

Date: 28/09/2020

Lesson-7 and 8 (Pashchimottanasana):

The idea of Pashchimottanasana:

At this asana the back side of our body gets more exercise, so it is called Pashchimottanasana.

Procedure of Practicing Pashchimottanasana:

- i) Sit with two legs straightly spread in the front.
- ii) Then spreading the hands straight hold tight the toe of the right leg with thumb, middle finger and pointer of the right hand; and hold the toe of the left leg with thumb, middle finger and pointer of the left hand.
- iii) The backbone should be kept straight and the back should be kept in equal position.
- iv) Then touch the knees with your forehead keeping the eyes close.
- v) Fold the elbows to keep beside the knees.
- vi) The belly and the chest will touch the thighs as far as possible. Stay 30 seconds in this position keeping the normal breath.
- vii) Then breathe in and raise the head from the knee.
- viii) Leave the toes of the legs.
- ix) Take the rest for 30 seconds at Shabasana. Thus, exercise should be done three or four times.

Impact of Pashchimottanasana:

- i) This asana is very useful for the backbone and the belly. The backbone is reenergized in this asana.
- ii) The muscle of the back side of the knee and all the parts of the body become tight and thus it works on increasing our efficiency.
- iii) It helps cure acidity, loss of appetite, dysentery, gastric or flatulence. It increases the digestion.
- iv) This asana is beneficial to the patients of the weak nerve.
- v) It is good for patients with sciatica paralysis and diabetes. It is good for kidney too.
- vi) It cuts down the fat of belly And the waist it makes the figure beautiful. It helps teen agers to be all.
- vii) This asana is very useful to remove the restlessness of mind and loss of inspiration.

- **This asana is prohibited for patients with appendicitis and hernia.**
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Class-7

Chapter-4 (Nityakarma and Yogasana)

Worksheet

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Short Questions from Lesson-7 and 8:

- 1) Which part of our body gets more exercise in Pashchimottasana?
- 2) Why is the name of this asana Pashchimottasana?
- 3) How many seconds do we have to stay in Pashchimottasana?
- 4) How many times should we practice Pashchimottasana?
- 5) Which asana should be done after practicing Pashchimottasana?
- 6) Write down five benefits of practicing Pashchimottasana.
- 7) How many seconds should we take rest in Shabasana after practicing Pashchimottasana?
- 8) For which patients is Pashchimottasana prohibited?

Broad Questions from Le-7 and 8:

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