



# Unit -3

Physical Education



## Unit - 3

# Yoga as Preventive measure for Lifestyle Disease

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# Syllabus 2023 – 24 (Theory – 70 Marks)

## CLASS XII COURSE STRUCTURE

UNIT NO.	UNIT NAME	NO. OF PERIODS (190 HRS)	THE WEIGHTAGE (MARKS) ALLOTTED
UNIT 1	Management of Sporting Events	15	05 + 04 <b>b*</b>
UNIT 2	Children and Women in Sports	12	07
UNIT 3	Yoga as Preventive measure for Lifestyle Disease	12	06+01 <b>b*</b>
UNIT 4	Physical Education & Sports for (CWSN)	13	04+04 <b>b*</b>
UNIT 5	Sports & Nutrition	12	07
UNIT 6	Test and Measurement in Sports	13	08
UNIT 7	Physiology & Injuries in Sport	13	04+04 <b>b*</b>
UNIT 8	Biomechanics and Sports	18	10
UNIT 9	Psychology and Sports	12	07
UNIT 10	Training in Sports	15	09
<b>PRACTICAL (LAB)#</b>	<b>Including 3 Practical</b>	<b>56</b>	<b>30</b>
<b>TOTAL</b>	<b>Theory 10 + Practical 3</b>	<b>134 + 56 = 190hrs</b>	<b>Theory 70 + Practical 30 = 100</b>

Note: **b\*** are the Concept based questions like Tactile diagram/data interpretation/case base study for visually Impaired Child

## Unit Contents

### 3.1 Obesity : Procedure, Benefits & Contraindications for

1. Tadasana,
2. Katichakrasana,
3. Pavanmuktasana,
4. Matsayasana,
5. Halasana,
6. Pachimottansana,
7. Ardha – Matsyendrasana,
8. Dhanurasana,
9. Ushtrasana,
10. Suryabedhan pranayama.

# Unit Contents

## 3.2 Diabetes : Procedure, Benefits & Contraindications for

1. Katichakrasana,
2. Pavanmuktasana,
3. Bhujangasana,
4. Shalabhasana,
5. Dhanurasana,
6. Supta-vajarasana,
7. Paschimottanasana,
8. Ardha-Mastendrasana,
9. Mandukasana,
10. Gomukasana,
11. Yogmudra,
12. Ushtrasana,
13. Kapalabhati.

### 3.3 Asthma : Procedure, Benefits & Contraindications for

1. Tadasana,
2. Urdhwa hastottansana,
3. Uttan Mandukasana,
4. Bhujangasana,
5. Dhanurasana,
6. Ushtrasana,
7. Vakrasana,
8. Kapalbhati,
9. Gomukhasana,
10. Matsyaasana,
11. Anuloma-Viloma.

### 3.4 Hypertension : Procedure, Benefits & Contraindications for

1. Tadasana,
2. Katichakransan,
3. Uttanpadasana,
4. Ardha Halasana,
5. Sarala Matyasana,
6. Gomukhasana,
7. UttanMandukasana,
8. Vakrasana,
9. Bhujangasana,
10. Makarasana,
11. Shavasana,
12. Nadi-shodhana pranayam,
13. Sitlipranayam.

### 3.5. Back Pain and Arthritis : Procedure, Benefits & Contraindications of

1. Tadasan,
2. Urdhwa hastootansana,
3. Ardh-Chakrasana,
4. Ushtrasana,
5. Vakrasana,
6. Sarala Maysyendrsana,
7. Bhujandgasana,
8. Gomukhasana,
9. **Bhadrasana,**
10. Makarasana,
11. Nadi-Shodhana pranayama.

# CBSE Sample Paper Questions

**Q1. Identify the Asana:**



- a) Pawanmuktasana
- b) Sukhasana
- c) Chakrasan
- d) Gomukhasana

**Q1. Shalabhasana pose refers to:**

- a) Grasshopper pose.
- b) Cow pose
- c) Fish pose
- d) Cobra pose

**Q34. Discuss the asanas helpful for a person suffering from Hypertension. Write down the procedure and contraindications of Sarala Matsyasana in detail.**

# Previous Year Questions

## SECTION-A

(All Questions are compulsory)

1. Identify the Asana:

[1]



(a) Bhujangasana

(c) Vajrasana

(b) Halasana

(d) Dhanurasana

## SECTION-E

(Attempt any 3 questions)

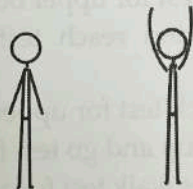
34. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram. [1+4]

**Ans.** Hypertension or high blood pressure (HBP) signifies high tension or pressure in the arteries. Excessive emotional tension does not mean high blood pressure even though emotional tension and stress can provisionally increase blood pressure.

**Four asanas used for prevention of Hypertension are as follows:**

- (i) Tadasana
- (ii) Gomukhasana
- (iii) Shavasana
- (iv) Vakrasana

**Procedure and Contraindication for Tadasana:**



**Tadasana:** The word 'tadasana', comes from the two Sanskrit word 'tada' meaning 'mountain' and 'palm tree' and 'asana' means 'posture'. This asana is also known as mountain posture

As per the Latest Board Syllabus  
issued on 31<sup>st</sup> March, 2023

**CLASS XII**  
**2024**  
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# CBSE LAST YEARS SOLVED PAPERS

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or palm tree posture. Tadasana provides physical and mental benefits to the practitioner along with proper stretch to the arms, chest, abdominal muscles, spine, knee, ankles, foot, etc. Regular practice of tadasana improves balance and strength.

#### Procedure of Tadasana:

- (i) Stand erect, and place the legs slightly apart, with hands side by the body.
- (ii) One should raise the hands straight in front up to arms and the palms should face each other.
- (iii) Then bring the hands up straight forwards towards the sky, fingers pointing upward.
- (iv) Slowly stand on the toes, and raise heels as much as possible. The body should stretch up as much as possible. Look slightly upward.
- (v) Feel the stretch in the body right from the feet to head. Hold the position for a few seconds.
- (vi) While returning to the starting position, bring the heels on the ground first, and then bring down the hands also.

#### Contraindications of Tadasana:

- (i) People prone to low blood pressure, headache, insomnia, lightheaded and dizziness should avoid this asana.
- (ii) Avoid this asana during pregnancy.

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## YOGA

The term yoga is derived from a Sanskrit word '**Yuj**' which means join or union.

In fact joining the **individual self with the divine or universal spirit** is called yoga. It is a science of development of man's Consciousness.



A

Z



## International Yoga Day

Celebrated all over the world on **June 21** since its inception in **2015**. The idea of IDY was first proposed by Prime Minister Narendra Modi during his speech at the United Nations General Assembly (UNGA), on September 27, 2014.

The date of June 21 was suggested by PM Modi in his UN address as it is the **longest day of the year in the Northern Hemisphere** and is highly important in many parts of the world.



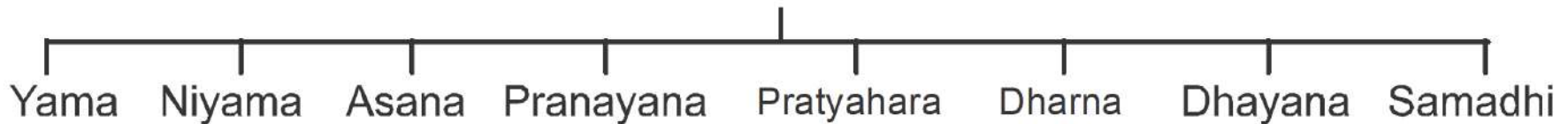
## Elements of Yoga :

The main aim of yoga is to **control over the mind**.

This is Possible only follow to **eight fold Paths** or eight steps also know as "Ashtang Yoga".

This system was Developed by Maharashi Patanjali.

### Elements of Yoga



## 3.1 Obesity

Obesity is that condition of the body in which the **amount of fat increases to extreme levels.**

Now A days obesity has become a problem for the whole world obesity is a condition in which the amount of fat in the body increase to a very large extent.

If a person is having **BMI > 30** he/she would be considered as obese.



## There are many causes of obesity such as

- Overeating,
- Lack of physical exercise,
- Genetics,
- Diet high in carbohydrate
- High frequency of eating,
- Medications,
- Psychological factors.



Due to many health risks of obesity it has been **given the status of a disease.**

Due to obesity, diseases like

- Diabetes,
- High blood pressure,
- Cancer,
- Arthritis etc. are caused.



## Benefits:

- a) It is helpful for concentration.
- b) It is helpful in curing back pain and chest diseases.
- c) It enhances memory.
- d) It cures problems related to menstruation.
- e) It cures mental stress.
- f) It removes postural defects.



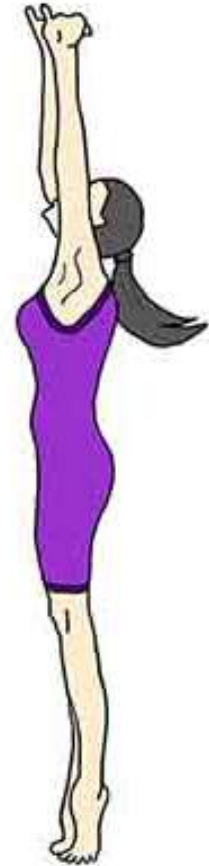
## Contraindications :

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



# 1. Tadasana

**TADASANA**  
**THE PALM TREE POSE**



1. Stand on a yoga mat; your feet should be slightly apart.
2. Your hands should be alongside your body.
3. Inhale deeply and slowly raise your arms upwards then interlock your fingers.
4. Raise your heels and stand on your toes. Your toes should be fanned out a little.
5. Feel your body stretching. Look up.
6. Place your body weight on your toes and stretch out your shoulders, arms, and chest up.
7. Hold this pose for a few moments.
8. Exhale and return to the starting position.

