

NCERT Solutions for Class 6 English (Poorvi)

Unit 4- Sports And Wellness: Chapter 12- Yoga- A Way of Life

Let us do these activities before we read.

1. What do you know about yoga? Discuss in pairs and share with the whole class.

Ans: Yoga is a discipline that improves both mental and physical health by combining physical postures, breathing techniques, and meditation. It encourages relaxation, strength, and flexibility. Frequent practice can help you focus better, feel less stressed, and have more balance in your life.

2. What is 21st June known for? What do we do on this day?

Ans: June 21st is known as International Yoga Day. On this day, people around the world celebrate and practice yoga to promote physical and mental health.

3. List as many words you know related to yoga. Share them with your classmates.

Ans: Asana, Pranayama, Meditation, Flexibility, Balance, Mindfulness, Chakra, Yoga mat

4. Let us play the game of Antakshari. The first word is 'yoga'. The next word must then begin with the letter 'a'. This activity will go on and the whole class will participate and will write the words on the blackboard. How many new words have you learnt?

Ans: Do it yourself

Let Us Discuss (Pg 124)

Read the passage again and fill in the blanks with words from the box.

sleep lifestyle health strength calm stress balance

Yoga is a practice that not only improves physical flexibility but also improves mental 1. _____ and leads to a healthier 2. _____. It involves a series of asanas, which increase muscular 3. _____. Practicing yoga also leads to a better body and mind 4. _____ and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind 5. _____, lessens 6. _____, and improves the quality of 7. _____. This helps to adopt a more positive lifestyle

Ans:

1. Health
2. Lifestyle
3. Strength
4. Balance
5. Calm
6. Stress
7. Sleep

Let us Think and Reflect (Pg 124)

1. What is the aim of yoga?

Ans: Yoga seeks to connect the mind and body, align thoughts with actions, and create harmony between people and nature, which leads to improved health and well-being.

2. Explain the idea of unity in yoga

Ans: The Sanskrit word "yuj," which means "to unite," is where the word "yoga" originates. Through three primary methods—postures, breathing techniques, and meditation—yoga practice aims to unite the body, mind, and spirit.

3. What does the launch of the WHO mYoga app tell us about the importance of yoga?

Ans: The mYoga app promotes consistent yoga practice, which keeps users active and healthy. It's a helpful tool for people of all ages to improve their health and integrate physical activity into their daily lives. The WHO-launched app also emphasises how widely accepted yoga is.

4. Describe one long-term effect that the practice of yoga can have on a person's qualities.

Ans: Over time, yoga practitioners frequently report feeling happier, more content, and less stressed. This is due to the fact that paying attention to the breathing and postures functions as a form of meditation.

Let us learn(Pg 125)

I. Read the extract given below and focus on the highlighted words.

The app (WHO mYoga) contains a collection of video and audio files to teach and support yoga practice. The aim was to have an easy-to-use and free tool for people across the world to encourage them to practise yoga.

The word 'practice' and 'practise' sound the same but have different spellings and usage.

The word 'practice' is a noun which means the actual application or exercise of a skill or knowledge. The word 'practise' is a verb which refers to the act of engaging in an activity repeatedly to improve or acquire a skill.

1. Complete the sentences given below by filling in the blanks with correct use of practice (as a noun) or practise (as a verb). Share the answers with your classmates and the teacher.

(i) It is important to have a regular _____ of stretching every morning to stay flexible.

(ii) I _____ Yoga every day to keep my mind and body healthy.

(iii) The teacher said, you can join the school hockey team but it requires a lot of _____ to improve your skills.

(iv) Our athletics coach asked us to _____ running on grass to strengthen our grip while running.

(v) I _____ deep breathing exercises when I feel stressed to calm myself down.

(vi) Developing a good habit of eating fruits and vegetables should be a daily _____.

