



Cosmo School

Solution of Hindu Religion Worksheet of Class-4

Chapter – 7, Section-2

Posture of Sitting (Asanas)

Solution Sheet-3

Date: 01/11/2020

1. Answer of MCQ:

a) Shriasana is very useful for ___

Ans: i) Brain

b) In which posture, nervous system of lower part and muscles become strong like thunderbolt?

Ans: ii) Vajrasana

c) Which posture is useful for weak patient?

Ans: iv) Vajrasana

d) How long will it take to do Padahastasana?

Ans: i) 5-10 sec

e) Which posture will cure diabetes?

Ans: iii) Padahastasana

f) How many rules do we need for religious practices?

Ans: ii) Two

g) Which asana is useful to brain?

Ans: iv) Shriyasana

h) Which part of the body is the central nervous system?

Ans: ii) Brain

i) Which asana helps to circulate sufficient blood in brain?

Ans: iii) Shriyasana

j) What is the English meaning of Vajrasana?

Ans: ii) Thunderbolt posture

k) What is the English meaning of Padahastasana?

Ans: i) Leg-hand posture

l) By which asana does anemia get cured?

Ans: iii) Padahastasana

m) How many times should we practice Vajrasana?

Ans: ii) 4 times

n) How many times should we practice Padahastasana?

Ans: i) 5 to 6 times

2. 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 Padahasthasana 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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