## TADASANA THE PALM TREE POSE



# KATI CHAKRASANA

## STANDING SPINAL TWIST POSE



## 2. Katichakrasana

**Step 1 :** Stand with both legs two feet apart. First, keep the arms by the sides.

**Step 2 :** Then, raise both arms to the shoulder level. While raising the arms inhale. Now, exhale and twist the body to the left. Bring the right palm to the left shoulder and extend the left-hand wrapping around the waist. Now, turn the head towards the left side and look over the left shoulder.

**Step 3 :** Stop exhaling and retain the breath for while.

**Step 4 :** After a while, inhale and come back to the original position. Then, repeat on the right side. This constitutes one round. Perform five to ten rounds.



# 3. Pawanmuktasana



## Procedure, benefits and contraindications for **Pawanmuktasana**

### **Procedure :**

1. Lie down on your back on a plain surface.
2. Keep your feet together and place your arms beside your body.
3. Take a deep breath. When you exhale bring your knees towards your chest.
4. At the same time press your thighs on your abdomen. Clasp your hands around your legs.



# 4. Matseyasana

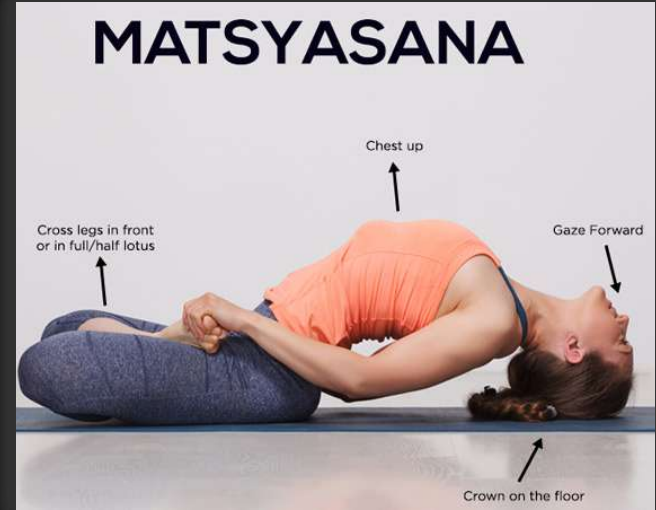


# Procedure, benefits and contraindications for **Matseyasana**

If this asana is performed in water body can float easily that's why it is called **matsyasan**.

## Procedure :

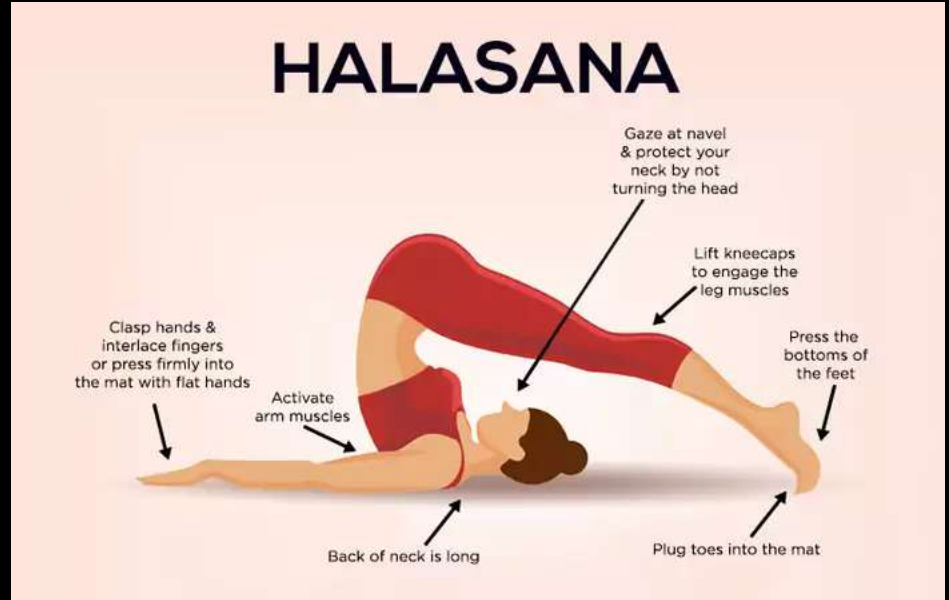
1. Sit in padmasana pose.
2. Take support of your elbow and lie on your back bend your neck with support of your hands, and try to touch your forehead to the ground.



3. Hold toes of the feet firmly with both hands and touch the ground with the elbows.
4. Stretch the stomach as up as possible.



# 5. Halasana

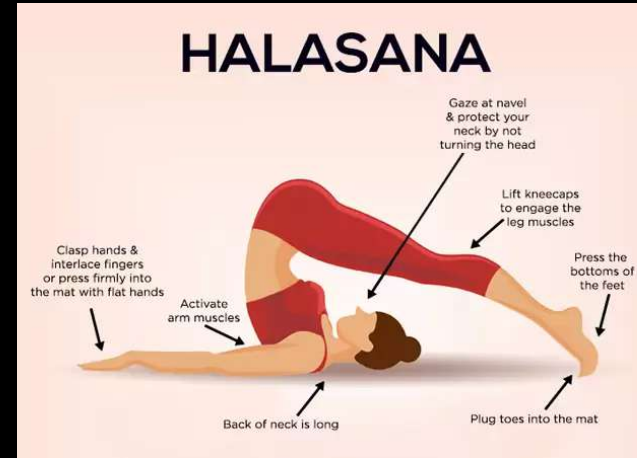


1. Lie on your back with your arms beside you, palms downwards.

2. As you inhale, use your **abdominal muscles** to lift your feet off the floor, raising your legs vertically at a 90-degree angle.

Continue to breathe normally and supporting your hips and back with your hands, lift them off the ground.

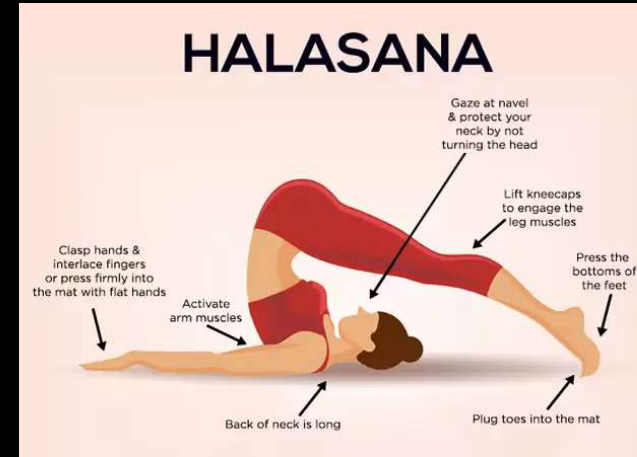
3. Allow your legs to sweep in a 180-degree angle over your head till your toes touch the floor.



4. Your back should be perpendicular to the floor. This may be difficult initially, but make an attempt for a few seconds.

5. Hold this pose and let your body relax more and more with each steady breath.

6. After about a minute (a few seconds for beginners) of resting in this pose, you may gently bring your legs down on exhalation.



# 6. Paschimottasana



## Procedure, benefits and contraindications for Paschimottasana

- First of all, sit on the ground, stretching both the legs outward.
- Toes should remain together pointing forward.
- Now, Inhale, raise your arms, and bend the body forward exhaling as far as possible.
- While bending forward, do exhaling.
- In the final stage, interlocked fingers should be beyond the toes and the nose should touch the knees.



# 7. Ardha Matsyendrasana



## Procedure :

1. Sit and keep both legs straight
2. Bending the knee of the right feet and put right heel below the left hip. Bend left leg and place the left foot to the right side of the right knee.
3. Keep left knee closed to the chest.



