

Class- 5
chapter- 2
english

Questions

Q.1 The process of breathing out in Pranayam is called?

Q.2 (i) what is the sixth step of Pranayam?

(ii) what is the seventh step of Pranayam?

Q.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?

Q.4 (i) how many rounds of Pranayam can we do when
we start practicing the Pranayam?

(ii) how many maximum rounds of Pranayam can
we do?

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. ()

D. Answer the following questions :

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

2. What is pranayam.

3. What are the benefits of pranayam?

4. What is poorak ?

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

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

B. Complete the following sentences :

Kumbhak is.....

Rechak is.....

Poorak is.....