

CLASS XI PHYSICAL EDUCATION - UNIT 3

YOGA

Complete Study • Visual Learning • Revision • Exam Preparation



Concept Learning	Visual Learning	Exam Preparation
Clear explanations, terminology, history and structure.	Individual Shat Karma and Pranayama images.	MCQs, visual questions, case studies and 2-5 mark questions.
Master terminology locked The CBSE syllabus wording “Astanga Yoga” is retained exactly in the chapter headings. Hindi edition will mirror this architecture with genuine Hindi-medium content.		
Visual rule Content decides the visual. Each Shat Karma and each core Pranayama practice receives its own relevant image; lifestyle and stress-management concepts also receive dedicated visuals.		

1. Learning Objectives

After completing this unit, a learner should be able to:

- Explain the meaning and importance of Yoga in personal and student life.
- Describe the eight limbs of Astanga Yoga and distinguish Yama from Niyama.
- Identify the six Yogic Kriyas (Shat Karma) and explain their educational purpose.
- Identify the core Pranayama types covered in the CBSE handbook and describe their basic breathing pattern.
- Connect Yoga with concentration, relaxation, active living and stress management.
- Apply concepts to picture-based, assertion-reason, case-study and descriptive questions.

2. Current Syllabus Map

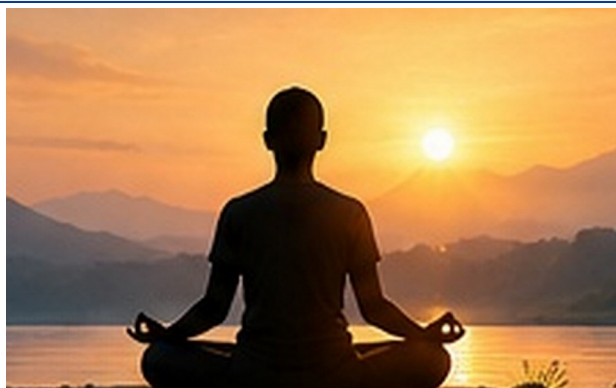
Area	What this chapter covers
Meaning & importance	Meaning, relevance to health, concentration, balanced living and student well-being.
Astanga Yoga	Eight limbs, Yama, Niyama and progression from ethical discipline to higher states of awareness.
Yogic Kriyas (Shat Karma)	Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati - each with its own visual and academic overview.
Pranayama and its types	Nadi Shodhana, Surya Bhedhana, Ujjayi, Sheetali, Bhramari and Bhastrika - each shown separately.
Active lifestyle & stress management	Yoga as one part of a healthy routine, with movement, recovery, breathing, relaxation and stress-management strategies.

Syllabus control note The current CBSE Class XI Physical Education 2026-27 syllabus controls the scope of this chapter. Additional explanations are included only when they help students understand the listed topics.

3. Meaning and Importance of Yoga

Yoga is an ancient physical, mental and spiritual practice that originated in India. The United Nations explains that “yoga” derives from Sanskrit and means “to join” or “to unite”, symbolising a union of body and consciousness.

Key idea In school physical education, Yoga links movement, posture, breathing, concentration, self-discipline and relaxation. It is broader than exercise alone.



Yoga as a holistic practice.

Dimension	Learning focus
Physical	Mobility, body awareness, posture and controlled movement.
Mental	Attention, concentration and calm breathing.
Emotional	Relaxation, self-awareness and healthy stress responses.
Lifestyle	Discipline, routine, recovery and active living.

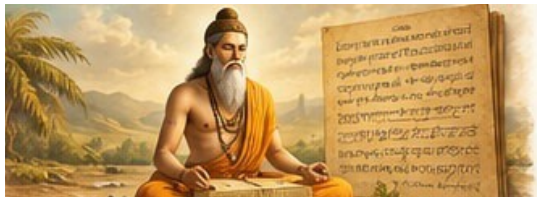
Exam-ready definition Yoga is a holistic practice associated with the balanced development of body, mind and consciousness, combining physical, breathing, concentration and relaxation practices.

4. Historical Background & International Recognition

Yoga has roots in ancient Indian traditions and appears across Indian philosophical literature. Maharishi Patanjali is closely associated with the systematic presentation of the eight-limbed path in the Yoga Sutras. Modern Yoga includes many schools and forms of practice, while traditional ideas of discipline, posture, breath and attention continue to influence contemporary practice.

Historical development

Patanjali is associated with a systematic eight-limbed framework.



Artistic illustration only - not a historical portrait of Patanjali.

International Day of Yoga

21 June - International Day of Yoga



- UN General Assembly Resolution 69/131.
- Adopted on 11 December 2014.
- Initiative proposed by India.
- Resolution endorsed by 175 Member States.
- Purpose: raise awareness of the benefits of practising Yoga.

Important historical distinction The ancient and modern development of Yoga is broader than any single person or school. For exams, remember Patanjali for the systematic eight-limbed framework, while the International Day of Yoga is a UN-recognised modern milestone.

Historical timeline - key milestones

Ancient Indian roots	Patanjali and the Yoga Sutras	Modern global practice	2014 UN recognition
Yoga develops within Indian philosophical and practical traditions.	Patanjali is associated with a systematic eight-limbed framework.	Many schools and forms of Yoga spread internationally.	21 June proclaimed International Day of Yoga by Resolution 69/131.