4. Exhale from the right nostril and turns towards left and touch the toe of the left leg from the right hand.

5. Body and head moves towards the left.

6. Repeat while changing the position of legs.

## Ardhamatsyendrasana (half Spinal Twist)

Step-1



Step-2



Step-3



Step-4

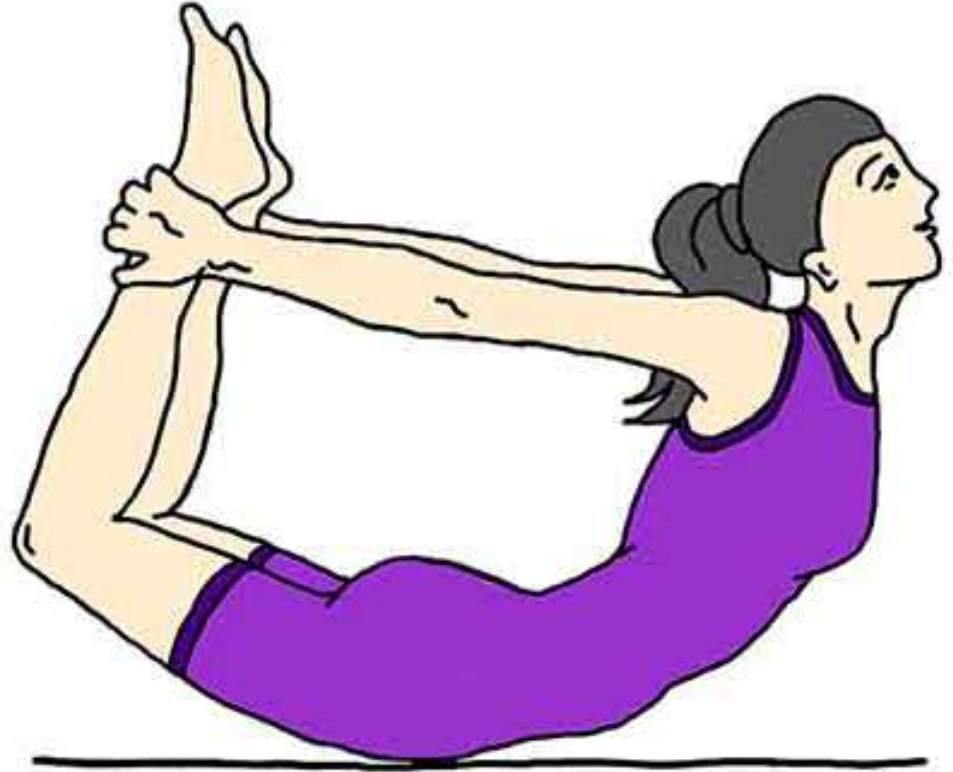


Step-5



# 8. Dhanurasana

**DHANURASANA**  
**THE BOW POSE**

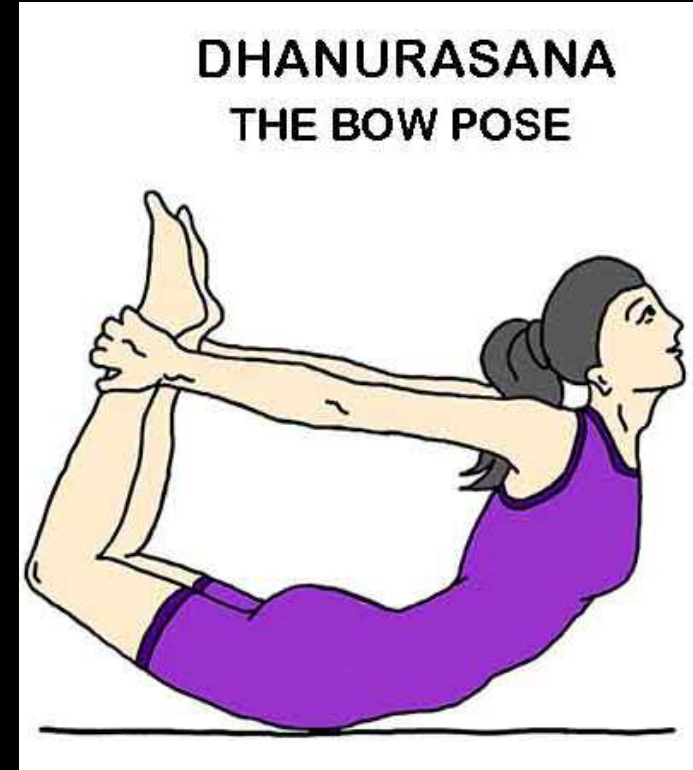


1. Lie on your stomach with your feet apart, in line with your hips, and your arms by the side of your body.

2. Fold your knees, take your hands backward, and hold your ankles.

3. Breathe in, and lift your chest off the ground and pull your legs up and towards the back.

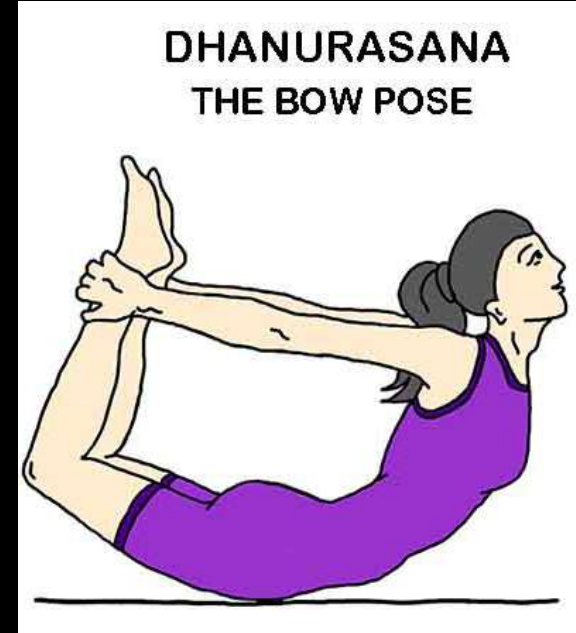
4. Look straight ahead with a smile on your face.



5. Keep the pose stable while paying attention to your breath. Your body is now curved and as taut as a bow.

6. Continue to take long, deep breaths as you relax in this pose. But, bend only as far as your body permits you to. Do not overdo the stretch.

7. After 15 -20 seconds, as you exhale, gently bring your legs and chest to the ground. Release the ankles and relax



## 9. Ushtrasana

**USHTRASANA**  
THE CAMEL POSE

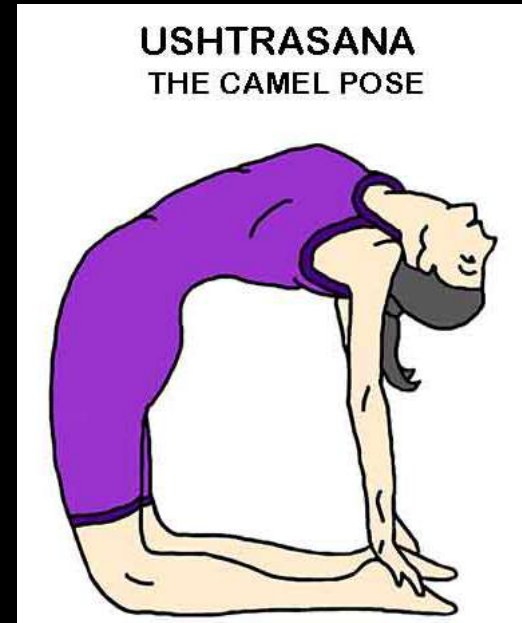


1. Stand on the knees. Keep the thighs fully straight. Keep the knees and feet together.

2. Lean in the backward direction. Slowly move more backward. Reach the right heel with the right hand, and the left heel with the left hand. Avoid straining the body.

3. Push the hips in the forward direction. The thighs should be kept vertical.

4. Then bend the head and the spine as backward and as far as possible without straining.



5. Relax the body and the muscles of the back.

Support the body weight equally on the legs and arms.

6. Keep the arms in such a way that they anchor the shoulders to maintain the back arch. Stay in the same position for as long as you find it comfortable.

7. Then release the hands from the heels one by one and return to the starting position.

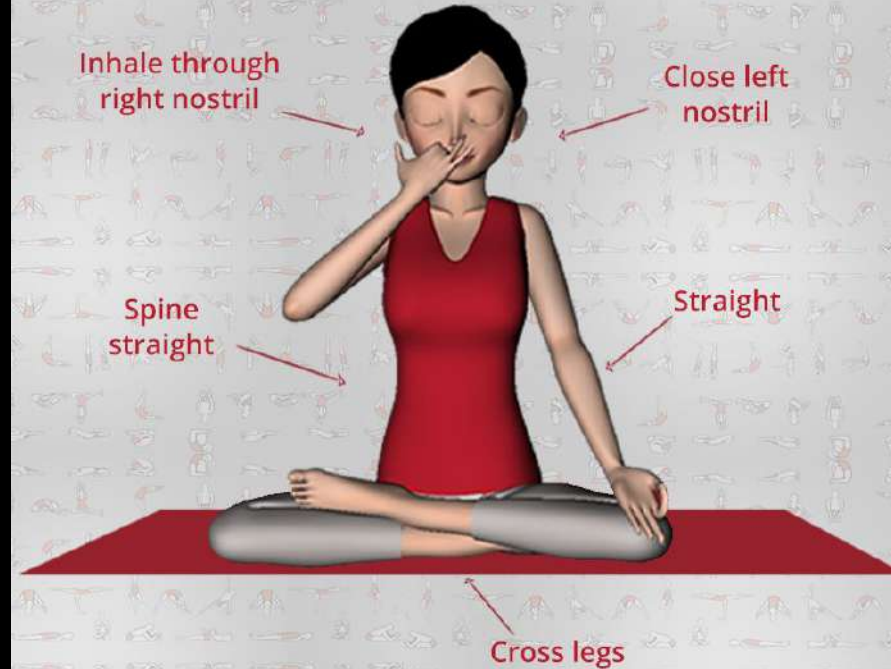
**USHTRASANA**  
THE CAMEL POSE



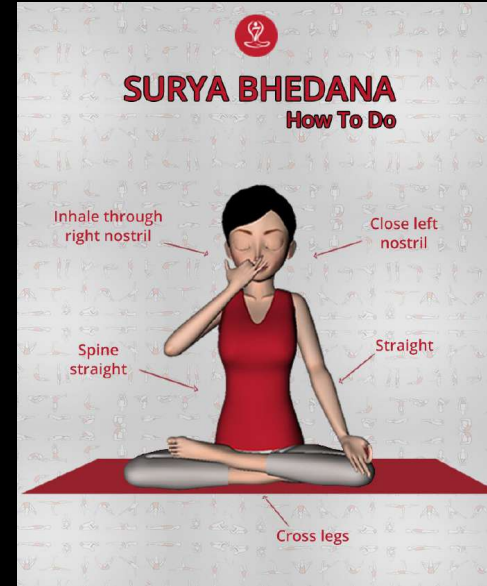
# 10. Suryabedhan pranayama



## SURYA BHEDANA How To Do



1. Sit comfortably in Padmasan.
2. Keep your head and spine erect with eye closed.
3. Shut your left nostril with your ring finger and little finger.
4. Now breathe in (inhale) slowly and deeply through your right nadi.
5. After that, shut your right nadi with the thumb of your right hand.
6. Then exhale through your left nostril, along with keeping your right nostril closed. This is one cycle is completed. Repeat this process around 5 – 10 times.

