



## Class-4 (Hindu Religion)

### Lecture Sheet of Chapter – 7, Section-2

#### Posture of Sitting (Asanas)

#### Revision Lecture Sheet

Date: 05/11/2020

#### Posture of Sitting or Asanas:

The term Asana, Posture of Sitting means different forms of yoga-exercise.

Yoga is very useful to health and it increases our working capacity. For the religious practices we need two rules. Saints-sages also understood the rules ages ago. So, they started different types of posture and gesture regularly. In the modern time, those who have introduced this, two mentionable persons are\_\_

**i) Swami Kublayannada**

**ii) Sree Yogendra**

#### Necessity of Posture:

The necessity of posture is immense, because by practicing posture\_\_

i) Body parts become healthy.

ii) Muscles get nourished.

iii) It increases our working capacity.

iv) All type of diseases is removed by practicing posture.

### **Usefulness of Shriashan:**

- i) Shriasana is useful to brain. Brain is the central nervous system. The nervous system regulates our body mechanism.
- ii) Due to Shriasana, sufficient blood circulates in brain. As a result, brain works properly.

### **Vajrasana or Thunderbolt Sitting:**

In this posture, the nervous system of body's lower part and muscles becomes firm and strong like thunderbolt. So, it is called Vajrasana or Thunderbolt Sitting.

### **Procedure of Practicing Vajrasana or Thunderbolt Sitting:**

- i) We have to kneel on both knees. The upper portion, the feet should be placed on a soft blanket.
- ii) One has to sit on the both heels keeping the back position of the body straight.
- iii) We have to place our two hands straight on two knees. In this position, be careful that the anus is to be placed in between the two heels.
- iv) At the beginning for regular practice this posture should be practiced 4 times each for 30 seconds.

**At the beginning of this posture, slight pain may be felt. Later on it will be adjusted. If there is any problem in knees advice should be taken from an expert.**

## **Usefulness of Practicing Vajrasana or Thunderbolt Sitting:**

- i) Diseases such as sciatica, leg arthritis etc. will not attack us by practicing this asana.
- ii) It helps to digest the food easily.
- iii) Regular practice of this asana after meal is very fruitful for chronic patient.

## **Padahasthasana 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 (Padahasthasana).

## **Procedure of Practicing Padahasthasana 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)

**Revision Worksheet**

**Date: 05/11/2020**

**1. Write down the meaning of the following words:**

- a) Useful
- b) Gesture
- c) Sufficient
- d) Expert
- e) Adjusted
- f) Firm
- g) Fruitful
- h) Constantly

**2. 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.

**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?

**4. Answer the following broad questions:**

- a) What is the necessity of posture? Explain it.
- b) Explain the usefulness of Vajrasana.
- c) Why will we do practice of Padahastasana?

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