5. Introduction to Astanga Yoga

Astanga Yoga is the eight-limbed path associated with Patanjali. The eight limbs move conceptually from ethical discipline and personal observance to posture, breath regulation, sensory withdrawal, concentration, meditation and Samadhi.

1 Yama Ethical restraints	2 Niyama Personal observances	3 Asana Posture	4 Pranayama Regulation of breath
5 Pratyahara Withdrawal of senses	6 Dharana Concentration	7 Dhyana Meditation	8 Samadhi Absorption / highest state

Sequence 1-4: Yama, Niyama, Asana, Pranayama → 5-8: Pratyahara, Dharana, Dhyana, Samadhi.

Conceptual progression The eight limbs can be read as a gradual movement from how one behaves and disciplines oneself, through body and breath practices, toward focused attention and meditative states.

Limb	What to remember for exams
Yama	Ethical restraints - core learning point.
Niyama	Personal observances - core learning point.
Asana	Posture - core learning point.
Pranayama	Regulation of breath - core learning point.
Pratyahara	Withdrawal of senses - higher mental/awareness practice.
Dharana	Concentration - higher mental/awareness practice.
Dhyana	Meditation - higher mental/awareness practice.
Samadhi	Absorption / highest state - higher mental/awareness practice.

6. Yama and Niyama

Yama - Five Ethical Restraints

- Ahimsa - Non-violence / avoiding harm
- Satya - Truthfulness
- Asteya - Non-stealing
- Brahmacharya - Responsible self-control / moderation
- Aparigraha - Non-possessiveness

Niyama - Five Personal Observances

- Shaucha - Cleanliness
- Santosha - Contentment
- Tapas - Self-discipline
- Svadhyaya - Self-study
- Ishvara Pranidhana - Devotion / surrender to a higher principle

Yama vs Niyama

Yama	Niyama
Focuses on ethical restraint in behaviour.	Focuses on personal observance and self-discipline.
Examples: Ahimsa, Satya, Asteya.	Examples: Shaucha, Santosha, Tapas.

Picture-learning idea A question may show a symbolic image and ask students to identify a Yama or Niyama. Learn the name + one-line meaning together.

7. Asana to Samadhi - Learning the Remaining Limbs

Limb	Student-friendly explanation
Asana	A stable and appropriate posture used for physical practice and steadiness.
Pranayama	Regulation of breathing; includes practices of controlled inhalation and exhalation.
Pratyahara	Withdrawal of the senses from external objects.
Dharana	Concentration or focused attention.
Dhyana	Meditative awareness / sustained contemplation.
Samadhi	A state of deep absorption described in the classical eight-limbed framework.

Exam distinction Dharana = concentration. Dhyana = meditation. Pratyahara = withdrawal of senses. These three terms are often tested as direct identification or matching questions.

Mini-check 1. Which limb is associated with withdrawal of senses? 2. Which limb comes immediately after Dharana? 3. Which two limbs directly relate to focused attention and meditation?

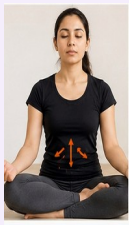
8. Yogic Kriyas (Shat Karma)

Shat Karma refers to six traditional cleansing practices. The CBSE handbook names them as Kapalabhati, Trataka, Neti, Dhauti, Nauli and Basti. In this FitEduHub chapter, each practice receives its own visual so students can identify the technique correctly.

Practice	Traditional purpose / identification
1. Dhauti	Digestive-tract cleansing.
2. Basti	Lower intestinal / colon cleansing.
3. Neti	Nasal cleansing.
4. Trataka	Steady gazing / eye concentration.
5. Nauli	Abdominal massage / churning.
6. Kapalabhati	Forceful exhalation-based cleansing practice.

Safety lock Some Shat Karma practices are advanced and may involve invasive or forceful techniques. Students should learn them as curriculum concepts and should not attempt them independently. Qualified instruction and appropriate health guidance matter.

Visual recognition guide - six Shat Karma

 Dhauti Digestive tract	 Basti Lower intestine / colon	 Neti Nasal cleansing
 Trataka Steady gazing	 Nauli Abdominal churning	 Kapalabhati Forceful exhalation

Yogic Kriyas (Shat Karma)

Dhauti



Procedure / learning steps

- Learn the term and its purpose.
- Traditional forms vary; some use water or cleansing methods involving the upper digestive tract.
- Study the concept academically; practical performance requires qualified supervision.

Benefits / traditional purpose

- Classified as a Shat Karma.
- Traditionally associated with digestive-tract cleansing.
- Useful for understanding the idea of yogic purification.

Contraindications / precautions

- Advanced practice - not for independent experimentation.
- Avoid unsupervised practice, especially with digestive illness or during pregnancy.
- Stop and seek qualified guidance if discomfort occurs.

What it is: A traditional cleansing category associated with purification of the digestive tract. The CBSE handbook describes several forms of Dhauti.

Visual identification Dhauti is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Dhauti -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

Student note: This page is for academic understanding and exam preparation. Advanced cleansing practices and breath-retention techniques should be learned only under qualified supervision; the PDF does not replace medical or yoga instruction.

