



Cosmo School

Class-4 (Hindu Religion)

Lecture Sheet of Chapter – 7, Section-2

Posture of Sitting (Asanas)

Lecture Sheet-2

Date: 29/10/2020

Padahastasana or Leg-hand Posture:

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

Procedure of Practicing Padahastasana or Leg-hand Posture:

- i) We have to stand straight by joining two legs. After that taking constant breathing both hands uphold straight pressing ears should be raised over head.

- ii) Now bend down in front the upper part of the body from the waist breathing out constantly. In this position the palms of hands should touch the ground of both sides of legs and forehead should be kept in touch with the knees. In this position, breathing in and breathing out should be normal.

- iii) In this posture, the knees should be straight.

iv) Stay 5-10 seconds in this way according to the capacity.

v) There after the body should be straight alone with hands up breathing in constantly. Then bring down both hands breathing out constantly.

vi) Such as, regular practice for 5 to 6 times in this way and then one minute rest by sitting.

Usefulness of Practicing Padahasthasana or Leg-hand Posture:

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.

Conclusion: We should do regular physical exercises and posture practices.

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Hindu Religion Worksheet of Class-4

Chapter – 7, Section-2 Posture of Sitting (Asanas)

Worksheet-2

Date: 29/10/2020

1. Fill in the blanks with appropriate words:

- a) Posture makes our body healthy and increases ____ capacity.
- b) ____ is useful for our brain.
- c) One has to kneel on knees in ____.
- d) Put legs ____ and stand up straight.
- e) By practicing ____ we feel hungry.

2. Match the Column-A with Column-B to make complete sentences:

Column-A	Column-B
a) To do religious rituals	i) regularly.
b) Posture of sitting makes the parts of our body,	ii) practised regularly.
c) Vajrasana helps us	iii) we have to stay fit and healthy.
d) Yoga of posture should be	iv) muscles and nervous system healthy.
e) We should play	v) to digest our food easily.

3. Answer the following short questions:

- a) Write down the names of two persons who have made publicity of posture and mudra in the modern time.
- b) How will we put our hands for Vajrasana?
- c) How many times and how long should we need to practise Vajrasana?
- d) How many times should we need to practise Padahastasana?
- e) Why is it named Padahastasana?
- f) How many seconds should we stay in Vajrasana?
- g) How many seconds should we stay in Padahastasana?
- h) Which posture reduces abdomen?
- i) By which posture do stomach, liver intestine, gall bladder become healthy?
- j) By which posture do constipation, weakness and diabetes get cured?
- k) Which posture increases appetite?
- l) Which posture develops flexibility of the backbone?

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