

National Institute of Open Schooling
Secondary
Lesson 27 – Controlling and Disciplining the Mind
Worksheet-27

1. “For healthy development of the individual and society self-control and discipline are very important”. Do you agree with the given statement? If Yes/No, explain and support your answer with appropriate reasons.
2. “The difficulties which we experience in controlling the mind are created by our own mind”. Comment upon the given statement.
3. Suppose one of your friends comes to you asking about ways to develop a wholesome personality. Prepare a list of minimum five suggestions for your friend.
4. Jeevan Vigyan is a plan to build a wholesome personality whereas Modern education helps in the development of intellect and knowledge. In your opinion, which practice is better- Jeevan vigyan or Modern education? Give suitable reasons for your answer.
5. “Dhyana is an important component of Jeevan Vigyan”. Support the given statement with appropriate reasons.
6. Pranayama and Vipassana, both focus on the breathing ability of a human being, but they are two different yoga practices. Explain the differences and similarities between the Pranayama and Vipassana.
7. In your residential area, a yoga camp is being organized. You are invited as a speaker to spread awareness on the aspect of “Transcendental meditation practice”. Prepare a speech for the given topic such that it is informative and easy to understand by all sections of the society.
8. The Art of living is about letting our body, mind and soul be in total harmony. Describe the Art of Living practices. Also, trace how the concept of Art of Living has advanced through the years.
9. Practice Preksha Dhyana for 15 days and Transcendental meditation for 15 days. Record your observations and experiences based on Preksha dhyana and Transcendental meditation. Compare the two and explain the differences felt by you.