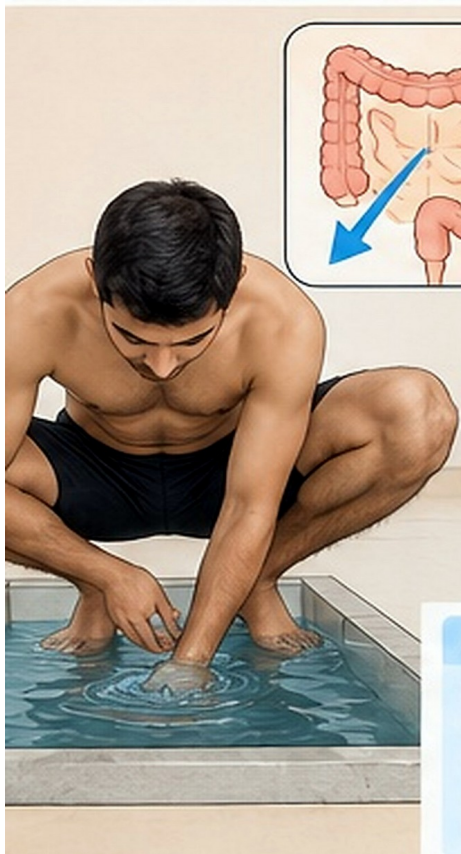
Exam practice - apply the concept

Quick question	Write your answer
1. What broad cleansing category is Dhauti associated with?	_____
2. State one traditional purpose of Dhauti.	_____
3. Why should the practice not be attempted independently?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Yogic Kriyas (Shat Karma)

Basti



Procedure / learning steps

- Learn Basti as the Shat Karma associated with lower-intestinal cleansing.
- Traditional methods are specialised and require instruction.
- Treat the textbook description as an academic overview, not a home-practice guide.

Benefits / traditional purpose

- Classified as a Shat Karma.
- Traditionally associated with colon / lower-intestinal cleansing.
- Illustrates the cleansing dimension of Yoga.

Contraindications / precautions

- Advanced and potentially invasive practice.
- Do not attempt independently.
- Health conditions involving the intestine, rectum or abdomen require professional advice.

What it is: A traditional cleansing practice associated with the lower intestine or colon.

Visual identification Basti is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Basti -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

Quick question	Write your answer
1. Which body area is Basti traditionally associated with cleansing?	_____
2. State its traditional purpose in one phrase.	_____
3. Why is qualified instruction important for this practice?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Yogic Kriyas (Shat Karma)

Neti



Procedure / learning steps

- In Jala Neti, appropriate water is used to rinse the nasal passages through a neti pot.
- Head position allows water to pass through one nostril and out the other while breathing through the mouth.
- Sutra Neti is an advanced technique requiring experienced instruction.

Benefits / traditional purpose

- Classified as a Shat Karma.
- Supports nasal hygiene in traditional practice.
- Jala Neti is the commonly taught beginner form when properly supervised.

Contraindications / precautions

- Do not use unsafe water.
- Avoid practice with persistent nosebleeding or acute nasal problems.
- Do not force any object through the nose; Sutra Neti requires expert guidance.

What it is: A nasal-cleansing practice. Jala Neti is commonly described as cleansing the nasal passages with water; Sutra Neti is another traditional form.

Visual identification Neti is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Neti -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

Quick question	Write your answer
1. What does Jala Neti aim to cleanse?	_____
2. Why is appropriate, safe water important?	_____
3. State one important water or technique precaution.	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Yogic Kriyas (Shat Karma)

Trataka



Procedure / learning steps

- Sit comfortably with a steady posture.
- Place the chosen object at a comfortable viewing position.
- Gaze steadily without strain; stop if the eyes become uncomfortable.

Benefits / traditional purpose

- Traditionally linked with concentration and steadiness of attention.
- Can be used as a visual-focus learning activity.
- Helps students understand the connection between gaze and concentration.

Contraindications / precautions

- Avoid forcing the eyes or prolonged staring.
- Use caution with existing eye problems.
- A teacher should adapt the practice for individual needs.

What it is: A concentration practice involving steady gazing at a chosen point or object.

Visual identification Trataka is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Trataka -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

Quick question	Write your answer
1. What is the defining action in Trataka?	_____
2. How is this practice traditionally linked with concentration?	_____
3. Why should prolonged staring or eye strain be avoided?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Yogic Kriyas (Shat Karma)

Nauli



Procedure / learning steps

- Learn Nauli as the Shat Karma associated with abdominal muscle control and massage.
- The traditional technique is performed through controlled abdominal movements.
- It is an advanced skill and should be learned from a qualified teacher.

Benefits / traditional purpose

- Classified as a Shat Karma.
- Traditionally associated with abdominal massage and digestive stimulation.
- Useful for understanding advanced yogic cleansing practices.

Contraindications / precautions

- Not suitable for self-teaching.
- Avoid with abdominal conditions, recent surgery or pregnancy.
- Stop if pain, dizziness or unusual discomfort occurs.

What it is: An advanced yogic abdominal-control and churning practice.

Visual identification Nauli is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Nauli -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

Quick question	Write your answer
1. Which area of the body is controlled in Nauli?	_____
2. State one traditional purpose of this practice.	_____
3. Why should this advanced practice be taught by a qualified teacher?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Yogic Kriyas (Shat Karma)

Kapalabhati



Procedure / learning steps

- Sit upright in a comfortable posture.
- Use controlled, rhythmic forceful exhalations driven by abdominal movement.
- Allow inhalation to occur naturally; keep the practice gentle enough to avoid strain.

