



Solution of Hindu Religion Worksheet of Class-4

Chapter – 7, Section-2

Posture of Sitting (Asanas)

Solution Sheet-2

Date: 29/10/2020

1. Fill in the blanks with appropriate words:

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

2. Answer of Matching:

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

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.

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