



Cosmo School

Hindu Religion Worksheet of Class-4

Chapter – 7, Section-2

Posture of Sitting (Asanas)

Worksheet-3

Date: 01/11/2020

1. Write the correct answer in your answer script:

a) Shriahasana is very useful for ___

i) Brain

ii) Eye

iii) Heart

iv) Stomach

b) In which posture, nervous system of lower part and muscles become strong like thunderbolt?

i) Padahastasana

ii) Vajrasana

iii) Shrihasana

iv) Virasana

c) Which posture is useful for weak patient?

i) Padahastasana

ii) Gomukhasana

iii) Chakrasana

iv) Vajrasana

d) How long will it take to do Padahastasana?

i) 5-10 sec

ii) 8-13 sec

iii) 11-16 sec

iv) 14-19 sec

- e) Which posture will cure diabetes?**
i) Vajrasana
ii) Chakrasana
iii) Padahastasana
iv) Brikshasana
- f) How many rules do we need for religious practices?**
i) One
ii) Two
iii) Three
iv) Four
- g) Which asana is useful to brain?**
i) Vajrasana
ii) Chakrasana
iii) Padahastasana
iv) Shriasana
- h) Which part of the body is the central nervous system?**
i) Leg hand
ii) Brain
iii) Head
iv) Heart
- i) Which asana helps to circulate sufficient blood in brain?**
i) Vajrasana
ii) Chakrasana
iii) Shriasana
iv) Brikshasana
- j) What is the English meaning of Vajrasana?**
i) Vajrasana
ii) Thunderbolt posture
iii) Leg-hand posture
iv) Brikshasana
- k) What is the English meaning of Padahastasana?**
i) Leg-hand posture
ii) Chakrasana
iii) Vajrasana
iv) Thunderbolt posture

l) By which asana does anemia get cured?

i) Vajrasana

ii) Chakrasana

iii) Padahasthasana

iv) Brikshasana

m) How many times should we practice Vajrasana?

i) 2 times

ii) 4 times

iii) 3 times

iv) 5 times

n) How many times should we practice Padahasthasana?

i) 5 to 6 times

ii) 5 to 8 times

iii) 5 to 7 times

iv) 4 to 5 times

2. 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 Padahasthasana?

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