

Class-5
Chapter-7, Section-2
Postures of Sitting (Asana)

Lecture Sheet-2

Date: 23/09/2020

Gomukhasana: At the time of practicing this asana, the position of the legs of the performer seems to be the face of a cow. So, its name is Gomukhasana.

Procedures of Gomukhasana: We are to sit stretching our two legs forward. Folding the left leg to the knee, the ankle is to be touched by the right hip. Practicing the same way, the right ankle is to be touched by the left hip. The knee of the right leg is to be placed in the same way on the left leg. This time, raising the right hand straight above the head, we will keep it on the back folding the elbow. And, now the left hand is to be brought upward on the back folding its elbow. We will try to catch hold of the fingers of the right hand with those of the left one. The backbone stands erect. This way we will practice four times twice with the each leg. Every time after the practice, we will go twenty seconds for Shabasana.

Usefulness of practicing Gomukhasana:

- i) Insomnia is removed.
- ii) Uneven shoulders are leveled.
- iii) The backbone grows straight.
- iv) The problem of the digestive system is relieved.
- v) Gout of the feet gets relieved.
- vi) Excitement gets eased.

Conclusion: Asana brings soundness of body and mind. It pacifies us. We are to sit for definite asana at some religious rituals. Asana prepares our body and mind to worship Ishvara with undivided attention. This way, Asana has become a part of religion. So, we will practice asana regularly to keep health and practice of religion.

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Cosmo School

Hindu Religion Worksheet of Class-5

Chapter-7, Section-2

Postures of Sitting (Asana)

Worksheet-2

Date: 23/09/2020

1. Fill in the blanks with appropriate words:

- a) If Asana is practised regularly, body ____.
- b) If Asana is practised, mind ____ for adoration.
- c) Asana keeps our muscles ____.
- d) By 'Sarvangasana' all types of diseases ____.
- e) A special method of the Yoga exercise is called ____.
- f) Asana pacifies our ____.
- g) If Asana is practised regularly, ____ of body and mind is protected.
- h) We have to stay ____ seconds in Sarvangasana.
- i) In ____, we are to lie like a dead man.
- j) All types of diseases are removed through practicing ____.
- k) Sarvangasana ____ unnecessary fat of the body.
- l) Asana brings ____ of body and mind.
- m) Asana prepares our body and mind to worship Ishvara with ____ attention.
- n) Asana has become a part of ____.
- o) We will practice ____ regularly.

2. Answer the following short questions:

- a) What are the utilities of Asana?
- b) What is the importance of 'Asana' in the field of thought?
- c) Describe an utility of Gomukhasana.
- d) What is the importance of Asana in case of worship?
- e) What is called Asana or posture of sitting?
- f) What is called Sarvangasana?
- g) What will be happened through regular exercise of asana?
- h) What is called Shabasana?
- i) Why Gomukhasana's name is Gomukhasana?
- j) By practicing which asana are all types of diseases removed?

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

Column-A	Column-B
a) If asana practised	i) Sarvangasana.
b) If Sarvangasana practised	ii) fatigue is removed.
c) To keep the neurons afresh, one of the ways is	iii) part.
d) Insomnia is removed by	iv) body becomes flexible.
e) Asana is a part of	v) Gomukhasana.
	vi) religion.

4. Choose the correct answer of the following MCQ:

- a)** If asana is practiced ____ get afresh.
- i) muscles
 - ii) hair
 - iii) legs
 - iv) belly
- b)** During the practice of Gomukhasana the position of the legs seems to be ____.
- i) the face of a dog
 - ii) the face of a cat
 - iii) the face of a cow
 - iv) the lips of a bird
- c)** If Sarvangasana is practiced ____ get sound and strong.
- i) knees
 - ii) hands and feet
 - iii) chest
 - iv) all organs
- d)** Asana ____ our mind.
- i) pacifies
 - ii) quickens
 - iii) excites
 - iv) tires
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Solution of Hindu Religion Worksheet of Class: 5**Chapter-7, Section-2****Postures of Sitting (Asana)****Solution sheet -2****Date: 23/09/2020****1. Fill in the blanks with appropriate words:**

- a) If Asana is practised regularly, body _____. (**becomes fit**)
- b) If Asana is practised, mind ____ for adoration. (**is prepared**)
- c) Asana keeps our muscles _____. (**healthy**)
- d) By 'Sarvangasana' all types of diseases _____. (**are cured**)
- e) A special method of the Yoga exercise is called _____. (**Asana**)
- f) Asana pacifies our _____. (**mind**)
- g) If Asana is practised regularly, ____ of body and mind is protected. (**equilibrium**)
- h) We have to stay ____ seconds in Sarvangasana. (**20/30**)
- i) In _____, we are to lie like a dead man. (**Shabasana**)
- j) All types of diseases are removed through practicing _____. (**Sarvangasana**)
- k) Sarvangasana _____ unnecessary fat of the body. (**lessens**)
- l) Asana brings ____ of body and mind. (**soundness**)
- m) Asana prepares our body and mind to worship Ishvara with _____ attention. (**undivided**)
- n) Asana has become a part of _____. (**religion**)
- o) We will practice ____ regularly. (**asana**)

2. Answers of short questions:**a) The utilities of Asana are:**

- i) By practising asana, our body becomes flexible, strong and muscles healthy.
- ii) Equilibrium of body and mind is protected.
- iii) Undesirable thought is kept away.
- iv) Mind is prepared for adoration.

b) Asana keeps undesirable thoughts away from us.

- c) An utility of Gomukhasana is:
By practicing asana, insomnia is removed.
- d) In case of worship, asana helps us to prepare our body and mind to devote to Ishvara completely.
- e) A special method of the Yoga exercise is called 'Asana' or 'Posture of Sitting'. It keeps the body well and pacifies the mind.
- f) A posture of sitting that keeps every organ of the body sound, strong and free from disease is called Sarvangasana. By practicing this asana, all types of diseases are removed.
- g) Through regular exercise of asana, every neuron of the body, tissues and muscles are enlivened and capable of doing work. It keeps the body well and pacifies the mind.
- h) A posture in which we are to lie like a dead man is called Shabasana.
- i) At the time of practicing this asana, the position of the legs of the performer seems to be the face of a cow. So, its name is Gomukhasana.
- j) By practicing Sarvangasana, all types of diseases are removed.

3. Answers of matching:

- a) If asana practiced - **iv)** body becomes flexible.
- b) If Sarvangasana practiced - fatigue is removed.
- c) To keep the neurons afresh, one of the ways is - **i)** Sarvangasana.
- d) Insomnia is removed by - **v)** Gomukhasana.
- e) Asana is a part of - **vi)** religion.

4. Answer of MCQ:

a) If asana is practiced ____ get afresh.

Ans: i) muscles

b) During the practice of Gomukhasana the position of the legs seems to be ____.

Ans: iii) the face of a cow

c) If Sarvangasana is practiced ____ get sound and strong.

Ans: iv) all organs

d) Asana ____ our mind.

Ans: i) pacifies

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