



Yoga-A Way of Life

-Source: *Hatha Yoga Pradipika*

From text to thought:

Let's Recall:

1.	perseverance	2.	pranayama
3.	spiritual	4.	methodical
5.	harmony	6.	patanjali
7.	asanas	8.	yoga
9.	originated	10.	strengthen

Pick the best fit.

1. (d) All of the above
2. (b) India
3. (d) It provides many health benefits
4. (b) WHO mYoga
5. (b) Musical

REFERENCE TO THE CONTEXT-

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

1. Who was sage Patanjali?

Sage Patanjali was a great sage who organized yoga through the Yoga Sutras.

2. What does yoga symbolise?

Yoga symbolises the union of mind, body, and soul.

3. Replace the underlined word with its synonym and rewrite the sentence.

He described yoga as the means to make the mind quiet and free from all distractions.
He explained yoga as the means to make the mind quiet and free from all distractions.

4. Choose the sentence in which the word 'systematic' is used correctly:

(a) Correct sentence: Riya made a systematic plan to complete her homework on time.

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

1. When can an individual begin practising yoga?

Yoga can be practised at any time.

2. What should be kept in mind while practising yoga postures?

Mind, breathing, and body should work together.

3. Why do you think yoga should be practised with focused mind?

Yoga should be practised with focussed mind because yoga works on both body and mind.

4. When does yoga become yogic practice?

Yoga becomes yogic practice-when posture, breathing, and awareness work together

5. Frame two sentences to bring out the difference between the words 'practice' and 'practise'.

Practice – noun; Practise – verb.

Practice makes the man perfect.

Student practised math sums thoroughly.

THINK AND ANSWER–

Answer the following questions briefly.

1. What does the word 'Yoga' mean?

Yoga means the union of body, mind, and soul.

2. List two benefits of yoga.

Improves health and reduces stress.

3. How is yoga beneficial for today's youth?

Helps youth stay fit and stress-free.

4. In what ways has the WHO contributed to the promotion of yoga?

WHO promoted yoga through the mYoga app.

5. What safety measures should be kept in mind while practising yoga asanas?

Yoga should be done safely under guidance.

Attempt the following in 100-120 words.

Good morning respected Principal, teachers, and my dear friends. Today, on the occasion of International Yoga Day, I stand before you to share the benefits of yoga, an ancient Indian practice that unites the body, mind, and soul. Yoga is a holistic, drug-free way to reduce stress, improve concentration, boost immunity, and increase flexibility.

“Yoga is not just about twisting our bodies; it is a way of life that brings inner peace and physical strength. For students like us, daily practice—even for just 10 minutes—can significantly improve focus, enhance memory, and reduce anxiety, especially during exam times. It helps us maintain a healthy, energetic, and balanced life while teaching us discipline and self-awareness. On this special day, let us make a commitment to include yoga in our daily routine to foster a stronger mind and healthier body. As the theme often emphasizes, let's choose yoga for wellness, balance, and a peaceful life. Thank you, and happy International Yoga Day!” GRAMMAR–

Frame sentences to bring out the difference between the following pair of words.

1. stationary---stationery

Stationary (Adjective - Not moving): The car remained stationary at the traffic light.

Stationery (Noun - Writing materials): I bought new stationery, including envelopes and paper, for the office.

2. advice—advise

Advise (Verb - To give counsel): The doctor will advise you to get more sleep.
Advice (Noun - The guidance given): Thank you for your helpful advice on my career.

3. compliment—complement

Compliment (Noun/Verb - To praise): She gave me a lovely compliment on my new dress.
Complement (Noun/Verb - To complete/go well with): The red wine was the perfect complement to the steak.

4. loose—lose

Loose (Adjective - Not tight): After losing weight, his pants were too loose.
Lose (Verb - To misplace or fail to win): I hope I do not lose my wallet again.

5. effect—affect

Affect (Verb - To influence): The bad weather can affect your mood.
Effect (Noun - The result): The new rule had a positive effect on productivity

Activity 1: Yoga Pose Chart

To be completed independently by the students.

Activity 2: Healthy Routine Wheel

To be completed independently by the students.