



**Class-4 (Hindu Religion)**

**Lecture Sheet of Chapter – 7, Section-2**

**Posture of Sitting (Asanas)**

**Lecture Sheet-1**

**Date: 22/10/2020**

**Posture of Sitting or Asanas:**

The term Asana, Posture of Sitting means different forms of yoga-exercise.

Yoga is very useful to health and it increases our working capacity. For the religious practices we need two rules. Saints-sages also understood the rules ages ago. So, they started different types of posture and gesture regularly. In the modern time, those who have introduced this, two mentionable persons are\_\_

- i) Swami Kublayannada**
- ii) Sree Yogendra**

**Necessity of Posture:**

The necessity of posture is immense, because by practicing posture\_\_

- i) Body parts become healthy.
- ii) Muscles get nourished.
- iii) It increases our working capacity.
- iv) All type of diseases is removed by practicing posture.

**Usefulness of Shriashan:**

- i) Shriasana is useful to brain. Brain is the central nervous system. The nervous system regulates our body mechanism.**

ii) Due to Shriyasana, sufficient blood circulates in brain. As a result, brain works properly.

### **Vajrasana or Thunderbolt Sitting:**

In this posture, the nervous system of body's lower part and muscles becomes firm and strong like thunderbolt. So, it is called Vajrasana or Thunderbolt Sitting.

### **Procedure of Practicing Vajrasana or Thunderbolt Sitting:**

- i) We have to kneel on both knees. The upper portion, the feet should be placed on a soft blanket.
- ii) One has to sit on the both heels keeping the back position of the body straight.
- iii) We have to place our two hands straight on two knees. In this position, be careful that the anus is to be placed in between the two heels.
- iv) At the beginning for regular practice this posture should be practiced 4 times each for 30 seconds.

**At the beginning of this posture, slight pain may be felt. Later on it will be adjusted. If there is any problem in knees advice should be taken from an expert.**

### **Usefulness of Practicing Vajrasana or Thunderbolt Sitting:**

- 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.

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**Hindu Religion Worksheet of Class-4**

**Chapter – 7, Section-2**

**Posture of Sitting (Asanas)**

**Worksheet-1**

**Date: 22/10/2020**

**1. Write down the meaning of the following words:**

- a) Useful
  - b) Gesture
  - c) Sufficient
  - d) Expert
  - e) Adjusted
  - f) Firm
  - g) Fruitful
  - h) Constantly
- .....