

CLASS NOTES

Class: XII

Topic: Yoga and lifestyle

Asanas

Subject: Physical Education

1. Explain the procedure for Hastasana.

Ans. Procedure:

- Tadasana begin by assuming the Stand with your arms at your sides. Gently raise them to the ceiling.
- Make sure that your arms are parallel to each other. You can also bring your palms together over your head. While you do this, make sure your shoulders are not hunched. If your palms are apart then they must face each other. Your arms must be straight at all times such that they are activated all throughout, till your fingertips. Move your gaze upwards.
- Your shoulders must be away from the ears and your shoulder blade must be pressed firmly to your back.
- Your thighs should be engaged in such a way that they pull the knee caps up. Straighten your legs, but don't lock your knees, always remember that a micro bend in your knees is safer for your joints.

2. Enlist few Asanas for curing back pain problems and describe the procedure of anyone of them.

Ans.(a) Tadasana

(b) Ardh matsyendrasana

(c) Vakrasana

(d) Shalabhasana

(e) Bhujangasana

Procedure for shalabhasana: In this Asana one sits in padmasana. Hands are inserted between thighs and calves, near the knees. Arms are slowly pushed through the legs, up to the elbow. The palm of the hands are firmly placed on the floor with the fingers pointing forward. Keeping the head straight and exhaling, the body is raised from the floor, balancing only on hands. The back is held straight. Remain in this position for as long as is comfortable.

Long answer questions

1. Name the Asana which can be done after having meals. Explain its steps and advantages.

Ans. Vajarasana can be done after eating food. The various steps involved while performing vajarasana are as follows

- In this Asana, the Left leg is bent at the knee, the left ankle is grasped with the left hand and the foot is placed near the hips, keeping the heel outward.
- Taking support of the left hand one leans slightly to the left side by sitting on the left sole.
- The right leg is bent, the right ankle is grasped and the right foot is placed near the right hip
- One sits straight on the inner sole's, toes touching, keeping the heels out or sits on the ground with the feet just touching the sides of the hips.
- Arms are stretched and the hands are placed on the knees with eyes closed.
- Breathe normally while performing this Asana.
- Sit erect keeping the trunk, the neck and the head in a straight line.

(h) The whole body is supported on the knees and the ankles.

Advantages:

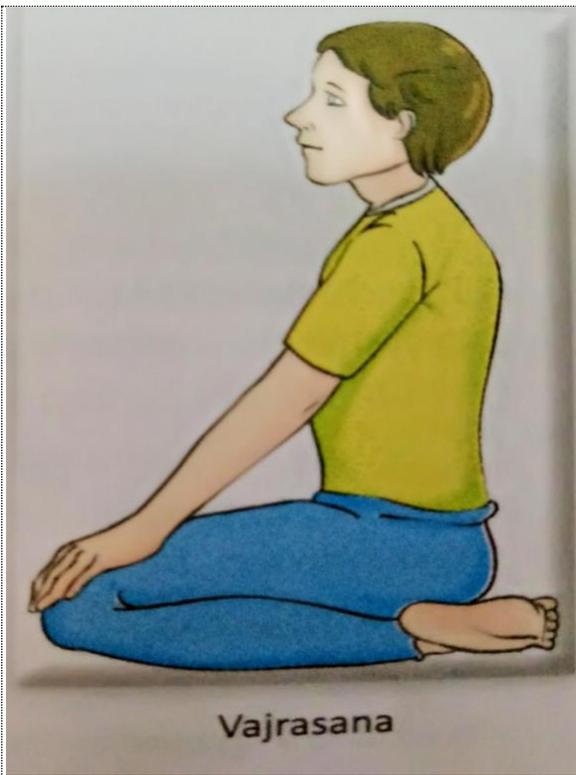
- (a) This Asana helps in digestion and elements gas trouble.
- (b) Regular practice of this asana increases the secretion from the glands.
- (c) One does not suffer from minor and major ailments such as constipation, indigestion, fever, etc.
- (d) It tones up the pelvic region.
- (e) It helps to remove obesity.
- (f) It helps in meditation and controls Hypertension.

2. "Gomukhasana is very good for curing back pain" Explain its procedure.

