



**Hindu Religion Worksheet of Class-5**

**Chapter-7, Section-2**

**Postures of Sitting (Asana)**

**Worksheet-3**

**Date:30/09/2020**

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

- a) Explain the importance of regular exercise.
- b) Describe the method of the exercise of Sarvagasana.
- c) Describe the method of the exercise of Gomukhasana.
- d) Explain the importance of asana in case of worship.

**2. Answer the following creative questions:**

- a) Which asana helps to cure all kinds of diseases of body? Write five usefulness of this asana.
  
- b) Tinni lies flat. She slowly raises two legs straight up. She does an exercise by doing these. Which Yoga posture does she practice? How many times should this exercise to be done? Write four usefulness of this exercise.
  
- c) Shrabon practices an asana daily. At the time of practicing this asana, his legs seem to be the face of a cow. Which Yoga posture does he practice? How many times should this exercise to be done? Write four usefulness of this exercise.

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**Solution of Hindu Religion Worksheet of Class: 5****Chapter-7, Section-2****Postures of Sitting (Asana)****Solution sheet -3****Date: 30/09/2020****1. Answer of broad questions:**

**a) The importance of regular exercise is immense. Through regular exercise \_\_**

- i) Body becomes flexible and healthy and muscles become strong.
- ii) Every neuron of the body, tissues and muscles are enlivened.
- iii) Undesirable thought is kept away.
- iv) Balance between body and mind is maintained.
- v) Our body and mind will be prepared for adoration.

**b) The method of the exercise of Sarvagasana is given below:**

At first, lie on the back. Slowly raise the two legs straight up. Then keep the elbows nearly parallel to the body and press the back with the two hands. Chin is to be touched on the chest and throat. In this position, we have to stay 20/30 seconds making a respiratory process of inhaling and exhaling. And then exhaling, lie on the back. In this way, four times should be practiced. Every time after the practice, we are to lie in Shabasana for thirty seconds.

**c) The method of the exercise of Gomukhasana is given below:**

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.

**d)** Asana brings soundness of body and mind. In worshipping, body and mind play a very significant role, because without the soundness of body and mind, we cannot devote ourselves to worship. We are to sit for definite asana at some religious rituals. Again, asana prepares our body and mind to worship Ishvara with undivided attention. So, there is a great importance of asana in case of worship.

## **2. Answer of creative questions:**

a) Sarvangasana helps to cure all kinds of diseases of body.

**Five usefulness of this asana are given below:**

i) It resists the disease like asthma.

ii) Thyroid, nerves and neurons get afresh by practicing this asana.

iii) The body grows active, strong and industrious by practicing this asana.

iv) This asana lessens unnecessary fat of the body.

v) Constipation is removed by this asana.

b) Tinni lies flat. She slowly raises two legs straight up. She does an exercise by doing these.

She practices Sarvangasana.

This exercise should be done four times.

**Four usefulness of this exercise are given below:**

- i) Thyroid, nerves and neurons get afresh by practicing this asana.
- ii) The body grows active, strong and industrious by practicing this asana.
- iii) This asana lessens unnecessary fat of the body.
- iv) Constipation is removed by this asana.

c) Shrabon practices an asana daily. At the time of practicing this asana, his legs seem to be the face of a cow.

He practices Gomukhasana.

This exercise should be done four times.

**Four usefulness of this exercise are given below:**

- 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.
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