Benefits / traditional purpose

- Listed by CBSE as a Shat Karma.
- Traditionally associated with cleansing of the respiratory passages.
- Also discussed in Yoga texts as a breath-regulation practice.

Contraindications / precautions

- The CBSE handbook specifically cautions against practice during pregnancy.
- Use extra caution with cardiovascular or respiratory conditions and seek qualified guidance.
- Stop if dizziness, pain or unusual breathlessness occurs.

What it is: A Shat Karma practice characterised by forceful exhalation with a comparatively passive inhalation.

Visual identification Kapalabhati is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Kapalabhati -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

Quick question	Write your answer
1. How does the exhalation pattern distinguish Kapalabhati?	_____
2. State one traditional purpose or curriculum association.	_____
3. Name one warning sign or condition that requires caution.	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

9. Pranayama and its Types

Pranayama is the regulation of breathing. The CBSE handbook explains the classical terms Puraka (inhalation), Kumbhaka (retention) and Rechaka (exhalation), and identifies several important Pranayama practices for study and practice.

Core type	Key breathing idea	Visual cue
Nadi Shodhana / Anulom Vilom	Alternate-nostril breathing.	One nostril at a time.
Surya Bhedhana	Inhale right, exhale left.	Right-to-left cycle.
Ujjayi	Controlled nasal breathing with gentle throat constriction.	Soft ocean-like sound.
Sheetali	Cooling inhalation through the mouth; exhalation through the nose.	Rolled tongue / cooling breath.
Bhramari	Exhale with a humming sound.	Bee-like hum.
Bhastrika	Forceful, rhythmic inhalation and exhalation.	Bellows-like breath.

Three classical breath terms

Term	Meaning
Puraka	Inhalation.
Kumbhaka	Retention.
Rechaka	Exhalation.

Practice essentials from the CBSE handbook A quiet, well-ventilated place and a comfortable seat are recommended. The handbook also advises learners to begin with Nadi Shodhana/Anulom Vilom before moving to other practices. Breath retention and advanced techniques should not be forced.

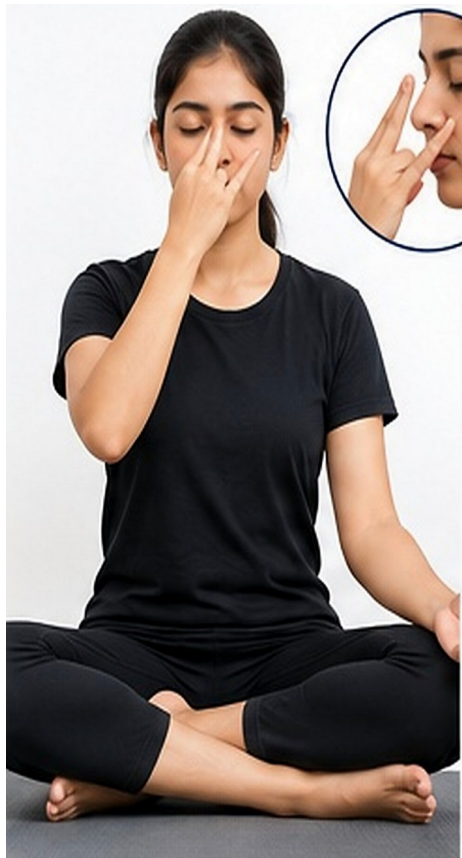
Terminology note The current syllabus says “Pranayama and its types”. In this chapter the six practice pages focus on the important practices identified in the CBSE Class XI handbook: Nadi Shodhana, Surya Bhedhana, Ujjayi, Sheetali, Bhramari and Bhastrika.

Visual recognition guide

		
Nadi Shodhana	Surya Bhedhana	Ujjayi
		
Sheetali	Bhramari	Bhastrika

Pranayama and its Types

Nadi Shodhana (Anulom Vilom)



Procedure / learning steps

- Sit comfortably with the spine upright.
- Close the right nostril and inhale gently through the left.
- Switch sides and exhale through the right; then inhale through the right and exhale through the left.
- Keep the breathing slow, quiet and comfortable.

Benefits / traditional purpose

- Supports calmness and concentration.
- Used traditionally to steady the mind and prepare for further Pranayama.
- Useful for learning controlled, rhythmic breathing.

Contraindications / precautions

- Do not practise forcefully or while acutely unwell.
- Stop if dizziness, breathlessness or discomfort occurs.
- Advanced retention is not necessary for beginners.

What it is: Alternate-nostril breathing in which the breath is guided through one nostril at a time in a controlled sequence.

Visual identification Nadi Shodhana (Anulom Vilom) is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Nadi Shodhana (Anulom Vilom) → learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

Student note: This page is for academic understanding and exam preparation. Advanced cleansing practices and breath-retention techniques should be learned only under qualified supervision; the PDF does not replace medical or yoga instruction.

Exam practice - apply the concept

Quick question	Write your answer
1. What makes Nadi Shodhana an alternate-nostril practice?	_____
2. State one learning purpose of slow, controlled breathing.	_____
3. Why is forced breath retention unnecessary for beginners?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Pranayama and its Types

Surya Bhedhana



Procedure / learning steps

- Sit in a comfortable meditative posture.
- Close the left nostril and inhale gently through the right.
- Close the right nostril and exhale slowly through the left.
- Repeat the basic cycle comfortably. Retention and bandhas are advanced elements requiring instruction.

