

Class-5**Chapter-7, Section-2****Postures of Sitting (Asana)****Lecture Sheet-1****Date: 16/09/2020**

Postures of Sitting (Asana): A special method of the Yoga exercise is called 'Asana' or 'Posture of Sitting'.

Utilities of Asana:

- 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.

Importance of regular exercise: 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.

Sarvangasana: A posture of sitting that keeps every organ of the body sound, strong and free from disease is called Sarvangasana.

Procedures of Sarvangasana: 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.

Usefulness of practicing Sarvangasana:

- i) All types of diseases are removed through practicing this asana.
- 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.
- vi) It resists the disease like asthma.

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Hindu Religion Worksheet of Class-5

Chapter-7, Section-2

Postures of Sitting (Asana)

Worksheet

Date: 16/09/2020

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?

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Solution of Hindu Religion Worksheet of Class: 5**Chapter-7, Section-2****Postures of Sitting (Asana)****Solution sheet****Date: 16/09/2020****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.

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