

**Creative Question:**

Sujan, a student of class seven, is short. Since he is fat, he faces problems to do different works. Sujan's parents are anxious about it. When he is taken to a doctor, the doctor advises him to control his body through Yogasana. Sujan has got much benefit from the doctor's advice.

- c) Which asana has given Sujan good result? Describe how to do that asana.
- d) "The asana Sujan practices has many fold benefits". Analyze the statement.

**Multiple Choice Questions:**

**1) Which avatar is called the Murare?**

- a) Ram
- b) Krishna
- c) Nrisingha
- d) Srichaitanya

**2) What is the duty after Madhyannakritya?**

- a) Purbanna
- b) Aparanna
- c) Sayanna
- d) Naisha

**3) The impact of regular practice of Shalvasana are\_\_**

- i) It reduces waist pain
- ii) It solves gastric problems
- iii) It causes a cramp

**Which of the following is correct?**

- a) i and ii
- b) i and iii
- c) ii and iii
- d) i, ii and iii

**Read the following passage and answer to question No.4 and 5:**

Rama reads in class seven. She is good at studies and behaviour. But she always remains humpbacked. One day her teacher advises her to practice an asana. Rama has got benefit from her teacher's advice.

**4) Which asana does the teacher advise for Rama?**

- a) Padmasana
- b) Sukhasana
- c) Shalvasana
- d) Pashchimottasana

**5) The benefits, Rama has got from the asana are\_\_**

- i) Straightening the backbone
- ii) Palpitation of the heart
- iii) Better muscle shape of the waist

**Which of the following is correct?**

- a) i and ii
  - b) i and iii
  - c) ii and iii
  - d) i, ii and iii
- .....