Benefits / traditional purpose

- Traditionally associated with warming and energising effects.
- Included among the important Pranayama practices in the CBSE handbook.
- Helps students understand directional nostril breathing.

Contraindications / precautions

- Avoid forced breath retention.
- People with blood-pressure or cardiac concerns should seek qualified guidance before practice.
- Stop if light-headedness or discomfort occurs.

What it is: A one-sided breathing pattern in which inhalation is through the right nostril and exhalation through the left.

Visual identification Surya Bhedhana is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Surya Bhedhana -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

Quick question	Write your answer
1. Which nostril is used for inhalation in Surya Bhedhana?	_____
2. What traditional effect is associated with the practice?	_____
3. What caution is relevant for blood-pressure or cardiac concerns?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Pranayama and its Types

Ujjayi



Procedure / learning steps

- Sit upright and close the mouth.
- Inhale smoothly through the nose while gently narrowing the throat.
- Exhale slowly with the same controlled throat action.
- Keep the sound soft; never strain the throat.

Benefits / traditional purpose

- Promotes awareness of the breath.
- Traditionally associated with warming and steadiness.
- Can be useful for paced breathing and concentration.

Contraindications / precautions

- Do not strain or hold the breath aggressively.
- AYUSH guidance advises special caution with low blood pressure; people with hypertension/cardiac disorders should avoid unsupervised retention.
- Stop if throat discomfort or dizziness occurs.

What it is: Controlled breathing through the nose with gentle narrowing at the throat, producing a soft, steady sound.

Visual identification Ujjayi is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Ujjayi -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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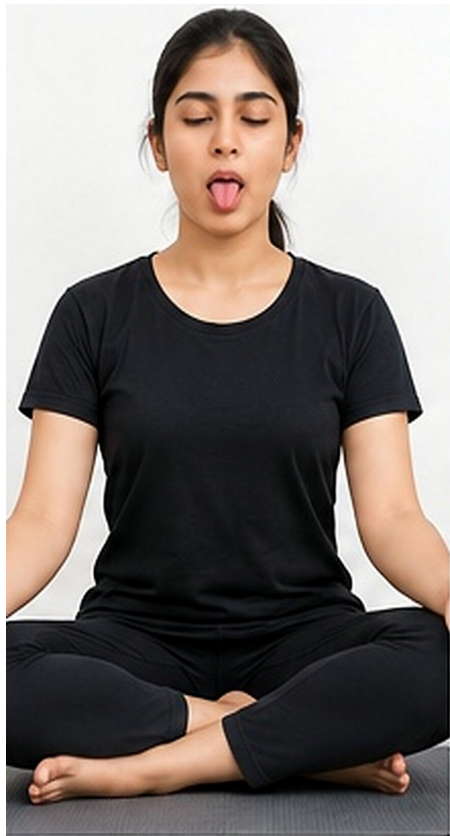
Exam practice - apply the concept

Quick question	Write your answer
1. What produces the soft sound in Ujjayi breathing?	_____
2. How can paced breathing help concentration?	_____
3. Why should throat strain and aggressive retention be avoided?	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Pranayama and its Types

Sheetali



Procedure / learning steps

- Sit in a comfortable posture.
- Form a tube with the tongue when naturally possible and inhale gently through the mouth.
- Close the mouth and exhale slowly through the nostrils.
- Keep the breath comfortable; do not force retention.

Benefits / traditional purpose

- Traditionally described as cooling and calming.
- May be useful for learning relaxation-focused breathing.
- Included in the CBSE handbook as an important Pranayama.

Contraindications / precautions

- AYUSH advises avoiding practice with cold, cough or tonsillitis.
- Use extra caution in cold weather unless advised by a qualified teacher.
- Stop if breathing becomes uncomfortable.

What it is: A cooling Pranayama in which air is inhaled through the mouth and exhaled through the nostrils.

Visual identification Sheetali is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Sheetali -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

Student note: This page is for academic understanding and exam preparation. Advanced cleansing practices and breath-retention techniques should be learned only under qualified supervision; the PDF does not replace medical or yoga instruction.

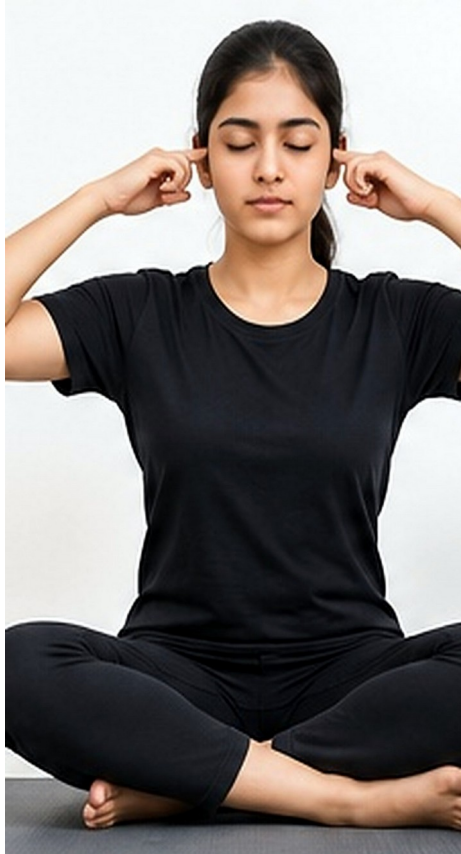
Exam practice - apply the concept

Quick question	Write your answer
1. Where is the inhalation taken in Sheetali, and how is the breath released?	_____
2. What traditional effect is associated with Sheetali?	_____
3. Name one condition mentioned in the precautions.	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Pranayama and its Types

Bhramari



Procedure / learning steps

- Sit comfortably and close the eyes.
- Inhale gently through the nose.
- Exhale slowly while making a soft humming sound.
- Keep the sound relaxed rather than loud or forceful.