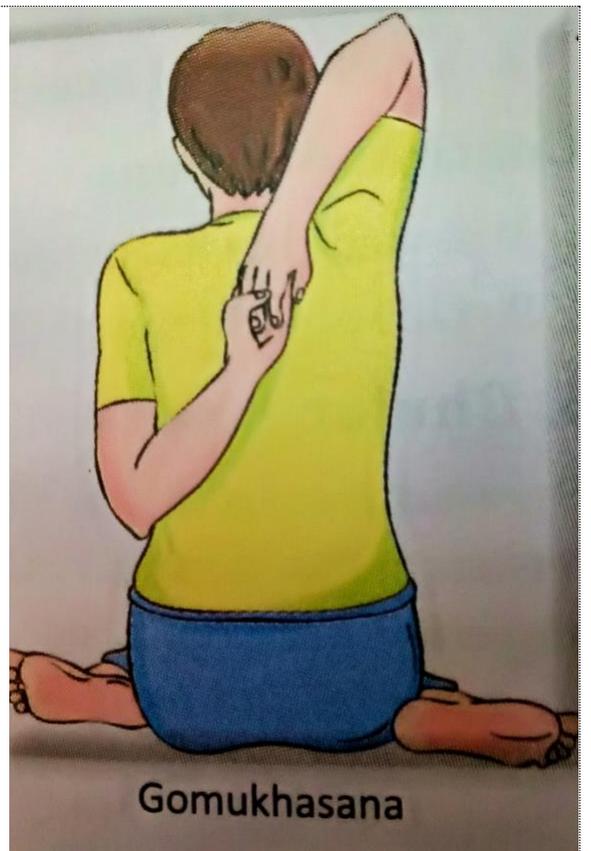
Ans. The final position of this asana resembles the shape of cow's head.

Procedure or Description:

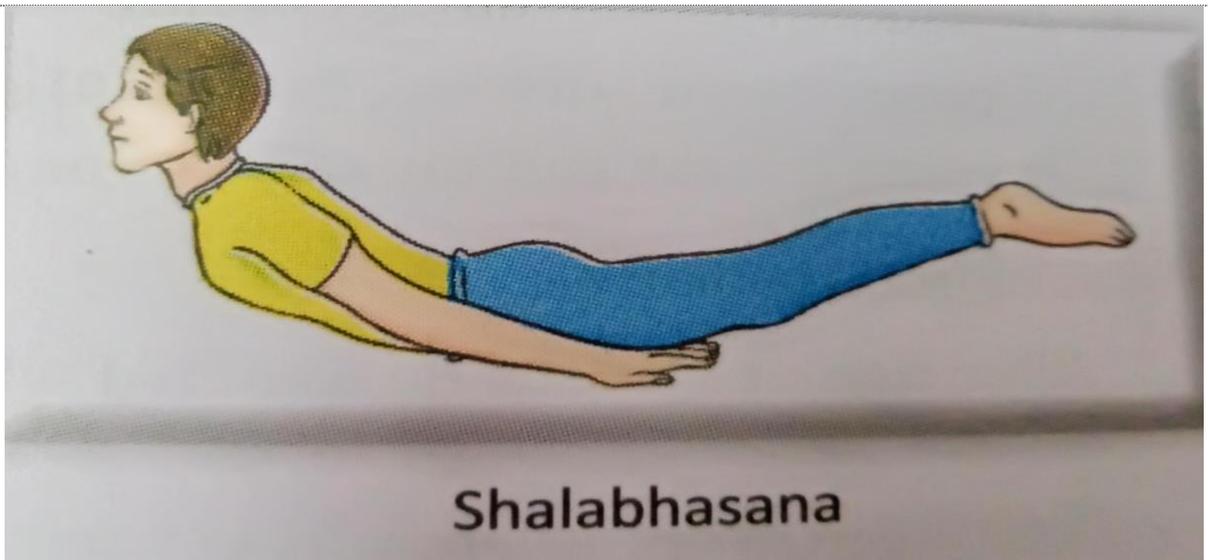
- (a) Sit with both legs straight in front of the body.
- (b) Bend the left leg underneath the right leg so that the left heel is touching the right hip.
- (c) Bring the right leg over the top of the bent left leg so that the right heel touches the left hip.
- (d) Adjust the right knee so that it is above the Left knee.
- (e) Place the left arm behind the back and the right arm over the right shoulder.
- (f) The back of the left hand should lie in contact with the spine while the palm of the right hand rests against the backbone.
- (g) Try to clasp the fingers of both hands behind the back.
- (h) Bring the raised elbow behind the head so that the head presses against the inside of the raised arm.
- (i) Stay in this final position for up to two minutes.
- (j) Unclasp the hands, straighten the legs and repeat with left knee on top of right knee and left arm over the left shoulder
- (k) this is one complete round.



Vajrasana



Gomukhasana



Shalabhasana

