits and contraindications of (a) Bhujangasana, (b) Padmasana, (c) Virabhadrasana-I. **10 marks**

Bhujangasana · Padmasana · Virabhadrasana-I

Introduction: Asana = postures for physical and mental stability (third limb of Patanjali).

(a) Bhujangasana (cobra pose)

Procedure: Lie on the stomach, forehead on the ground, legs together; palms under shoulders, elbows close to torso; inhale, slowly lift head, chest and abdomen, navel on floor, tilt head back; hold; exhale and return; repeat 3 times.

Benefits: tones abdomen · strengthens entire back and shoulders · flexibility of upper and middle back · expands chest · improves blood circulation · reduces fatigue and stress · useful for asthma.

Contra: peptic ulcer, hernia, intestinal tuberculosis, hyperthyroidism.

(b) Padmasana (lotus pose)

Procedure: Sit with legs straight; right foot on opposite thigh (sole upward, heel near pubic bone), other foot on opposite thigh, head and spine upright; hands on knees in chin or jnana mudra; close eyes, relax.

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Benefits: body steadied → mind calm · relaxes nervous system · breath slow · muscular tension and blood pressure reduced · blood flow redirected to abdomen · stimulates digestion.

Contra: sciatica; weak or injured knees.

(c) Virabhadrasana-I (warrior pose)

Procedure: From samasthiti angle left foot 45°; wide step forward with right foot; bend right knee; inhale, arms up in namaskara mudra; arch the back; reverse; repeat with left foot; 2–3 rounds each leg.

Benefits: strengthens arms, legs, lower back · balance · stamina · good for sedentary jobs · frozen shoulders · releases shoulder stress.

Contra: knee issues.

Draw: three small figures (cobra, lotus, warrior) with labels

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	Bhujangasana	Padmasana	Virabhadrasana-I
Position	Prone	Sitting	Standing
Main benefit	Back, chest	Calm mind	Strength, stamina
Avoid	Ulcer, hernia, TB, hyperthyroid	Sciatica, knees	Knee issues

Link (Unit 5): Padmasana supports self-awareness; Virabhadrasana builds self-motivation.

Conclusion: Practise asanas as per procedure and always check contraindications.

L9. Explain Sheetali Pranayama and Yogic Breathing — procedure, benefits and contraindications. **10 marks**

Sheetali Pranayama and Yogic Breathing

Introduction: Pranayama = developing control over the vital life force through breath practices (4th limb).

A. Sheetali Pranayama (cooling breath)

1. Sit in a comfortable meditation posture; close eyes; relax.
2. Extend the tongue outside as far as possible without strain; roll the sides up into a tube.
3. Long, smooth, controlled inhalation through the rolled tongue.
4. At the end, draw the tongue in, close the mouth, exhale through the nose = one round; 10 rounds.

Benefits: cools the body · reduces mental and emotional excitation · muscular relaxation · mental tranquility · tranquillizer before sleep · control over hunger and thirst.

Contra: low blood pressure, respiratory disorders (asthma, bronchitis, excessive mucous).

B. Yogic Breathing

1. Sit in a meditation posture; relax.
2. Inhale slowly and deeply — abdomen expands fully (lower lobes).
3. Then chest expands outward and upward (ribs); a little more until the upper lungs near the base of the neck; shoulders and collar bone rise slightly = one inhalation.

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4. Exhale: relax lower neck and upper chest, chest contracts downward then inward; empty lungs by drawing the abdominal wall towards the spine = one round. 5 to 10 rounds.

Draw: side-view outline of a body with three arrows — clavicular (top), thoracic (middle), abdominal (bottom)

Benefits: composed of abdominal, thoracic and clavicular breathing · abdominal uses lower lobes · thoracic uses middle lobes · clavicular (as per notes) utilizes the entire lungs · improves lymphatic drainage from basal parts · positive effect on cardiac functions and coronary supply · improves oxygenation of blood and circulation.

	Sheetali	Yogic breathing
Rounds	10	5–10
Inhale via	Rolled tongue	Nose, 3 stages
Effect	Cooling, calming	Oxygenation, heart
Avoid	Low BP, asthma, bronchitis	None listed

Link (Unit 5): Breath links body and mind — supports emotional balance and self-awareness.

Conclusion: Sheeta[illegible]ols yo[illegible]ic [illegible]ea[illegible]hing fi[illegible]ls th[illegible] wh[illegible]ole lung — both calm the mind.

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Five-mark answers — Unit 1

M1. Differentiate between a teacher and a guru. **5 marks**

Teacher vs Guru

Guru: gu = darkness, ru = one who dispels; the living light dispelling spiritual ignorance — the self within us.

Teacher	Guru
Explains the world	Explains yourself
Sharpens your mind	Opens your mind
Answers questions	Questions your answers
Prepares for outer journey	Prepares for inner journey
Road to success	Success and freedom

Teacher → apara vidya; Guru → para vidya.

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M2. Write the misconceptions about yoga. **5 marks**

Misconceptions about Yoga

1. Yoga is restricted to asanas.
2. It is the exercise/well-being regimen of Hindus only.
3. It is mere exercise (it is not – exercise works only on a physical level).
4. It is not challenging enough – low cardiovascular workout.
5. It can be learnt through books and online resources.
6. One has to be young and flexible.
7. Older and sick people cannot practise.

