



Cosmo School

Class-7

Chapter-4 (Nityakarma and Yogasana)

Worksheet

Date: 01/10/2020

Fill in the blanks:

- 1) We should pray _____ everyday in the morning and in the evening.
- 2) If we serve the guests, we ultimately serve the _____.
- 3) Sayanna means _____.
- 4) _____ the best thing for meditation.
- 5) The word Shalava means _____.

Match the Column-A with Column-B to make correct sentences:

Column-A	Column-B
1. We should appreciate God with	a) the back side has the highest exercise.
2. Madhyanakrita means	b) simple statements, hymns or songs.
3. In Pashchimottanasana	c) taking food and rest in the afternoon.
	d) should be kept on the chest.

Creative Question:

Sujan, a student of class seven, is short. Since he is fat, he faces problems to do different works. Sujan's parents are anxious about it. When he is taken to a doctor, the doctor advises him to control his body through Yogasana. Sujan has got much benefit from the doctor's advice.

- a) When will we get up from sleep?
- b) Explain the duties of Sayannakritya.

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