Benefits / traditional purpose

- Associated with calming the mind and reducing tension.
- May support inward attention and concentration.
- Useful as a classroom example of sound-guided breathing.

Contraindications / precautions

- AYUSH advises avoiding the practice during ear infection.
- People with heart conditions should avoid unsupervised retention.
- Stop if ear pressure, pain or dizziness occurs.

What it is: A humming-breath technique named after the bee-like sound produced during exhalation.

Visual identification Bhramari is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Bhramari -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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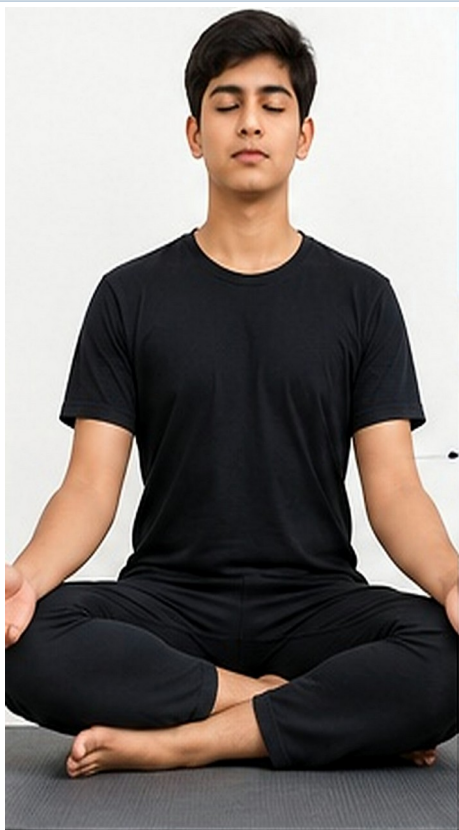
Exam practice - apply the concept

Quick question	Write your answer
1. Why is Bhramari described as bee-like breathing?	_____
2. State one traditional purpose of the humming exhalation.	_____
3. Name one relevant ear-related precaution.	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

Pranayama and its Types

Bhastrika



Procedure / learning steps

- Sit upright in a comfortable posture.
- Practise rhythmic inhalation and exhalation at a controlled pace.
- Build intensity gradually rather than starting forcefully.
- Advanced patterns and higher repetitions require qualified supervision.

Benefits / traditional purpose

- Traditionally associated with energising and warming effects.
- Included among the important Pranayama practices in the CBSE handbook.
- Helps distinguish vigorous breathing from slow calming Pranayama.

Contraindications / precautions

- AYUSH advises people with high blood pressure, heart disease, vertigo, glaucoma, ulcers and some other conditions to avoid Bhastrika.
- Do not force speed or retention.
- Stop immediately if dizzy, weak or unusually breathless.

What it is: A vigorous, bellows-like Pranayama involving rhythmic inhalation and exhalation.

Visual identification Bhastrika is shown in the photograph. In picture-based questions, identify the technique first, then state its defining action.

Quick recall Bhastrika -> learn its category, identifying action, one traditional purpose/benefit, and one important precaution.

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Exam practice - apply the concept

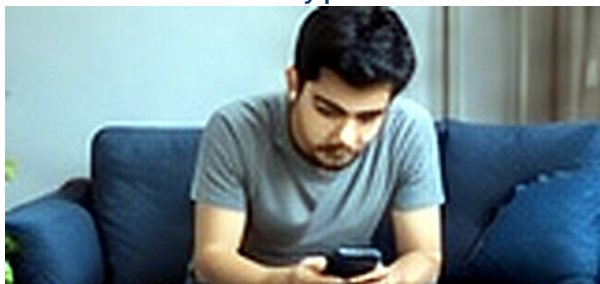
Quick question	Write your answer
1. What makes Bhastrika different from slow, calming breathing?	_____
2. State one traditional effect associated with Bhastrika.	_____
3. Name one condition that requires special caution.	_____

Answer frame Name the practice → state the defining action or purpose → add a relevant precaution where appropriate.

10. Active Lifestyle and Stress Management through Yoga

Yoga can support an active lifestyle when it is combined with regular physical activity, adequate sleep, balanced nutrition, recovery and healthy daily habits. A student does not become "active" simply by sitting for a short yoga session and remaining sedentary for the rest of the day.

Sedentary pattern



Active lifestyle with Yoga



Strategies for students

Strategy	Student application
1. Move regularly	Break up long sitting periods with walking, stretching, sport and active recreation.
2. Breathe and reset	Use appropriate breathing or relaxation practices when stress rises.
3. Protect recovery	Sleep, hydration, nutrition and rest influence readiness to learn and move.
4. Build consistency	Short, manageable routines are more sustainable than occasional overexertion.

