

Date: 24/09/2020

Lesson-5 and 6 (Shalvasana):

The idea of Shalvasana:

The word 'Shalva' means insect. During the time of this asana the body looks like an insect, so the name of this asana is Shalvasana.

Procedure of Practicing Shalvasana:

- i) Lie down on your chest on the ground or on a solid surface.
- ii) The chin will stay on the ground.
- iii) Place both of the hands straightly beside both sides of the body and keep them under the thigh.
- iv) The palms of the hands will be spread equally on the ground.
- v) The fingers will touch one another straightly.
- vi) The knees, the thighs and the ankles will touch one another.
- vii) Then breathe in slowly and move the legs upward one and half to two hands keeping the knees, the thighs and the legs straight. Stay in this position from 20 to 30 seconds.
- viii) Keep your breathing normal.
- ix) The asana will be exercised 4 to 5 times and every time you finish it doing Shabhasana.

Impact of Shalvasana:

- i) It is beneficial for any kind of pain in the waist and backbone.
 - ii) It makes the backbone flexible and strong and decreases fat in the lower part of the abdomen and the back.
 - iii) The structure of the thigh and the waist is formed nice at this asana.
 - iv) It also makes the heart better function.
 - v) This asana is wonderful antidote for paralysis. It is also very useful for the hunchback people.
 - vi) This asana works effectively to regain appetite, curing acidity, indigestion, constipation.
 - vii) It solves gastric problem, removes flatulence and increases digestion.
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Class-7

Chapter-4 (Nityakarma and Yogasana)

Worksheet

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Short Questions from Lesson-5 and 6:

- 1) What is the meaning of the word 'Shalva'?
- 2) Why is the name of this asana Shalvasana?
- 3) How many seconds do we have to stay in Shalvasana?
- 4) How many times should we practice Shalvasana?
- 5) Which asana should be done after practicing Shalvasana?
- 6) Write down three benefits of practicing Shalvasana.

Broad Questions from Le-5 and 6:

- 1) Explain how you will practice Shalvasana.
 - 2) Explain the influence of regular practice of Shalvasana on body and mind.
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