

CBSE Test Paper 04
CH-03 Yoga and Lifestyle

1. Briefly discuss the procedure of Sukhasana.
2. Write any two benefits of the Gomukhasana.
3. What are the contraindications of vajrasana?
4. Mention the benefits of Shavasana.
5. Describe the benefits and contraindications of Tadasana.
6. State the benefits and contraindications of Bhujangasana in the context of diabetes.
7. Explain about the procedure and advantages of Bhujangasana.
8. What do you mean by obesity? Discuss the benefits and contraindications of Pada Hastasana and Vajrasana.
9. What are the procedures of Tadasana, Pawanmuktasana, and Ardha Chakrasana?
10. Write any two benefits of Pawanmuktasana.

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1. Two benefits of Pawanmuktasana are as follows:

1. Relieves tiredness from legs.
2. Strengthens back.



Sit down with the legs straight in front of the body. After that bend the right leg and place the foot under the left thigh. Then bend the left leg and keep the foot under the right thigh. Place the hands on the knees. Chin should be in. Keep the head, neck and back straight, close the eyes. Relax the body.

3. This asana helps to flex the back, making it more elastic. It helps to cure stiff shoulders and also helps reduce backaches. Practicing the **Gomukhasana** also aids in the treatment of sciatica. It enhances the working of the kidneys, thereby helping those suffering from diabetes
4. The various contraindications of Vajrasana are as follows:
 - a. A person suffering from joint pain should not perform vajrasana.
 - b. The individuals who have any spinal column problem should not perform vajrasana.
 - c. The individuals who have some difficulty in movement should practice vajrasana with a lot of care.
5. Benefits of Shavasana:
 - a. It controls high blood pressure.
 - b. It relieves mental tension.
 - c. It regulates blood circulation and gives relief in various aches and pains.
 - d. It helps to cure many cardiac problems.

TADAASANA

6.



Benefits:

- 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.

Contraindications:

- a. If you have low blood pressure you should not practice this asana.
- b. In case of headaches or insomnia you should avoid the practice of this asana.
- c. Individuals, who suffer from blood circulation problems such as faulty valves, should not perform this asana.

7. There are many benefits as well as contraindications of Bhujangasana These are as follows:-

Benefits

- The nerves along the spinal column are toned and blood circulation is improved.
- Improves overall back and neck while keeping the spine supple and healthy.
- Helps in expanding the chest thus encouraging deep breathing. It works on the shoulders and corrects rounded shoulders.
- Since the digestive organs are put to action, migraine is also taken care of.

Contraindications

- Those with severe back problems relating to the spine should clearly avoid this

yoga pose.

- Someone having neck problems relating to spondylitis too should clearly avoid this yoga pose.
- Someone suffering from stomach disorders like ulcers should ensure proper guidance while doing this yoga pose or avoid this yoga pose if discomfort is seen or felt.
- Pregnant women should avoid this yoga pose as a lot of pressure is felt at the lower abdomen and can also cause injury if the position of the arms is not correct while in this pose.

8.
 - i. Lie flat on your stomach with forehead touching the floor. Place the hand on the side of your thighs.
 - ii. Move hand to the front, keeping them at the shoulder level and place your palms on the floor.
 - iii. Straighten up your arms slowly, raising the head and trunk, your head should be backwards
 - iv. Hold this position for 15-30 seconds. Back to the normal position.
 - v. For better result repeat this asana 3 to 5 times.

Advantages:-

- i. Increases the circulation of blood.
 - ii. Cures acidity, indigestion, constipation etc.
 - iii. Enhances the function of the liver, kidney, Pancreas and gall bladder.
 - iv. Strengthens the arms and shoulders.
 - v. Decreases obesity.
9. Obesity is that condition of the body in which the amount of fat increases to extreme levels. **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.
 - f. It improves digestion and removes constipation.

Contraindications Pada Hastasana: The individuals who have back pain should avoid this asana. At least, they should not bend forward fully. They can bend themselves

only as far as comfortable. **Benefits of Vajrasana:**

- a. It is helpful for concentration.
- b. It is helpful in curing dysentery, back pain and chest diseases.
- c. It enhances memory.
- d. It cures problems related to menstruation.
- e. It cures mental stress.
- f. It strengthens the pelvic muscles.
- g. It removes postural defects.
- h. It prevents hernia and give relief from piles.

Contraindication of Vajrasana:

- a. A person suffering from joint pain should not perform vajrasana.
- b. The individuals who have any spinal column problem should not perform vajrasana.
- c. The individuals who have some difficulty in movement should practice vajrasana with a lot of care.

10. **The procedure of Tadasana (In standing position)**

- Stand straight on the ground, and take a small gap between your feet.
- With deeply breathing (inhale), raise your both arms.
- Keep your arms upward by interlocking your fingers.
- Now come on the toes by raising your heels simultaneously
- Feel the pressure of stretching from toes to fingers.
- Try to maintain this pose as long as you can with slow and deep breathing.
- Now come to the original position with deep breathing (exhale).
- You can perform the number of rounds as per your convenience after having relaxation for a while.

The procedure of Pawanmuktasana

- Lie flat on your back on a smooth surface, ensuring that your feet are together, and your arms are placed beside your body.
- Take a deep breath. As you exhale, bring your knees towards your chest, and press your thighs on your abdomen. Clasp your hands around your legs as if you are hugging your knees.
- Hold the asana while you breathe normally. Every time you exhale, make sure

you tighten the grip of the hands on the knee and increase the pressure on your chest. Every time you inhale, ensure that you loosen the grip.

- Exhale and release the pose after you rock and roll from side to side about three to five times. Relax.

The procedure of Ardha Chakrasana (Half Wheel Pose)

- Stand straight and bring your hands together in a clamped position.
- Raise and rotate your hands above the shoulders.
- Slowly bend the upper part of your body along with the hands, as far as you can go.
- Remain in this position for a few seconds to a minute, according to your capacity.
- To release the pose, bring back slowly to the standing position with hands on your side.
- There is a variation of Ardha Chakrasana, where the hands are placed behind the hips and then the back bending is attempted.