

Q. Can you name these yogasans ?

- Ans. 1. Chakrasana
2. Sarvangasana
3. Urdhvamukhasvanasana
4. Halasana

Q. Which of these do you perform in the prayer assembly ?

- Ans. 1. Chakrasana
2. Halasana

Q. What changes have you felt in your body after performing yogasans?

- Ans. After performing yogasans, I feel my body more active and strong.



Let's learn about Pranayam and its benefits.

Passages, Word-Meanings & Questions-Answers

Read the passages and answer the questions given below.

1. Shivam and Nitin were students of class V. One day they got up early. It was a pleasant morning. They went to a park for a morning walk. They saw many people in the park. Some of them were running on the track around the park. Children were playing. In the middle of the park, some people were sitting and making different poses. Shivam wondered what they were doing. Out of curiosity, both the friends went near them.

There was a Yoga teacher who was giving instructions to others. He said, "My dear friends, let's learn *pranayam* in today's Yoga class."

"What is *pranayam* ?", somebody asked.

Word-Meanings—pleasant = enjoyable, nice; track = a circular path for runners
middle = centre; poses = positions; wondered = surprised; curiosity = desire to know; instructions = activities of teaching or giving orders; pranayam = control over breathing.

Questions :

- (i) The friends had gone for :
(a) morning walk (b) to play (c) to do yoga (d) to do Pranayam
- (ii) In which class did Shivam and Nitin study ?
- (iii) Where did they go ?
- (iv) What did they see there ?
- (v) How was the morning ?
- (vi) Who were making different poses ?
- (vii) What were children doing ?

Answers :

- (i) (a) morning walk
- (ii) They study in class V.
- (iii) They went to a park for a morning walk.
- (iv) They saw many people in the park.
- (v) It was a pleasant morning.
- (vi) Some people were making different poses.
- (vii) Children were playing.

D. Answer the following questions :

1. Where did Nitin and Shivam go one day in the morning ?

Ans. Nitin and Shivam one day in the morning, went to a park.

2. What is *pranayam*.

Ans. *Pranayam* is control and extension of the breath.

3. What are the benefits of *pranayam*?

Ans. Benefits of *pranayam* :

- | | |
|------------------------------|----------------------------------|
| 1. It slows down heart-rate. | 2. It reduces blood pressure. |
| 3. It relaxes body and mind. | 4. It increases life expectancy. |

4. What is *poorak* ?

Ans. In this process, right nostril is pressed with right hand thumb. Then we breathe in slowly from the left nostril. This is done till the lungs are full.

5. How do you close your left nostril while doing *rechak* ?

Ans. While performing *rechak*, we close the left nostril with our ring finger.

ACTIVITY -II

A. Fill in the missing letters to complete the words given below.

1. n_str_l 2. br_ _th_ 3. th_gh 4. th_mb 5. an_le 6. r_l_ _se

Ans. 1. nostril 2. breathe 3. thigh 4. thumb 5. ankle 6. release

B. Complete the following sentences :

Kumbhak is.....

Rechak is.....

Poorak is.....

Ans. *Kumbhak* is the process of holding breath.

Rechak is the process of breathing out.

Poorak is the process of breathing in.

ACTIVITY -III

Look at the following sentences taken from the lesson :

- Sit calmly on a mat and close your eyes.
 - You can also do it in the evening but there should be a gap of four hours after the last meal.
 - Hold your breath for 5 to 10 seconds or only as long as you comfortably can.
- Each of the above three sentences has two parts.

In first sentence, the two parts have been joined by 'and', in second sentence, the

two parts have been joined by 'but' whereas in third sentence, the two parts have been joined by 'or'.

We use 'and' for adding information, 'or' for giving alternatives and 'but' for different information.

Complete the following sentences using 'and', 'but' or 'or'.

1. We went to the station the train had gone.
2. Most people work in day sleep at night.
3. The bus was crowded I managed to get in.
4. On a warm summer day, will you wear a black shirt a white shirt?
5. I wanted to buy a newspaper didn't have enough money.
6. We went home played Kabaddi.
7. My grandmother is eighty years old her eyes are still sharp.
8. I called him he did not answer.
9. Will you take milk *lassi* ?

Ans. 1. but, 2. and, 3. but, 4. or, 5. but, 6. and, 7. but, 8. but, 9. or.

(ii) 15-20 rounds.

ACTIVITY -I

A. Put the pictures of different stages of *pranayam* in correct order :



Ans.



B. Match the names with the pictures.

Ans.

Kumbhak



Rechak



Poorak



C. Write T for true and F for false for the following statements.

- 1. Shivam went to the park with Raju one day. ()
- 2. They saw some people making posters in the middle of the park. ()
- 3. The control and extension of breath is called *pranayam*. ()
- 4. *Pranayam* increases our heart rate. ()
- 5. Evening is the best time to do *pranayam*. ()
- 6. Kumbhak is the process of holding breath. ()

Ans. 1. (F) 2. (F) 3. (T) 4. (F) 5. (F) 6. (T)

Questions :

1. While practising pranayam we should sit in :
(a) Halasan (b) Chakrasan
(c) Padmasan (d) any of these.
2. (i) What is the first step of *pranayam* ?
(ii) Which sitting posture is best for *pranayam* ?
3. (i) What is the third step of *pranayam* ?
(ii) What is 'Poorak' in *pranayam* ?
4. (i) In which step of *pranayam* is Poorak done ?
(ii) Define "Kumbhak" in *pranayam* ?

