

**National Institute of Open Schooling**  
**Secondary**  
**Lesson 25 – Self-Development and Yoga**  
**Worksheet-25**

1. In Indian psychology, “Self” is one of the most important concepts. Our self concept, however, does not remain constant, rather it changes during the different stages of life. Explain the characteristics of self at different stages of life.
2. Yoga is actually a systematic and properly regulated way of life. Identify any three aspects of life in which yoga can contribute to their efficient and effective development.
3. “Our happiness and success depends on the pattern of our attitude, thinking and behavior”. Discuss the given statement.
4. Imagine that the local governing body has initiated a project to spread awareness about benefits of Yoga. You have been assigned the responsibility to organize a workshop for the primary healthcare workers on “Influences of Yoga on mind, body and behavior”. Prepare a detailed draft, explaining the information that will be delivered in this workshop.
5. Some goals are rather difficult to achieve than others. In your opinion, how can yoga help in achieving one’s goal? Justify your answer with suitable reasons.
6. Yoga talks about the four ever changing states of mind and the relatively stable states of mind. Compare these two models of mind and write the differences and similarities between them.
7. Explain the meaning of the Yoga sutra 2.30 given by Patanjali. Shed light upon the eight fold path of yoga given by Patanjali.
8. The eight yoga sutras of Patanjali are divided as internal and external aids to yoga. What are these internal and external aids? Explain their meaning and characteristics.
9. *Dharana*, *Dhyana* and *Samadhi* - all the three practices enhance our concentration abilities, then why have they been identified separately? Explain the difference and similarities between these practices.