

Direction: complete the following paragraph with the topic "yoga" (35%)



Listen the audio carefully

What is yoga _____ which focuses in bringing harmony between mind and body. It is an art and science of health living. The word "yoga" is derived from Sanskrit root "yuj" meaning "to join" or "to yoke" or "to unite" as per the _____ yoga _____ scriptures _____ practice _____ yoga _____ leads _____

_____ man and nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament _____

And, is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana. Thus the aim of yoga is self-realization to overcome all kinds of suffering leading to a "the state of liberation (Moksha) or 'freedom' _____

_____ "yoga also refers to inner science comprising of variety of methods through which humans being can realize this union and achieve mastery over their Destiny _____

Outcome of Indus Saraswati Valley Civilization.

