

Class-7**Chapter-4 (Nityakarma and Yogasana)****Worksheet****Date: 08/10/2020****Sample Creative Question:**

Shruti reads in class seven. She does all works regularly. But sometimes, she forgets to do exercise. Once her mother said to her, “If you want to be great in life, then you have to do all works timely.” Otherwise, it will not be possible to be successful. After hearing this, she made a daily routine. Her mother said, “Practicing of Yogasana regularly is very useful for one’s life. Keep this work in the daily routine.

- a) What is called Sayannahkriya?
- b) Why is Pratakritya important?
- c) Make a daily routine like the Nityakarma list of Shruti.
- d) ‘Regularly practicing of Yogasana is very useful for one’s life.’ –Analyze the statement of Shruti’s mother.

Previous Short Questions:

- 1) What is called Nityakarma (Daily duties)?
- 2) Into how many parts is the time from morning till night divided? What are these?
- 3) Into how many parts have the daily duties been divided? What are these?
- 4) What are the duties of Pratakritya?
- 5) What is called Purbannakriya?
- 6) What are the duties of Purbannakriya?
- 7) What is called Madhyannahkriya?
- 8) What are the duties of Madhyannahkriya?
- 9) What do the daily duties do?
- 10) What do we need practice?
- 11) Who is Murari?
- 12) Who is Narayana according to our scriptures?

- 13) What is the meaning of the word 'Shalva'?
- 14) Why is the name of this asana Shalvasana?
- 15) How many seconds do we have to stay in Shalvasana?
- 16) How many times should we practice Shalvasana?
- 17) Which asana should be done after practicing Shalvasana?
- 18) Write down three benefits of practicing Shalvasana.
- 19) Which part of our body gets more exercise in Pashchimottasana?
- 20) Why is the name of this asana Pashchimottasana?
- 21) How many seconds do we have to stay in Pashchimottasana?
- 22) How many times should we practice Pashchimottasana?
- 23) Which asana should be done after practicing Pashchimottasana?
- 24) Write down five benefits of practicing Pashchimottasana.
- 25) How many seconds should we take rest in Shabhasana after practicing Pashchimottasana?
- 26) For which patients is Pashchimottasana prohibited?

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