

**Class-5****Chapter-7, Section-2****Postures of Sitting (Asana)****Lecture Sheet-1****Date: 07/10/2020**

**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.

## **Lecture Sheet-2**

**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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## Hindu Religion Worksheet of Class-5

### Chapter-7, Section-2

### Postures of Sitting (Asana)

#### Revision Worksheet

Date: 07/10/2020

#### **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. 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.

## **4. 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)****Revision Solution sheet****Date: 07/10/2020****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. 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.

#### **4. 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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