

**National Institute of Open Schooling**  
**Secondary**  
**Lesson 24 – Healthy Mind in Healthy Body**  
**Worksheet-24**

1. “Our body and mind are two parts of a whole. If the body is healthy, the mind also remains radiant, alert and enthusiastic and vice-versa”. Comment upon the nature of mind-body relationship and Suggest at least three ways to maintain a healthy body-mind relationship.
2. Yoga has been a part of Indian culture from ancient times. Explain the significance of yoga in our life and critically analyze the status of yoga in current times.
3. Conduct an interview with one person who has been practicing yoga or meditation regularly (at least for 3 months). Write a comparative report, explaining their experiences before and after they started practicing yoga/meditation.
4. In general Yoga is meant for facilitating harmony, peace of mind, and self-regulation. Enlist different kinds of yoga that can help in achieving the above mentioned goals. Describe their characteristics as well.
5. Prepare a report, exploring any two initiatives that have been taken in your surroundings (city/state) to encourage practice of yoga among common population.
6. Yoga asanas are widely known around the world for their benefits. What is the significance of yoga asana? Describe at least six yoga asanas and the precautions to be taken while doing asanas.
7. Practice one pranayama exercise for at least a fortnight (fifteen days). Observe the changes in different domains of your behavior. Based on your observation, prepare a report explaining your experience.
8. Your friend is facing a lot of stress recently and feels agitated and disturbed. S/he complains that they are not able to concentrate on anything. Explain the importance of mediation to them and how it can influence their current state.
9. Prepare a flowchart representing the three types of Yogic practices (Asana, Pranayam, and Mediation). Include the different exercises under them.