Stress-management cycle Notice stress → slow down → breathe comfortably → relax body and attention → return to the task → use sleep, movement and support systems for longer-term recovery.

11. Quick Revision - Must Remember

Topic	Key fact
Yoga	Ancient Indian practice; Sanskrit root Yuj = join / unite.
International Day of Yoga	21 June; UN Resolution 69/131; adopted 11 Dec 2014; India proposed the initiative; 175 Member States endorsed the proposal.
Astanga Yoga	Eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
Yama	Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha.
Niyama	Shaucha, Santosha, Tapas, Svadhyaya, Ishvara Pranidhana.
Shat Karma	Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati.
Important Pranayama	Nadi Shodhana, Surya Bhedhana, Ujjayi, Sheetali, Bhramari, Bhastrika.
Safety principle	Advanced cleansing and breath-retention practices require qualified guidance; never force the body or breath.

Common exam traps Do not confuse Dharana with Dhyana; Pratyahara is withdrawal of senses; Yama is ethical restraint; Niyama is personal observance. Do not replace the CBSE syllabus heading "Astanga Yoga" with another spelling in the master chapter.

12. Complete Chapter Mind Map

Meaning & Importance	History	International Recognition
Body • mind • consciousness • well-being	Ancient Indian roots • Patanjali • global practice	21 June • UN 69/131
Astanga Yoga	Shat Karma	Pranayama
8 limbs • Yama • Niyama • Asana • Pranayama • Pratyahara • Dharana • Dhyana • Samadhi	Dhauti • Basti • Neti • Trataka • Nauli • Kapalabhati	Nadi Shodhana • Surya Bhedhana • Ujjayi • Sheetali • Bhramari • Bhastrika
Active Lifestyle	Stress Management	Exam Preparation
Movement • routine • recovery • healthy habits	Breathing • relaxation • concentration • support	MCQ • matching • visual • assertion-reason • case study • 2-5 marks

How to revise from the mind map Start at the centre, move through the five syllabus areas, then zoom in to the named lists. The mind map is a revision tool - the full chapter pages remain the source for detailed procedures and explanations.

13. Assessment - MCQs & Objective Questions

1. The word Yoga is commonly explained as deriving from the Sanskrit root:

A. yaj B. yuj C. yug D. yogi Answer: _____

2. Which of the following is the fifth limb of Astanga Yoga?

A. Dharana B. Dhyana C. Pratyahara D. Asana Answer: _____

3. Which is a Yama?

A. Santosha B. Tapas C. Ahimsa D. Svadhyaya Answer: _____

4. Which is a Niyama?

A. Asteya B. Shaucha C. Satya D. Aparigraha Answer: _____

5. Which is NOT a Shat Karma listed in the CBSE handbook?

A. Dhauti B. Basti C. Neti D. Vajrasana Answer: _____

6. Which practice is commonly described as bee-like humming breath?

A. Bhramari B. Ujjayi C. Sheetalī D. Bhastrika Answer: _____

7. International Day of Yoga is observed on:

A. 5 June B. 21 June C. 15 August D. 11 December Answer: _____

8. UN Resolution 69/131 relates to:

A. Olympic Games B. International Day of Yoga C. Fit India D. Physical Literacy Answer: _____

9. Which practice uses a steady gaze at a chosen point?

A. Trataka B. Nauli C. Basti D. Dhauti Answer: _____

10. Which Pranayama involves a cooling inhalation through the mouth?

A. Bhastrika B. Sheetalī C. Surya Bhedhana D. Nadi Shodhana Answer: _____

Quick objective drill - fill in the blanks

- The fifth limb of Astanga Yoga is _____.
- The Yama meaning truthfulness is _____.
- The Shat Karma associated with steady gazing is _____.
- The bee-like humming Pranayama is _____.
- International Day of Yoga is observed on _____.
- UN Resolution _____ proclaimed 21 June as International Day of Yoga.

14. Assessment - Matching, Visual & Assertion-Reason

A. Match the following

Column A	Column B
1. Yama	A. Humming breath
2. Pratyahara	B. Withdrawal of senses
3. Trataka	C. Abdominal churning
4. Bhramari	D. Ethical restraints
5. Nauli	E. Steady gazing

B. Picture-based identification

Visual A	Visual B	Visual C
 Identify the Shat Karma shown and state its key purpose.	 Identify the Pranayama shown and state its defining sound/action.	 Identify one feature that makes the routine more active.

C. Assertion-Reason

1. Assertion: Pratyahara is the withdrawal of the senses. Reason: It is the fifth limb of Astanga Yoga.
2. Assertion: Bhastrika is a vigorous breathing practice. Reason: It is commonly described as bellows-like breathing.
3. Assertion: Yama and Niyama are identical concepts. Reason: Both contain five practices.

Choose the correct evaluation (a) Both true, and R explains A. (b) Both true but R does not explain A. (c) A true, R false. (d) A false, R true.

15. Assessment - Competency & Case Study

Case Study 1 - Student Routine

A Class XI student studies for long hours, spends most of the evening on a screen, sleeps irregularly and reports difficulty concentrating. The student wants a healthier daily routine.

- Identify two lifestyle changes that could make the routine more active.
- Which Yoga-related practices from this chapter could support relaxation or concentration?
- Why should Yoga be combined with movement, sleep and recovery rather than treated as the only activity?

