

CBSE Test Paper 05
CH-03 Yoga and Lifestyle

1. Mention any five benefits of Pada hastasana.
2. What do you mean by back pain?
3. Explain about asthma.
4. Mention any five benefits of Shalabhasana.
5. Discuss the procedure of Vakrasana.
6. Mention any five benefits of Shalabhasana.
7. Discuss the procedure of Tadasana for back pain.
8. Elucidate the benefits and contraindications of Sukhasana.
9. Elaborate the procedure and benefits of Tadasana and Pawanmuktasana.
10. What do you mean by back pain? Discuss the procedure and benefits of Shalabhasana.

CBSE Test Paper 01
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Answer

1. Benefits of Pada Hastasana:

- a. It makes the body very flexible.
- b. It stretches the leg and back muscles.
- c. It helps to eliminate excess belly fat.
- d. It makes the spine flexible and tones the nerves.
- e. It improves blood circulation.

2. The pain which is felt in the back usually originates from the bones, joints, muscles and nerves etc is called back pain. It may be in the cervical, thoracic or lumbar region.

3. Asthma is a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing. The airways also swells up and pruce extra mucus. It usually triggers coughing, wheezing or whistling or shortness of breath. The coughing usually occurs at night or early in the morning.

4. Benefits of Shalabhasana:

- a. It improves posture.
- b. It stimulates the body organs.
- c. It helps in relieving stress.
- d. It alleviates lower back pain.
- e. It helps in removing constipation.



Sit down and stretch your legs straight. Fold the right leg and keep the right leg's heel touching the left leg's knee. Place your right hand behind your back and left arm over

the right knee; hold your right ankle. Push your right knee as far as possible and while exhaling, twist your trunk to the right side. Take sufficient support of left arm. Now repeat the same procedure with the left side.

6. Benefits of Shalabhasana:

1. It improves posture.
2. It stimulates the body organs.
3. It helps in relieving stress.
4. It alleviates lower back pain.
5. It helps in removing constipation.

7. There is the procedure of Tadasana as follows:

1. Stand erect with the feet together, the heels and big toes touching each other. Rest all the toes on the floor.
2. Tighten the knees and pull the kneecaps up, contract the hips and pull up the muscles at the back of the thighs.
3. Keep the stomach tucked in, chest forward, spine stretched up and the neck straight.
4. Do not bear the weight of the body either on the heels or the toes, but distribute it evenly.
5. Ensure the chin is not raised up and is close to the collar bone. The facial muscles are not stressed and bring a smile to your face. Bring arms close to your body by placing them by the side of the thighs.
6. One can have their eyes closed and learn to balance the body with the focus on the breath and the steadiness of the body.
7. Stand here for as long as it is comfortable. As you practice, the stability of the body improves along with straightening of the spine with proper breathing.

8. Benefits:

- a. It facilitates mental and physical balance without causing strain or pain.
- b. It stretches and lengthens spine.
- c. It calms your mind.
- d. It enhances your condition of peace.

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- e. It reduces anxiety, stress and mental fatigue.
 - f. It helps in improving body posture.
 - g. It provides gentle massage to knees, calf muscles and thighs.

Contraindications:

- a. If your knees and hips are injured or inflamed, you should avoid practicing this asana.
- b. If you have a slip disc problem, you should take proper care while performing this asana.

9. **Procedure of Tadasana:** Stand up in attention position. Lift your arms upwards. Stretch your hands upwards. Raise your heels, and come on your toes. Also pull up your body upwards. After some time breathe out slowly and come to the previous position. Repeat the same exercise for 10 to 15 times.

Benefits of Tadasana:

- a. It is helpful in developing physical and mental balance.
- b. It reduces obesity.
- c. It cures constipation.
- d. It cures digestive problems.
- e. It improves body posture.
- f. It alleviates sciatica.
- g. It is an excellent asana for those who want to enhance their height.
- h. It is beneficial in treating hypertension.

Procedure of Pawanmuktasana: lie down on your back on a plain surface. Keep your feet together and place your arms beside your body. Take a deep breath. When you exhale bring your knees towards your chest. At the same time press your thighs on your abdomen. Clasp your hands around your legs. Hold the asana when you breathe normally. Every time you inhale, ensure that you loosen the grip. Exhale and release the pose after you rock and roll from side to side three times.

Benefits of Pawanmuktasana:

- a. It eases the tension in lower back.

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- b. It enhances the blood circulation in pelvic area.
 - c. It stimulates the reproductive organs.
 - d. It helps to cure menstrual disorders.
 - e. It helps in reducing the fats of the thighs, buttocks and abdominal area.
 - f. It strengthens the abdominal muscles.
 - g. It also massages the intestines and organs of digestive system which helps in releasing the gas and thus improves digestion.
 - h. Relieves constipation.

10. The pain which is felt in the back usually originates from the bones, joints, muscles and nerves etc is called back pain. It may be in the cervical, thoracic or lumbar region.

Procedure of Shalabhasana: Lie down in prostate position. Spread the thigh backwards. Hold your fists and extend arms. Keep your fists under the thigh and then raise your legs slowly as high as you can. For best results hold this position for 2 to 3 minutes and then lower your legs slowly. Repeat the same action for 3 to 5 times.



Benefits of Shalabhasana:

- a. It improves posture.
- b. It stimulates the body organs.
- c. It helps in relieving stress.
- d. It alleviates lower back pain.
- e. It helps in removing constipation.
- f. It provides relief to persons who have mild sciatica and slip disc problem.
- g. It strengthens the muscles of the spine, buttocks and back of the arms and legs.