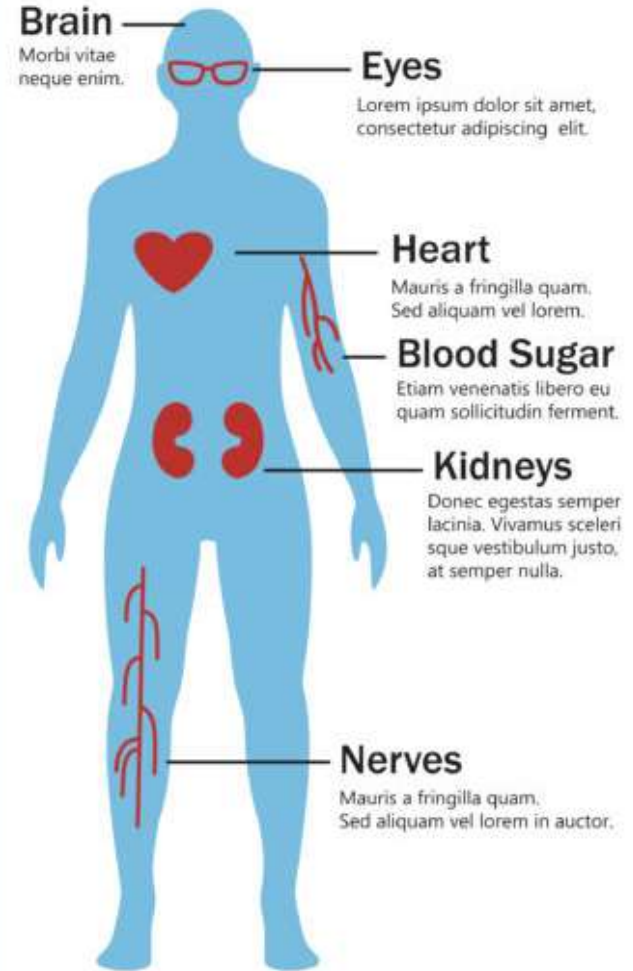


## 3.2 Diabetes

Diabetes is such a disorder that it causes sugar to build up in our blood stream instead of being used by the cells in the body.

Diabetes is commonly known as **metabolic disorder** characterized by high blood sugar level over a prolonged period.

Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced.



# Symptoms of Diabetes

1. Fatigue
2. Increased Thirst
3. Increased Hungers
4. Blurred Vision
5. Kidney Failure
6. Cardio vascular Disease
7. Loss of Weight
8. Frequent Urination



## Causes of Diabetes

1. Sedentary life stages
2. Disease
3. Over weight
4. Obesity
5. Stress & Tension



## Types of Diabetes :

**(a) Type I Diabetes :** In that type of diabetes blood sugar level **rises very high** due to **non secretion of insulin** hormone by pancreas.

In that of diabetes effected person has to take artificial insulin through injection.

**(b) Type II Diabetes :** In that type of diabetes blood sugar level rises but **not as such as high** in type I diabetes.

In that type of diabetes our pancreas secreting the insulin hormone but it may be insufficient to control the blood sugar level normal or body cell are not able to respond insulin properly.



# KATI CHAKRASANA

## STANDING SPINAL TWIST POSE

# 1. Katichakrasana



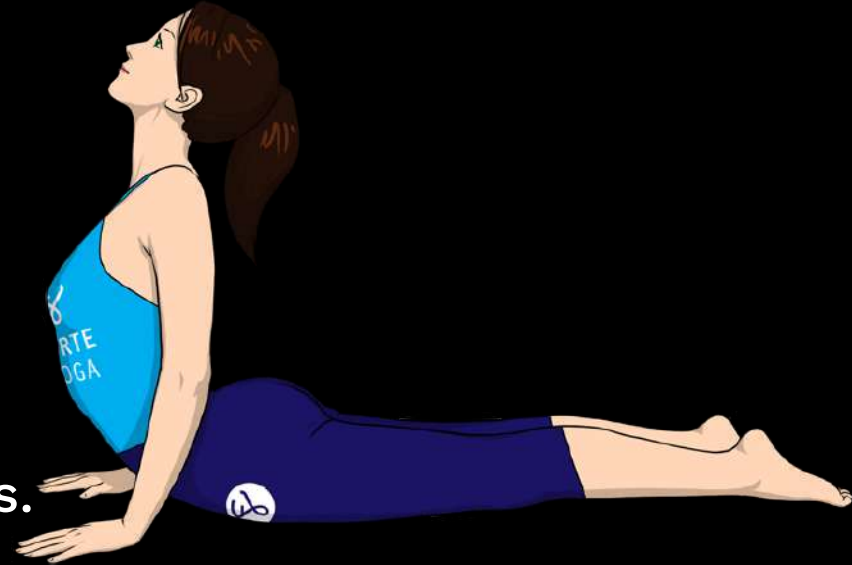
# 2. Bhujangasana



# Procedure, benefits and contraindications for Bhujangasana

## Procedure:

- In this asana the shape of the body remains **like a snake** that is why it is called Bhujangasana.
- In order to perform this asana, lie down on the belly on the ground. Keep your hands near the shoulders. Keep your legs close together.
- Now straiten up your arms slowly, raise the chest.

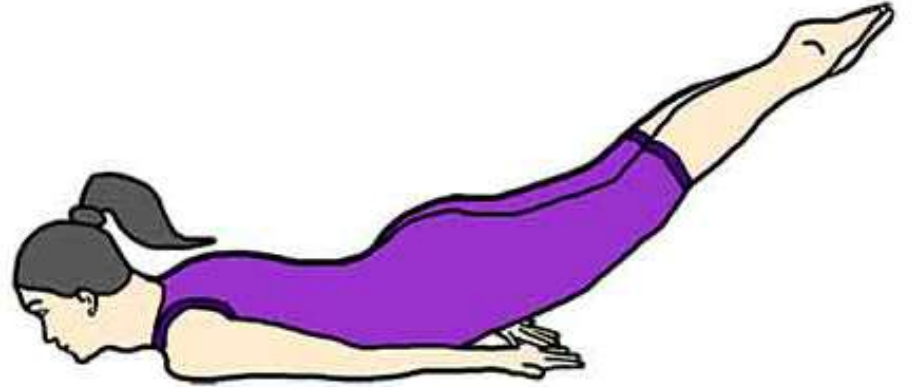


# 3. Pawanmuktasana

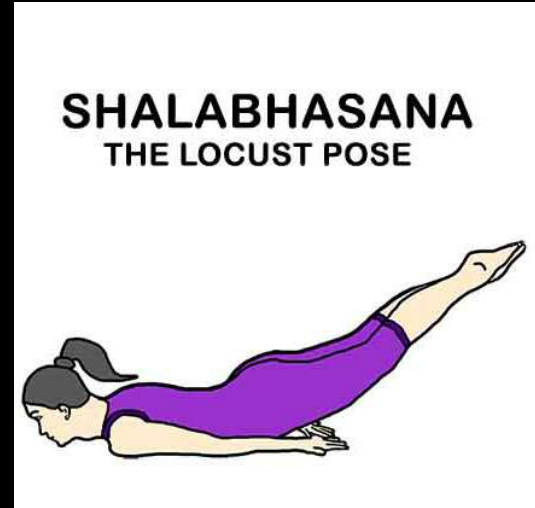


# 4. Shalabhasana

## SHALABHASANA THE LOCUST POSE

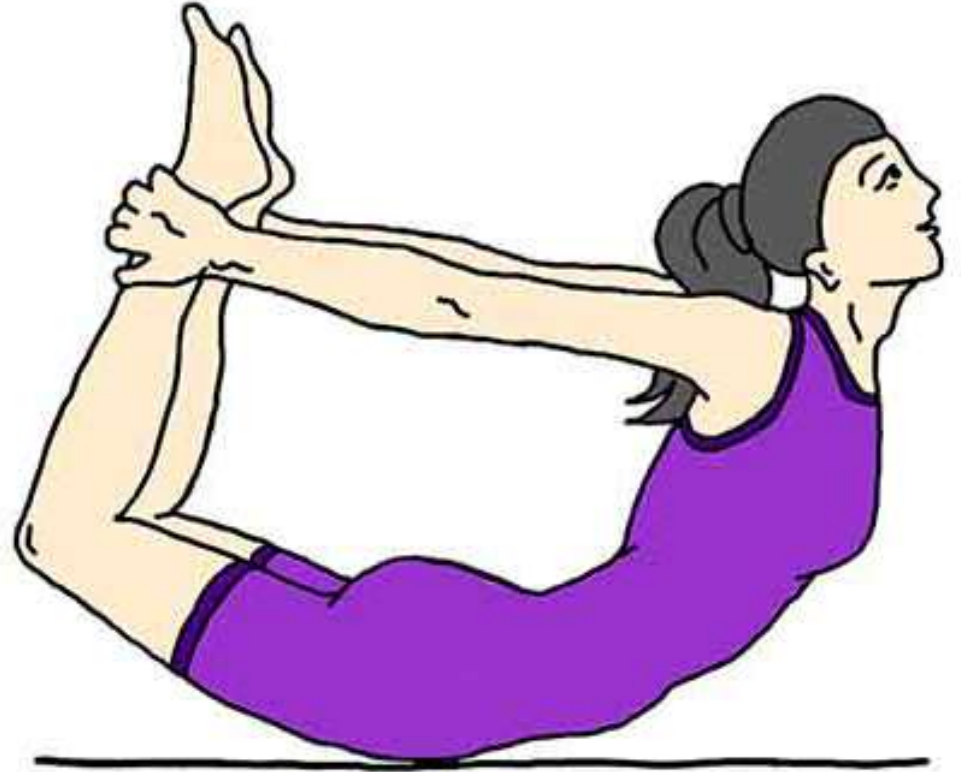


1. Lie down on your stomach.
2. Take your both hands behind and hold the wrists of one hand with the other.
3. Now inhale; at first lift your chest as much as you can and look upwards.
4. Slowly lift your body from the both sides.
5. Now exhale and come back to your initial position.



