

Name:

Class: 5

Section:

Date: 12/10/2020 Subject: Hindu Religion and Moral Education

Topic: Chap-7, Sec-2 (Postures of Sitting (Asana))

Time: 40 minutes

Marks: 20

1. Match the Column-A with Column-B to make complete sentences:

1×5=5

Column-A	Column-B
a) During the practice of Gomukhasana the position of the legs seems to be	i) Sarvangasana.
b) If asana practiced	ii) to worship Ishvara with undivided attention.
c) To keep the neurons afresh, one of the ways is	iii) the face of a cow.
d) Asana prepares our body and mind	iv) we are to sit stretching our two legs forward.
e) During the practice of Gomukhasana	v) unnecessary fat of the body.
	vi) body becomes flexible.

2. Fill in the blanks with appropriate words:

1×5=5

- Asana pacifies our ____.
- Sarvangasana ____ unnecessary fat of the body.
- If Asana is practised regularly, body ____.
- Asana keeps our muscles ____.
- Asana brings ____ of body and mind.

3. Answer the following short questions:

2×2=4

- What is the importance of Asana in case of worship?
- What is called Sarvangasana?

4. Answer the following creative question:

6×1=6

- Which asana helps to cure all kinds of diseases of body? Write five usefulness of this asana.