

**Chapter-7, Section-1 (Good Health and Yoga)****Date: 15/07/2020****4. Answer the following broad questions:**

- a) Give a clear conception about the Yoga exercise.
- b) Explain the necessity of Yoga exercise.
- c) What do you understand by balanced diet?
- d) Explain the relation of religion with Yoga.
- e) What are the benefits of starvation?
- f) 'Fasting' is a part of religion'. \_\_ Explain.
- g) What are the Tithies (lunar days) given importance for special fasting?

**5. Answer the following creative questions:**

- a) My uncle controls his respiration, adopts some special methods for bodily movements or postures of sitting. As a result, his mind always remains fresh. What is it called? Write one meaning of the word. Write five usefulness of practicing it.
  
- b) Your friend does not like to eat at all. She has fallen sick. Why has she fallen sick? What should her diet be? What kind of problem she may face? Write in four sentences.

**4. Answers of broad questions:**

- a) To control respiration, special methods for bodily movements or postures of sitting all these in a word, is called Yoga exercise. The word 'Yoga' has two meanings. One is the unification to Ishwara and the other is control over the act of thought. The yoga exercise is one of the ways to keep health controlling both body and mind.
- b) The necessity of Yoga exercise is immense. **Some of them are given below:**
- i) Memory power increases.
  - ii) Nerves become fresh and muscles strong.
  - iii) Constipation is removed.
  - iv) Resistances power increases.
  - v) Some diseases are cured.
  - vi) The strength of body and mind increases.
- c) To take proportionate and nutritious food and clean water is called balanced diet. Diet is needed to compensate the loss, help the growth, the power of energy and the resistance of the body. But that diet must be proportionate and nutritious.
- d) There is a close relation between religion and Yoga, because Yoga is a part of religion. The body needs to be sound and fit so that we can worship properly. That is why, to worship properly, we need to have a sound body and sound mind. And Yoga is one of the ways to keep health controlling both body and mind. Yoga prepares one to connect with God. It indicates relationship between religion and Yoga.
- e) To make an interval for taking food and drink is called starvation. Starvation increases the physical capacity for taking food and strengthens immune power. It can make me habituated to eating balanced diet. It keeps body and mind fit for worship. It teaches us to be self-controlled. The first step of adoration is self-control which we can attain through starvation.
- f) Fasting or starvation is a part of religion, because it teaches us to be self-controlled. And, self-control is one of the best attributes of religion. Fasting or starvation makes our body and mind prepared to unite with Ishwara. We fast at puja-parvana and at the time of performing religious rituals. We take food breaking our fasting when the puja is over. So, it can be said that fasting and religion are closely related and fasting is a part of religion.

g) Our body will go inactive if we totally starve. Again too much eating is also harmful for our body. So, in the Hindu scriptures, there is advice for regulated starvation along with proportionate food. So, the Hindu religion gives importance for starvation or taking light food on the particular days of 'Ekadashi' or eleven, 'Purnima' or fifteen and on the last day of the dark fortnight or 'Amavasya'. Moreover, we fast at puja-parvana and at the time of performing religious rituals.

**5. Answers of creative questions:**

a) My uncle controls his respiration, adopts some special methods for bodily movements or postures of sitting. As a result, his mind always remains fresh. It is called Yoga.

One meaning of the word "Yoga" is unification to Ishwara.

**Five usefulness of practicing Yoga are given below:**

- i) Memory power increases.
- ii) Nerves become fresh and muscles strong.
- iii) Constipation is removed.
- iv) Resistances power increases.
- v) Some diseases are cured.
- vi) The strength of body and mind increases.

b) My friend does not like to eat at all. She has fallen sick because of inadequate or disproportionate food.

Her diet should be proportionate and nutritious.

**Four sentences about what kind of problem she may face are given below:**

- i) She may lose her energy for work.
- ii) She may be weak.
- iii) She may be inactive.
- iv) She may collapse too.