Conclusion: Yoga is union of body, mind and spirit, for all.

M3. Explain the Purusharthas (purpose of life). **5 marks**

Purpose of Life

Purushartha	Meaning
Dharma	Ethical and moral conduct
Artha	Earnings in a proper way, as guided by dharma
Kama	Desires fulfilled in a proper way, as guided by dharma
Moksham	The final purpose – happens if you follow the above three properly

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Link: Moksham ≈ Kaivalyam ≈ self-actualization.

M4. Explain the causes of disease as given in yoga. **5 marks**

Disease and Causes

Natural: genetic imprints (hereditary) · planetary position · natural calamities and climatic changes.

Artificial: food (Hitham Mitham Aharam – appropriate food in right quantity) · thought (avoid negative thoughts) · deed (as you sow, so you reap).

Factors to be limited: over-eating · work (don't over-exert) · sleep (repair time) · sexual gratification (within limits) · use of thoughts (be aware; divert if necessary).

Conclusion: Precaution = control food, thought and deed.

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M5. List the warm-up (loosening) exercises with repetitions. **5 marks**

Warm-up

1. Ankle loosening 1 & 2 — 10 each
2. Knee loosening 1 — 5; 2 — 10
3. Hip joint rotation — 5
4. Wrist rotation — 5
5. Shoulder rotation — 5
6. Squatting — 5
7. Backward and forward bend — 5
8. Torso twist 1 & 2 — 5 each
9. Neck: forward-backward, bending, twisting — 3 rounds each

Order: bottom → top (ankle to neck).

M6. Describe Marjariasana (cat stretch pose). **5 marks**

Marjariasana

Procedure: From vajrasana stand, knees, hands under shoulders, fingers forward; arms and thighs perpendicular to floor. Inhale: raise head, spine concave, abdomen expanded, hold breath 3 s. Exhale: lower head, arch spine up, contract abdomen, pull in buttocks, hold 3 s. One round; 5–10 rounds.

Benefits: flexibility of neck, shoulders, spine · tones female reproductive system · relief from menstrual cramps and leucorrhoea · safe in pregnancy.

Contra: back or neck problems — practise with care.

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M7. State the objectives of yoga and reasons why women practise yoga. **5 marks**

Objectives · Women and Yoga

Objectives: 1 mind control · 2 body and breath control · 3 harmonious living · 4 coming out of suffering (therapy) · 5 total well-being · 6 Kaivalyam.

Women (allowed in the Vedic period, prevented later, now everywhere) practise for: fitness and shape · pregnancy yoga for normal delivery · post-pregnancy stress · weight loss · therapy needs.

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Two-mark answers — Unit 1

S1. Define yoga (Patanjali). **2 marks**

Yoga is "the stilling of the fluctuations of the mind" — Yogah cittavrtti Nirodhah (PYS I.2). Also union of limited self and Divine Self.

S2. Who was Patanjali? Did he found yoga? **2 marks**

Sage Patanjali set forth the philosophy of yoga in the Yoga Sutras (~800 BC as per notes). He did not found or discover yoga; he compiled the existing yogic knowledge.

S3. What is Shruti? **2 marks**

Shruti = first-hand knowledge through inner knowing; universal truths heard by Great Rishis; four Vedas and 108 Upanishads.

S4. What is Smriti? **2 marks**

Smriti = transmitted knowleage; post-Vedic Classical Sanskrit literature — Itihasa, Puranas, Yoga darshana; used to interpret Vedic philosophy.

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S5. What is the meaning of "Guru"? **2 marks**

Gu = darkness, ru = one who dispels. Guru is the living light who dispels the darkness of spiritual ignorance.

S6. Differentiate apara vidya and para vidya. **2 marks**

Apara vidya = knowledge of the material world (taught by a teacher). Para vidya = spiritual/transcendental knowledge beyond reason (imparted by a guru).

S7. What are nadis? **2 marks**

Nadis are subtle energy channels; 72,000 in the body; main three: Ida, Pingala, Sushumna.

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S8. Define prana. **2 marks**

Prana is the energy that enlivens us; not only received from outside — also self-generated by positive thoughts, higher feelings and yogic practices.

S9. What are chakras? Name them. **2 marks**

Chakras = spinning wheels of energy along the spine; act as transformers of cosmic prana. Seven: Muladhara, Svadhistana, Manipura, Anahata, Visuddha, Ajna, Sahasra.

S10. Name the five koshas. **2 marks**

Annamaya, Pranamaya, Manomaya, Vijnanamaya, Anandamaya (Taittiriya Upanishad) — food, energy, mental, wisdom, bliss bodies.

S11. What is Kaivalyam? **2 marks**

The last objective of yoga — self-realization and actualization.

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S12. What is Sheetali pranayama? Give one contraindication. **2 marks**

Sheetali = cooling breath: inhale through rolled tongue, exhale through nose; 10 rounds. Avoid in low BP / asthma.

S13. State two benefits of Shavasana. **2 marks**

1 Relaxes the whole psycho-physiological system. 2 Develops body awareness; when the body is relaxed, awareness of the mind increases.

S14. What is Jnana mudra? Give its benefits. **2 marks**

Jnana mudra = psychic gesture of knowledge: index finger touches thumb tip, other three fingers straight. Promotes concentration, calms the mind, boosts memory, improves sleep.

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