Case Study 2 - Choosing a Practice

A teacher shows two visuals: one of a person making a bee-like humming sound while exhaling, and another of a person seated while guiding the breath through alternate nostrils.

- Identify both Pranayama practices.
- Write one distinguishing feature of each.
- Why should beginners avoid forceful breathing and unsupervised retention?

Competency hint Use the visual evidence first, then connect it to a concept: sound → Bhramari; alternate nostrils → Nadi Shodhana/Anulom Vilom; steady gaze → Trataka.

16. Assessment - 2, 3, 4 and 5 Marks

2 marks

- Define Yoga.
- What is Trataka?
- Name any two limbs of Astanga Yoga.

3 marks

- Explain the meaning of Yama.
- Write any three Niyamas with their meanings.
- State three student-relevant uses of Yoga.

16. Assessment - 2, 3, 4 and 5 Marks (continued)

4 marks

- Differentiate Yama and Niyama.
- Explain any four limbs of Astanga Yoga.
- Write four safety principles for learning advanced yogic practices.

5 marks

- Explain the eight limbs of Astanga Yoga.
- Discuss the role of Yoga in active lifestyle and stress management.
- Explain the six important Pranayama practices covered in the CBSE Class XI handbook.

17. Answer Key & Self-Check

MCQs

Q	Answer	Q	Answer	Q	Answer
1	B	2	C	3	C
4	B	5	D	6	A
7	B	8	B	9	A
10	B				

Matching: 1-D, 2-B, 3-E, 4-A, 5-C.

Assertion-Reason guide

- Q1: Both true, and the reason supports the statement.
- Q2: Both true, and the reason supports the statement.
- Q3: Assertion false; Yama and Niyama are related but distinct categories.

Self-check checklist

- Can I recall all 8 limbs?
- Can I list 5 Yamas and 5 Niyamas?
- Can I identify 6 Shat Karma?
- Can I distinguish the 6 important Pranayamas?
- Can I explain Yoga's role in active lifestyle and stress management?

Writing framework for descriptive answers 2 marks: Definition + one accurate point. 3 marks: Definition + three distinct points. 4 marks: Four explained points or a clear comparison. 5 marks: Short introduction + five explained points + brief concluding line.

18. References & Source Note

The content scope follows the current CBSE Class XI Physical Education 2026-27 curriculum/syllabus, Unit 3: Yoga. The CBSE handbook covers Astanga Yoga, Shat Karma and Pranayama. The PDF's source note also identifies official United Nations and Ministry of AYUSH guidance.

Source	Use in this chapter
CBSE - Class XI Physical Education (048), 2026-27 curriculum/syllabus	Unit 3 scope and prescribed topics.
CBSE Physical Education-XI handbook/manual	Yoga section covering Astanga Yoga, Shat Karma and Pranayama.
United Nations - International Day of Yoga; Resolution 69/131	International Day of Yoga and UN recognition adopted 11 December 2014.
Morarji Desai National Institute of Yoga, Ministry of AYUSH - Consumer Information on Proper Use of Yoga	Guidance and precautions for Pranayama practices.

Visual note Practice photos in this FitEduHub chapter are educational visualisations created for concept identification. They are not presented as historical portraits or official medical instruction.

Academic integrity note This is an original FitEduHub learning resource. It is not an official CBSE publication and does not reproduce textbook wording verbatim. The current CBSE syllabus controls the topic scope; factual claims have been checked against official/reliable sources.

Key official source URLs for verification

CBSE syllabus: https://cbseacademic.nic.in/web_material/CurriculumMain27/SecPart2/PhysicalEducation_SecP2_2026-27.pdf

CBSE handbook: https://cbseacademic.nic.in/web_material/Manuals/physical-education-11.pdf

UN Yoga Day: <https://www.un.org/en/observances/yoga-day>

UN Resolution 69/131: <https://www.un.org/en/ga/69/resolutions.shtml>

AYUSH Yoga guidance: <https://y-break.ayush.gov.in/files/pdf/Consumer-Information-on-Proper-Use-of-Yoga.pdf>

Final revision checklist

Topic	Before the exam, check that you can...
Meaning of Yoga	Define Yoga and explain its relevance to student well-being.
Astanga Yoga	Recall all eight limbs and distinguish Yama from Niyama.
Shat Karma	Name the six practices, recognise their visuals and state a purpose plus a safety precaution.
Pranayama	Name the six practices and distinguish their basic breathing pattern.
Lifestyle & stress	Connect breathing and relaxation with movement, sleep, recovery and healthy routine.

Key lists to memorise

List	Recall set
Eight limbs	Yama • Niyama • Asana • Pranayama • Pratyahara • Dharana • Dhyana • Samadhi
Five Yamas	Ahimsa • Satya • Asteya • Brahmacharya • Aparigraha
Five Niyamas	Shaucha • Santosha • Tapas • Svadhyaya • Ishvara Pranidhana
Six Shat Karma	Dhauti • Basti • Neti • Trataka • Nauli • Kapalabhati
Six Pranayamas	Nadi Shodhana • Surya Bhedhana • Ujjayi • Sheetali • Bhramari • Bhastrika

Exam approach Identify the concept → use the visual cue → state one accurate fact or purpose → add a relevant precaution or context where appropriate.

FitEduHub - Knowledge in Motion