

**National Institute of Open Schooling
Senior Secondary Course
Lesson 18: Hatha Yog
Worksheet-18**

- Q.1- Give a brief description of chakra to channelize the flow of energy.
- Q.2- Explain the importance of Nadis to maintaining good health for human beings.
- Q.3- Yog had been the part and parcel of Indian culture. Give an argument in the context of the statement.
- Q.4- Explain the effects and benefits of Hatha Yog.
- Q.5- “In Hatha yog, there is the concept of harmonizing the above two fold energies in a human being.” Elaborate the relevance of the quotation in context of modern way of life-style.