# 5. Dhanurasana

DHANURASANA  
THE BOW POSE



# 6. Supta- vajarasana

**SUPTA VAJRASANA**  
THE SUPINE THUNDERBOLT POSE



1. Sit comfortably in Vajrasana. Keeping your palms on the floor beside the buttocks, your fingers pointing to the front.

2. Slowly bend back, putting the proper forearm and also the elbow on the bottom so the left.

3. Slowly bring down your head to the ground while arching the back.

SUPTA VAJRASANA  
THE SUPINE THUNDERBOLT POSE



# 7. Paschimottasana



# 8. Ardha Matsyendrasana

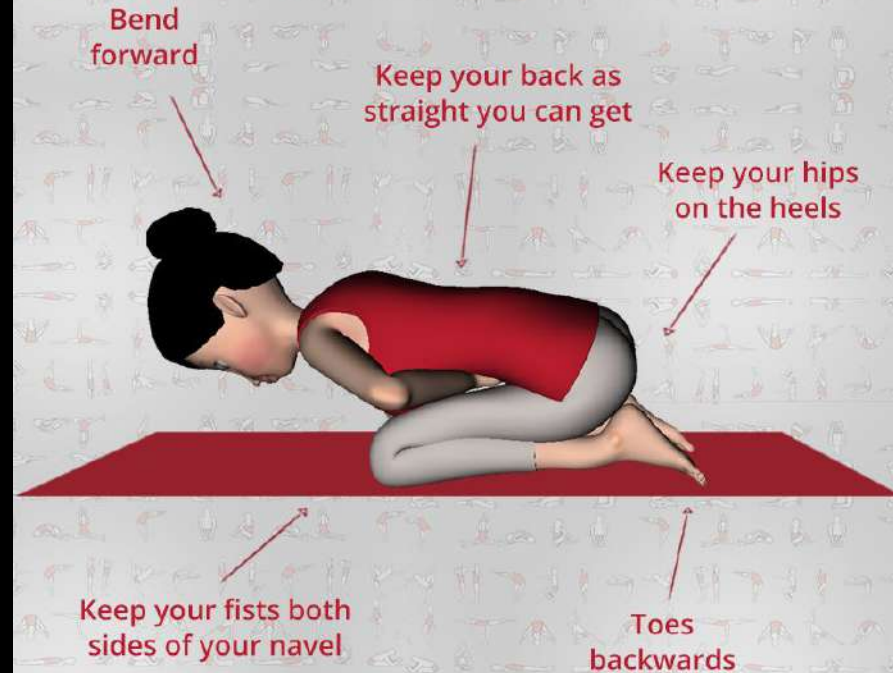


# 9. Mandukasana

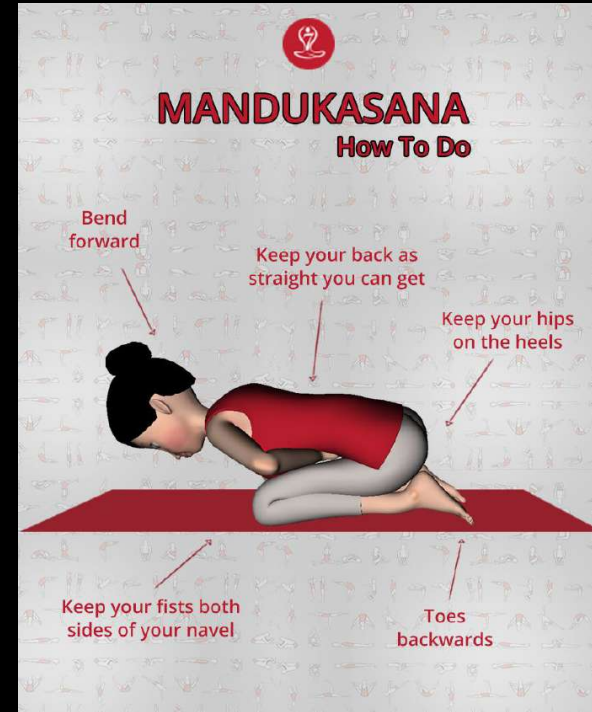


## MANDUKASANA

### How To Do



1. Sit in Vajrasana and make fists with both hands, the thumbs inside.
2. Place your fists on your belly next to the belly button.
3. Bend forward with exhalation.
4. Keep looking straight.
5. Hold your breath in the yoga posture for a few seconds and come up with inhalation.
6. Repeat this pose for 3-4 times.



# 10. Gomukhasana



## Procedure :

1. Sit in sukhasana or dandasana pose.
2. Place the ankle of left leg near right but under the anus.
3. Place the right leg over the left leg so that knees should place over left knee.
4. Sweep your left hand behind your back, facing palms upwards.



# 11. Yogmudra

Prana Mudra



Gyan Mudra



Surya Mudra



Mudra «Flying Lotus»



Vayu Mudra



Mudra «Shield of Shambhala»



Shoonya Mudra



Apan Mudra



Prithvi Mudra



## 12. Ushtrasana

**USHTRASANA**  
THE CAMEL POSE



# 13. Kapalabhati

## KAPALBHATI How To Do



1. Sit back, keeping your spine straight. Place your hands towards the sky, comfortably on your knees. Take a long deep breath inside.

2. While exhale, pull your stomach inward. Draw your stomach in such a way that it touches the spine. Do as much as you can. You can feel the contraction of the abdominal muscles by placing a hand on your stomach. Draw the navel inward.

3. As soon as you release the muscles of the stomach, the breath automatically reaches your lungs.

4. To complete one sequence (round) of Kapalbhathi Pranayama, exhale 20 breaths.

After a round is over, relax and close your eyes. Feel the excitement manifested by pranayama in your body.

5. Complete two more rounds (rounds) of Kapalabhati Pranayama.

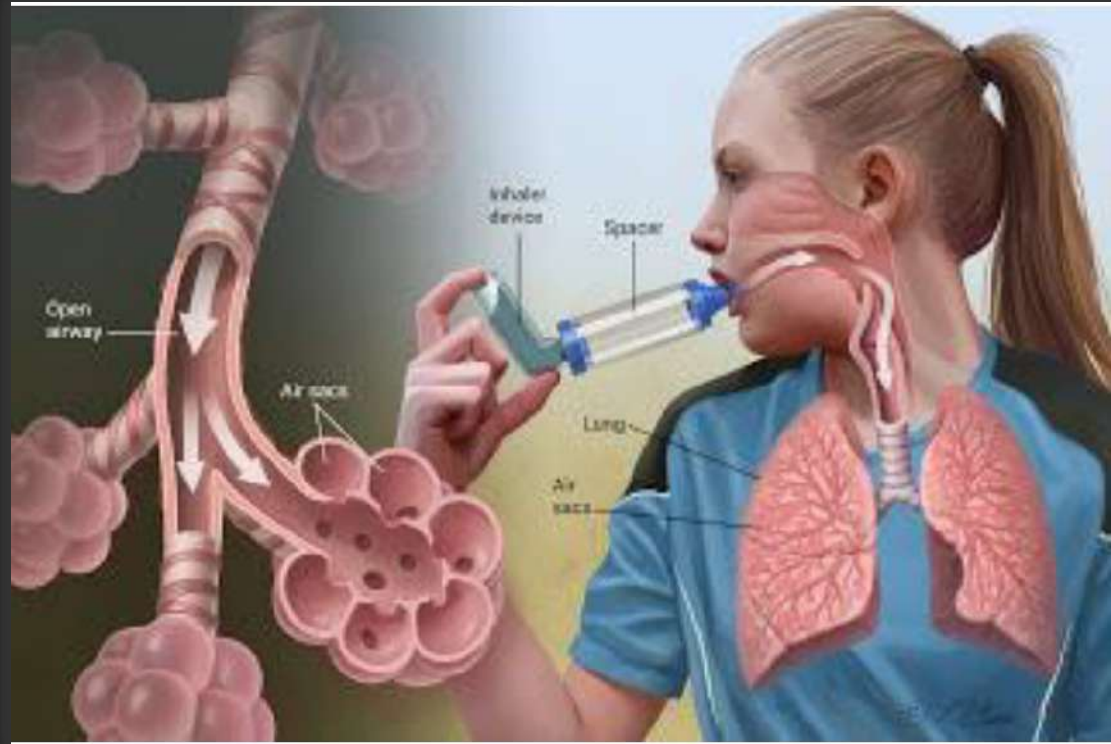


### 3.3 Asthma

Asthma is a disease of lungs in which the airways become blocked or narrowed causing difficulty in breathing.

The airways also swells up.

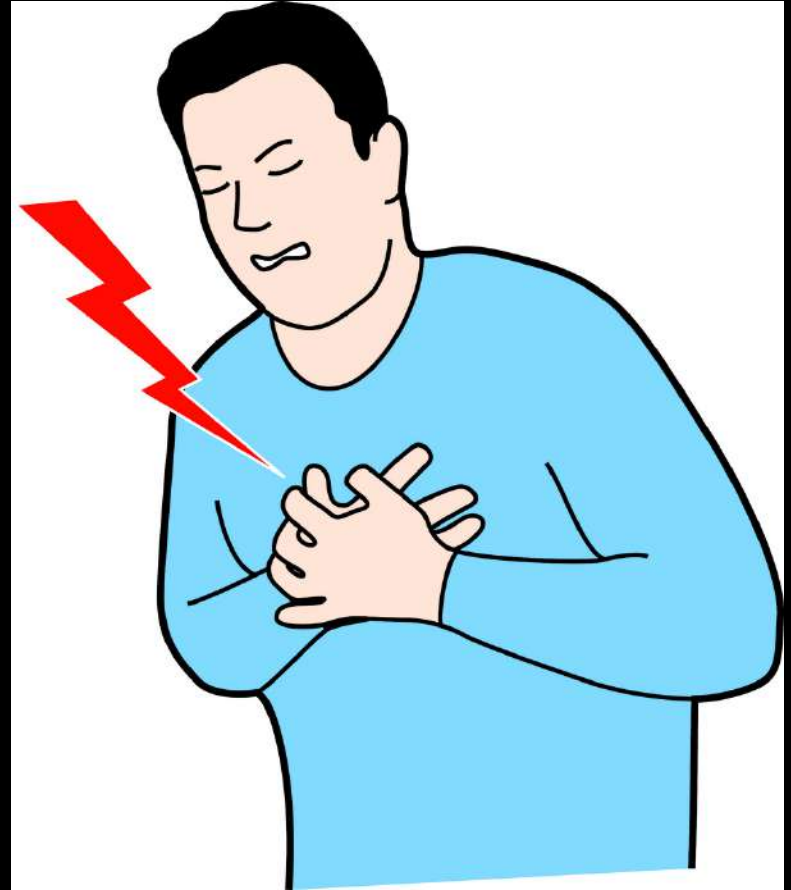
It usually triggers coughing, wheezing or whistling or shortness of breath.