Answers :

1. (c) Padmasan
2. (i) First step of *pranayam* - sit calmly and close your eyes.
(ii) Padmasan is the best sitting posture for *pranayam*.
3. (i) To sit in Padmasan is the third step of *pranayam*.
(ii) The process of breathing in is called Poorak in *pranayam*.
4. (i) Poorak is done in fourth step of *pranayam*.
(ii) The process of holding breath is called Kumbhak in *pranayam*.

5. **Step 6 :** Now release the thumb and close the left nostril with your ring finger. Then breathe out slowly through your right nostril.
(This process of breathing out is called 'Rechak')



Step 7 : Now, breathe in from the right nostril.

Step 8 : Hold your breath again.



Step 9 : Now press the right nostril with thumb and breathe out from left nostril.

Step 10 : You may start with 5 rounds and increase it upto 15-20 rounds.



Word-Meanings—**release** = remove; **Rechak** = the process of breathing out; **rounds** = repetitions, doing same thing again and again.

Questions :

1. The process of breathing out in *pranayam* is called :
(a) Poorak (b) Kumbhak
(c) Rechak (d) none of these
2. (i) What is the sixth step of *pranayam* ?
(ii) What is seventh step of *pranayam* ?
3. (i) What do we call the process of holding the breath ?
(ii) In which step of *pranayam* do we breathe out from left nostril ?
4. (i) How many rounds of *pranayam* can we do when we start the practice of *pranayam* ?
(ii) How many maximum rounds of *pranayam* can we do ?

Answers :

1. (c) Rechak
2. (i) Rechak is the sixth step of *pranayam*.
(ii) Next Kumbhak or second Kumbhak is the seventh step of *pranayam*.
3. (i) Kumbhak
(ii) In ninth step
4. (i) 5 rounds
(ii) 15-20 rounds.



Answers :

- (i) (c) before meals.
- (ii) *Pranayam* should be done on an empty stomach.
- (iii) We should do *pranayam* in the morning.
- (iv) There should be a gap of four hours after the last meal.
- (v) The teacher began to list steps of *pranayam*.
- (vi) Nitin and Shivam joined the group.
- (vii) They sought permission from the Yoga teacher.

Steps of Pranayam

4. **Step 1 :** Sit calmly on a mat and close your eyes.



- Step 2 :** Put left ankle on the right thigh.



- Step 3 :** Now put right ankle on the left thigh.
(This posture is called "Padmasan.")



- Step 4 :** Press your right nostril with your right hand thumb and breathe in slowly from the left nostril. Do this till your lungs are full.
(This process of breathing in is called 'Poorak')



- Step 5 :** Hold your breath for 5 to 10 seconds or only as long as you comfortably can.
(This process of holding breath is called 'Kumbhak').



Word-Meanings—*calmly* = peacefully; without tension; *ankle* = joint between foot and leg; *thigh* = upper part of leg above knee; *Padmasan* = a kind of sitting posture; *nostrils* = passages of nose through which air goes in or comes out; *breathe in* = to inhale air; *Poorak* = process of filling the lungs full of air; *hold* = to keep in the same position, to prevent from coming out; *comfortably* = easily; *kumbhak* = holding the breath.

Questions :

1. While practising pranayam we should sit in :
 - (a) Halasan
 - (b) Chakrasan
 - (c) Padmasan
 - (d) any of these.
2. (i) What is the first step of *pranayam* ?

Answers :

- (i) (a) morning walk
- (ii) They study in class V.
- (iii) They went to a park for a morning walk.
- (iv) They saw many people in the park.
- (v) It was a pleasant morning.
- (vi) Some people were making different poses.
- (vii) Children were playing.

2. "Pranayam is control and extension of the breath. By practising it, we can reduce our breathing rate. Reduced breathing rate has a lot of benefits. It slows down heart rate, reduces blood pressure and relaxes body and mind. *Pranayam* increases our life expectancy.

Word-Meanings—**control** = command; **extension** = increment; **practising** = doing again and again; **reduce** = to make smaller in size or time; **benefits** = advantages, useful effects; **relaxes** = gives rest, calm; **increases** = makes larger; **expectancy** = possibility.

Questions :

- (i) This passage is about :
(a) walking (b) heart rate (c) *pranayam* (d) mind

- (ii) What is *pranayam* ?
- (iii) What can we do by practising it ?
- (iv) Write the first benefit of reduced breathing rate.
- (v) What does *pranayam* increases ?
- (vi) What should be our breathing rate ?
- (vii) What is the second benefit of reduced breathing rate ?

Answers :

- (i) (c) *pranayam*
- (ii) *Pranayam* is control and extension of the breath.
- (iii) We can reduce our breathing rate.
- (iv) The first benefit is that it, slows down the heart rate.
- (v) *Pranayam* increases our life expectancy.
- (vi) Our breathing rate should be slow.
- (vii) Second benefit is that it reduces blood pressure.

3. *Pranayam* should be done on an empty stomach, preferably in the morning. You can also do it in the evening but there should be a gap of four hours after the last meal."

Shivam and Nitin got interested and joined the group after seeking permission from the yoga teacher.

The teacher started listing the steps of *pranayam*.

Word-Meanings—**empty stomach** = without taking food; **preferably** = more suitably; **gap** = time interval; **last meal** = food taken; **got interested** = became more attracted towards; **seeking** = getting; **permission** = allowing to do something; **listing** = to arrange in order; **steps** = stages.

Questions :

- (i) *Pranayam* should be done :
(a) during meals (b) after meals
(c) before meals (d) anytime
- (ii) How should *pranayam* be done ?
- (iii) When should we do *pranayam*?
- (iv) What should be kept in mind, if one performs *pranayam* in the evening ?
- (v) What did the teacher begin to list ?
- (vi) What did Nitin and Shivam join ?
- (vii) From whom did they seek permission ?