

National Institute of Open Schooling  
Senior Secondary Course- Physical Education and Yog  
Lesson 08: Spiritual Aspects

Worksheet – 08

Q.1 Sometimes we feel inner disturbance and try to get peace through chanting, how this type of chanting gives you inner peace, write in your own words.

Q.2 Write your view about the concept of Ashtang Yog and how it is useful for complete health.

Q. 3 “Spirituality is connecting with the positive and the creative aspect of life, not self-realization” In reference to the given statement write down the features of Spirituality.

Q.4 Write a short note on the importance on “Niyam” and describe its five disciplines in your own words.

Q.5 “Dhyan means an expanded state of mind, awakening of one’s full creative potential” In reference with the given statement describe the following in your own words.

A) Yoga Nidra

B) Ajapa-japa