Ans. (i) practice

(ii) practice

(iii) practice

(iv) practise

(v) practise

(vi) practice

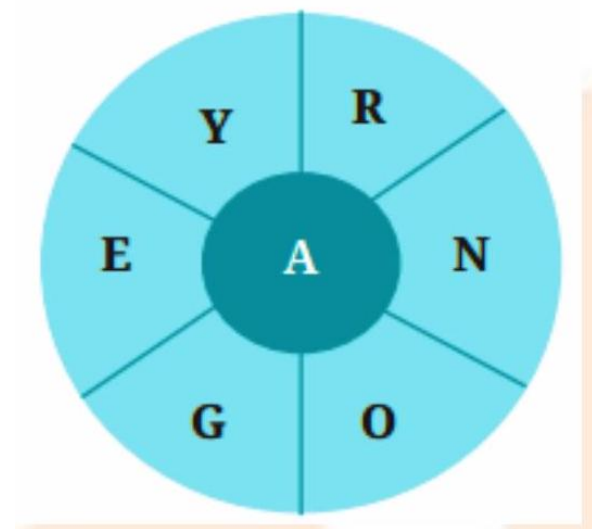
2. Another common word that has the 's' and 'c' variation in spellings is 'advice' (noun) and 'advise' (verb).

Make two sentences each using 'advice' and 'advise' and share with your classmates and the teacher.

Ans. advice (noun): My friend gave me some excellent advice on how to approach the difficult project.

- advise (verb): The financial planner will advise me on the best way to invest my savings.
- advice (noun): Taking a break is good advice for anyone feeling overwhelmed.
- advise (verb): I would strongly advise you to double-check the figures before submitting the report.

II. Make as many words as you can using the letters shown. Use the letter 'A' in all the words that you make.



Ans: Yarn, Earn, Oar, Near, Age, Rage, Goan.

Let Us Listen

You will listen to a girl talk about practicing yoga. As you listen, select four true statements from the sentences given in the table.

Namaste everyone!

I wish to share with you all that I do simple yoga exercises with my grandfather. He has been practicing yoga since he was 16 years old. My grandfather is fit and strong even at the age of 65 . I am sure that this is the result of many good habits. I know that eating a

balanced diet regularly and making yoga a part of his life has been one hundred percent effective. When I accompany my grandfather to the park, I see so many people-young and old-doing yogic breathing exercises.

I like doing these exercises. Whenever I'm a little worried about an Inter-House competition, I always remember to do some of these exercises early morning that day. It relaxes me and makes me feel focused and calm. I plan on learning some asanas from my grandfather during the summer vacations.

Wish me luck!

Statements	T/F
1. The girl sees people at the park doing breathing exercises.	
2. Her grandfather began practising yoga sixteen years ago. 3. The girl practises some easy yoga exercises with her grandfather.	
4. The girl practises breathing exercises to relax.	
5. Her grandfather is fit even though he has untimely meals.	
6. Her grandfather's regular yoga practice has kept him strong.	
7. The girl wishes to learn asanas over the weekend.	

Ans:

Statements	T/F
1. The girl sees people at the park doing breathing exercises.	True
2. Her grandfather began practising yoga sixteen years ago.	False
3. The girl practises some easy yoga exercises with her grandfather.	True
4. The girl practises breathing exercises to relax.	True
5. Her grandfather is fit even though he has untimely meals.	False
6. Her grandfather's regular yoga practice has kept him strong.	True
7. The girl wishes to learn asanas over the weekend.	False

Let Us Write

Write a short paragraph on 'The Benefits of Yoga'. You may use the following sentence starters along with your own ideas to create the paragraph.

Opening line	Yoga is important because ...
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Supporting ideas	- One benefit of yoga that interests me is ... - Practicing yoga can help people ... - A popular yoga pose is because ... - Yoga is not just physical exercise; it also ...
Concluding line	Finally, yoga can be a great way to ...

Ans: Yoga is significant because it promotes mental and physical health. I'm interested in yoga's ability to reduce stress and improve focus. People who practise yoga can become more flexible, build stronger muscles, and have better emotional equilibrium. The Downward Dog is a well-liked yoga pose because it helps with posture and body stretches. Yoga promotes mindfulness, which helps to soothe the mind and lessen anxiety, in addition to being a form of physical exercise. Yoga encourages a comprehensive sense of health by emphasising breathing and posture. Last but not least, yoga can be a fantastic way to maintain your fitness, feel calmer, and lead a balanced life.