**Common symptoms** of asthma are :

- coughing,
- heavy breathing,
- chest tightness,
- fatigue,
- pain in hands, feet, shoulders and back.

**Reasons** are dust, smoke, air pollution, pollen grains, animals skin, hair or feather etc. are the main reasons.

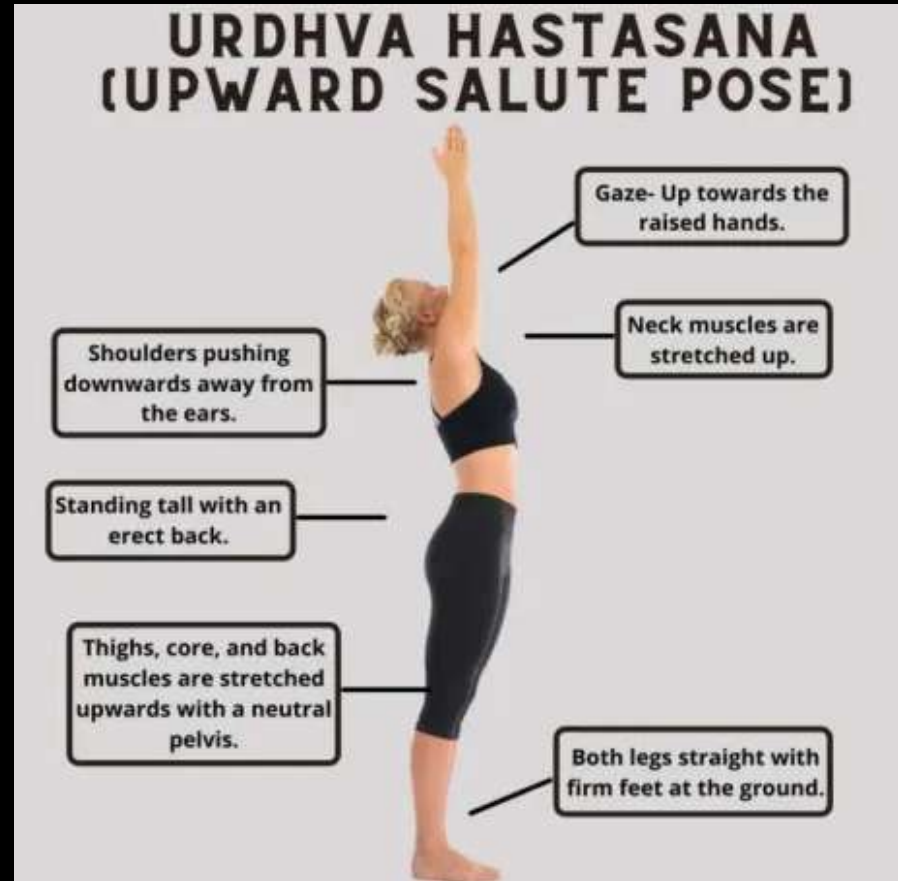


# 1. Tadasana

**TADASANA**  
**THE PALM TREE POSE**

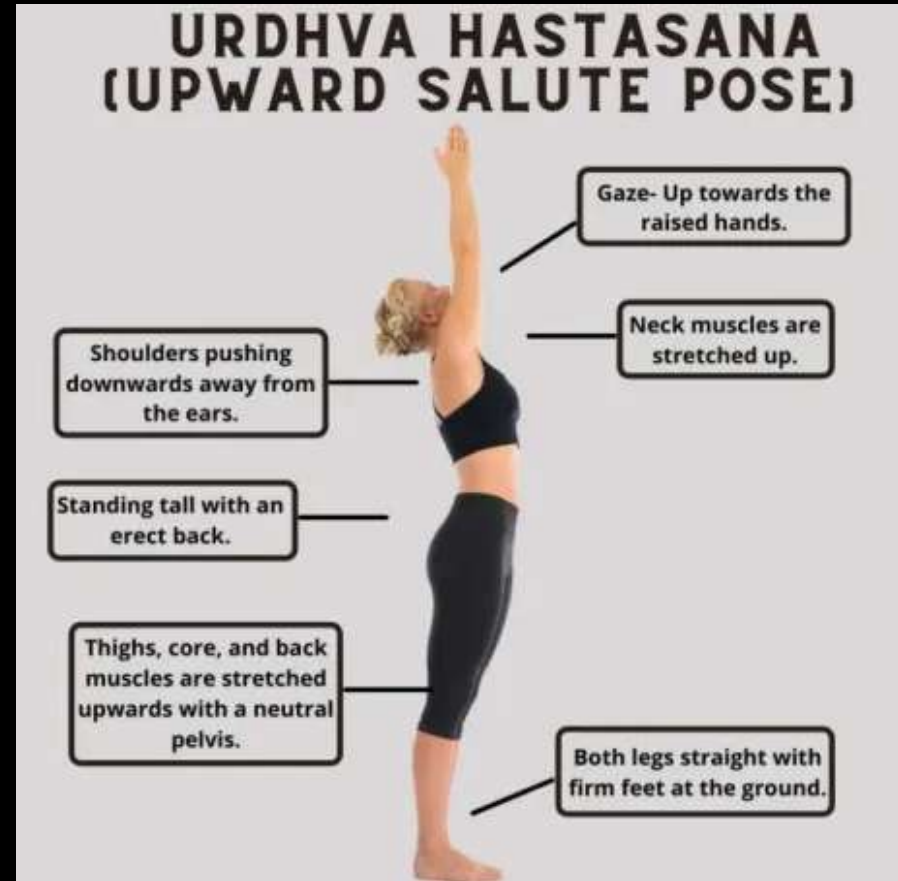


## 2. Urdhwa hastottan asana



1. Taking a deep inhalation, raise the arms above your shoulders and head and bring the fingers to interlock and as you exhale go on to your toes high up.

2. Inhale again and stretch the arms up and legs moving up with firm rooting of the toes on the ground and feel the stretch at the shoulders and neck.



# 3. Uttan Mandukasana

## Uttana Mandukasana



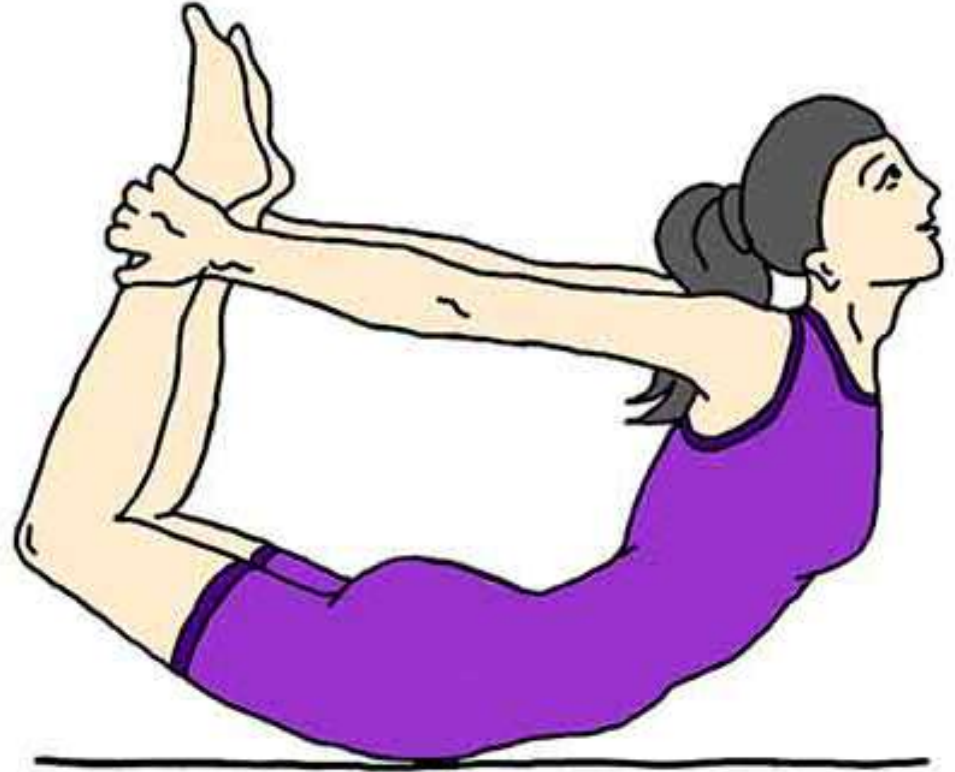
1. Start by sitting in the Vajrasana – thunderbolt pose.
2. Be comfortable.
3. Spread knees wide apart while the toes remain together.
4. Inhale.
5. Raise your right arm.
6. Similarly raise your left arm.
7. Keep back and neck straight.
8. Be in this position for few breaths or for whatever time you are comfortable being in.



