



Solution of Hindu Religion Worksheet of Class-4

Chapter – 7, Section-2

Posture of Sitting (Asanas)

Revision Solution Sheet

Date: 05/11/2020

1. Meaning of the following words:

- a) Useful - **Necessary**
- b) Gesture – **Posture/ Pose**
- c) Sufficient - **Enough**
- d) Expert - **Specialist**
- e) Adjusted - **Fixed**
- f) Firm - **Strong**
- g) Fruitful - **Effective**
- h) Constantly - **Continuously**

2. Fill in the blanks with appropriate words:

- a) Posture makes our body healthy and increases ____ capacity. (**working**)
- b) ____ is useful for our brain. (**Shriasana**)
- c) One has to kneel on knees in _____. (**Vajrasana**)
- d) Put legs ____ and stand up straight. (**paired**)

e) By practicing ____ we feel hungry. (**Padahastasana**)

3. Answer of short questions:

a) The names of two persons who have made publicity of posture and mudra in the modern time are:

i) Swami Kublayannada

ii) Sree Yogendra

b) We will put our hands straight for Vajrasana.

c) We need to practise Vajrasana 4 times each for 30 seconds.

d) We need to practise Padahastasana 5 to 6 times.

e) In this posture, especially muscles of legs and hands and nervous system remain healthy. So, it is called the leg-hand posture (Padahastasana).

f) We should stay 30 seconds in Vajrasana.

g) We should stay 5 to 10 seconds in Padahastasana.

h) Padahastasana or leg-hand posture reduces abdomen.

i) By Padahastasana or leg-hand posture stomach, liver intestine, gall bladder become healthy.

j) By Padahastasana or leg-hand posture constipation, weakness and diabetes get cured.

k) Padahastasana or leg-hand posture increases appetite.

l) Padahastasana or leg-hand posture develops flexibility of the backbone.

4. Answer of broad questions:

a) The necessity of posture is immense, because by practising posture _

i) Body parts become healthy.

ii) Muscles get nourished.

iii) It increases our working capacity.

iv) All type of diseases is removed by practising posture.

b) The usefulness of Vajrasana are given below-

i) Diseases such as sciatica, leg arthritis etc. will not attack us by practicing this asana.

ii) It helps to digest the food easily.

iii) Regular practice of this asana after meal is very fruitful for chronic patient.

c) We will do practice of Padahastasana because-

i) This posture reduces the abdomen. As a result, stomach, liver intestine, gall bladder etc. become healthy.

ii) By this posture, constipation, weakness, diabetes etc. get cured.

iii) This posture increases the appetite, develops flexibility of the backbone and anemia get cured.

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