# 4. Bhujangasana



**DHANURASANA**  
**THE BOW POSE**



**5. Dhanursana**

## 6. Ushtrasana

**USHTRASANA**  
THE CAMEL POSE



# 7. Vakrasana

**VAKRASANA  
THE TWISTED POSE**



**1. Bend the right leg at the knee straight and stretched and place the foot by the side of the left leg.**

**2. Inhale and keep the left hand shoulder high on the right leg by keeping the elbow straight.**

**3. Exhale and twist towards the right hand side.**

**4. Hold the position for 2mins.**

## **VAKRASANA THE TWISTED POSE**



# 8. Kapalabhati

## KAPALBHATI How To Do



# 9. Gomukhasana



# 10. Matseyasana



# 11. Anulom Vilom

## KAPALBHATI

### How To Do



### 3.4 Hypertension :

Hypertension is another name for **high blood pressure**.

It can lead to severe complications and increases the risk of heart disease, stroke, and death.

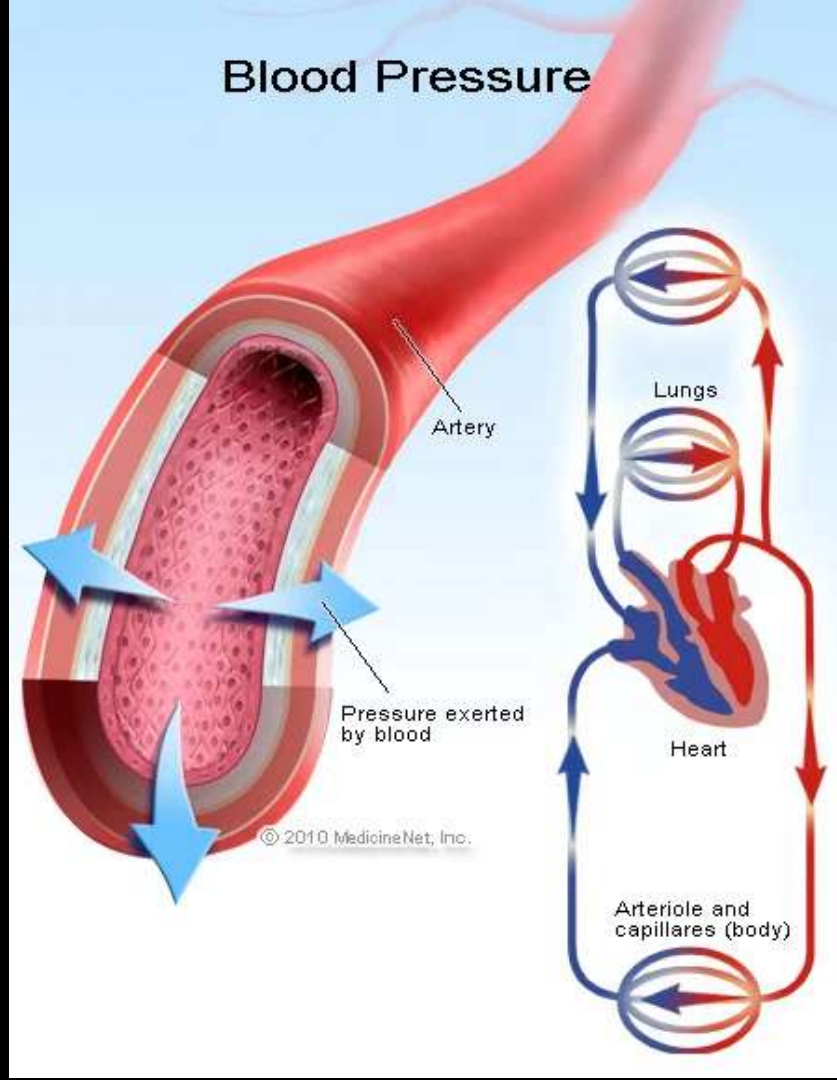


## High blood pressure :

A condition in which the strength of blood against the walls of the artery is very high.

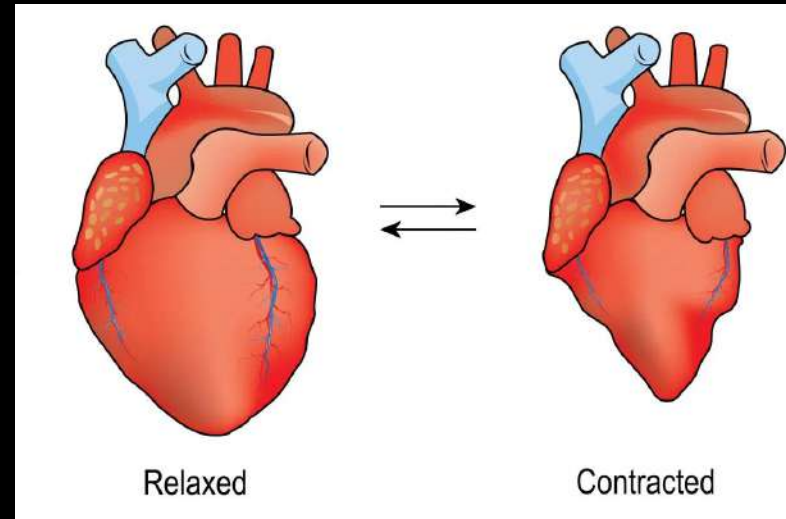
**Reasons** for high blood pressure increased with age, Genetic, obesity, lack of physical activity, smoking, alcohol, more intake of salt in food, tension or mental stress, diabetes, pregnant women are more prone to high B.P.

All these factors can lead to high blood pressure.



The main function of the heart is to supply pure blood to the various parts of the body through different arteries when the heart contract it pushes the blood through blood vessels and consequently the blood pressure increase in arteries this pressure is known as **Systolic blood pressure**.

It is represented by the first number the pressure between two heartbeats is called **Diastolic blood pressure**. It is represented by bottom or second number these two number of blood pressure are measured in **mm/Hg**.



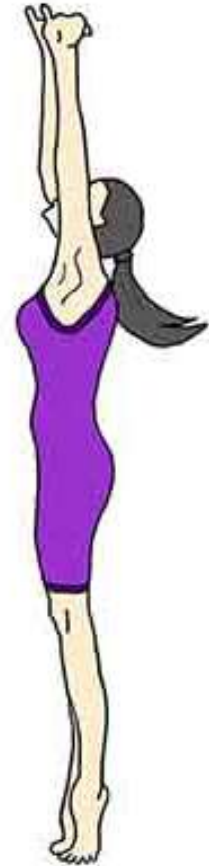
Unit is millimeter of mercury.  
The normal blood pressure of  
an adult is considered  
**120/80mm/Hg**.

The person whose blood  
pressure readings are beyond  
**140/90 mm/Hg** are said to be  
having hypertension.



# 1. Tadasana

**TADASANA**  
**THE PALM TREE POSE**



# KATI CHAKRASANA

## STANDING SPINAL TWIST POSE



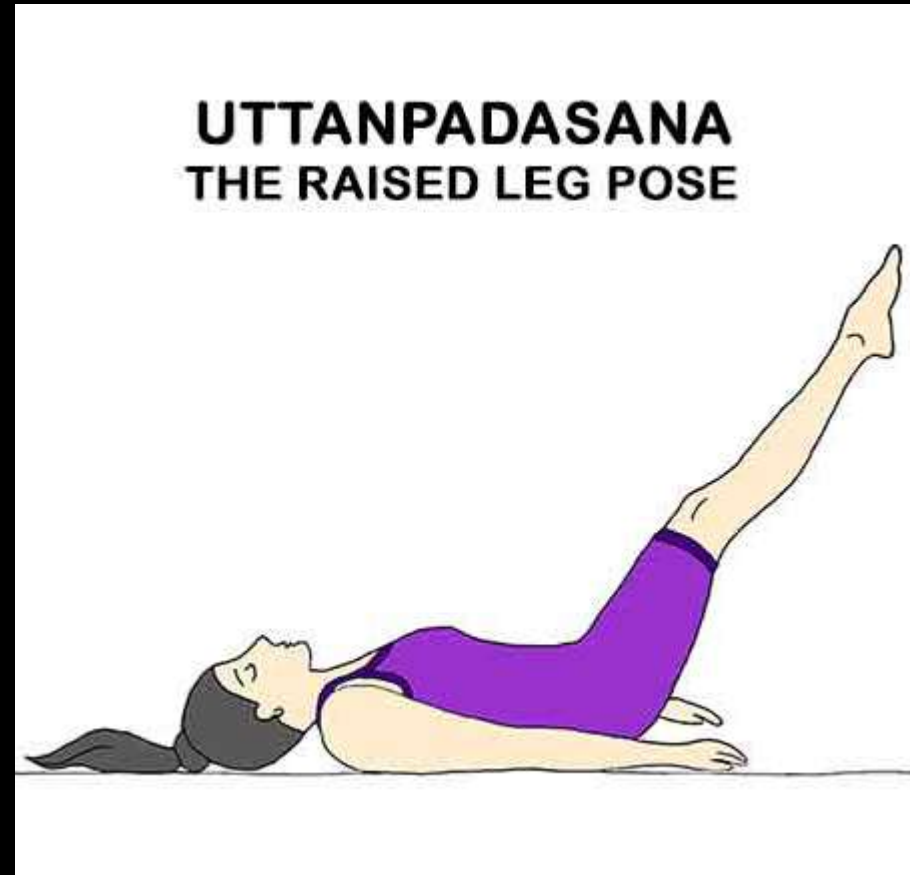
## 2. Katichakrasana

# 3. Uttan padasana

**UTTANPADASANA**  
**THE RAISED LEG POSE**



1. Lie on your back in a comfortable position.
2. Slowly flex your elbows to lift your back and arch your neck.
3. Tilt the crown of your head to make it touch the floor.
4. Take a deep breath in and raise your legs off the floor. ...
5. Exhale deeply and stretch your arms forward.



# 4. Ardha Halasana



# 5. Saral Matseyasana



# 6. Gomukhasana



# 7. Uttan Mandukasana

## Uttana Mandukasana



# VAKRASANA THE TWISTED POSE



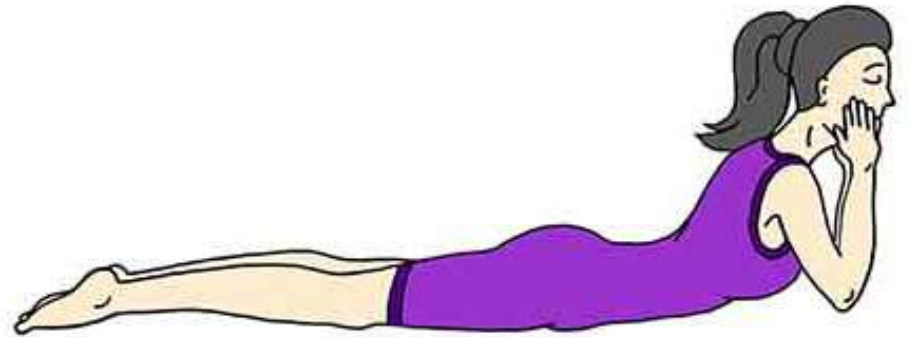
## 8. Vakrasana

# 9. Bhujangasana



# 10. Makarasana

MAKARASANA  
THE CROCODILE POSE



# 11. Shavasana

**SHAVASANA  
THE CORPSE POSE**

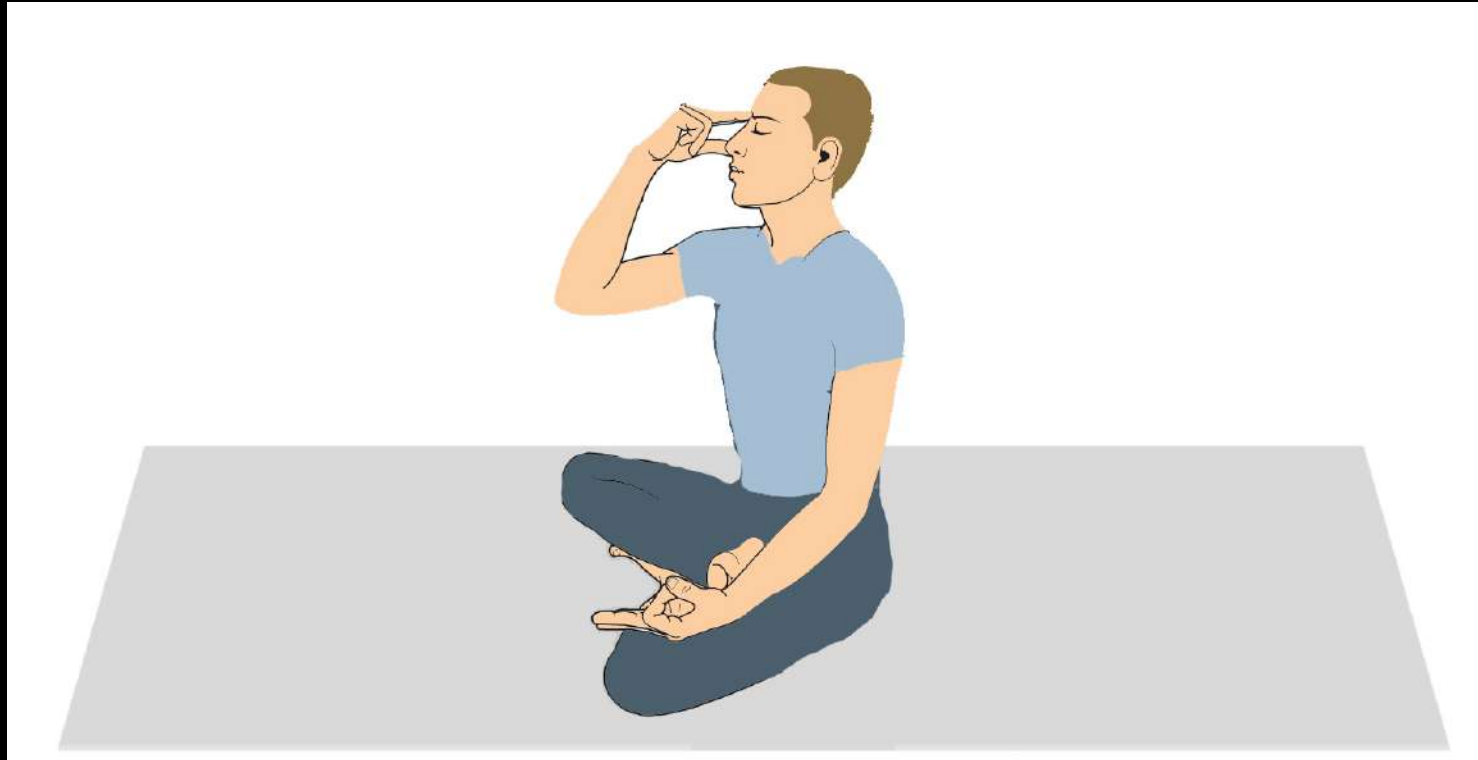


## Procedure, benefits and contraindications for **Shavasana** :

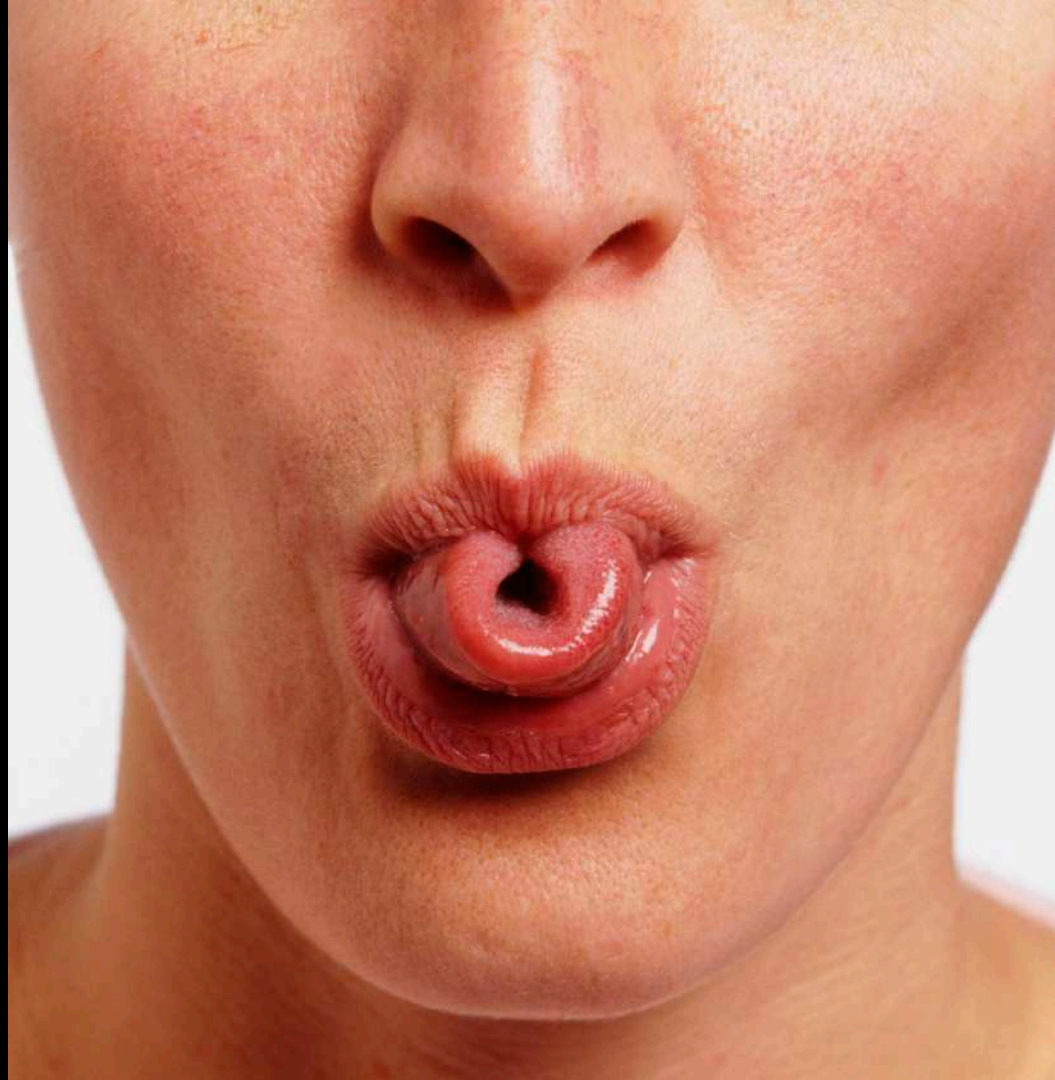
- Lie flat on your back.
- Keep your arms at your side and your palms facing up.
- Legs should be separated and just relax.
- Start concentrating from your head to your feet and relax each part of your body and feels that you are just like a dead body.



# 12. Nadi – Shodhan Pranayam



## 13. Sitlipranayam



## 3.5 Back Pain & Arthritis

**Back pain** is the pain felt in **the backbone**. Episodes of back pain may be acute, sub-acute, or chronic depending on the duration.

The pain may be characterized as a dull ache, shooting or a burning sensation. The pain **may originate from the muscles, nerves, bones, joints**.

It is generally caused by strained muscles, ruptured disk, arthritis, osteoporosis, abnormal curvature of spine, cancer of the spine, etc.



## Causes of back pain

- (a) Over weight
- (b) Lack of exercise
- (c) Bad Sitting/ sleeping posture
- (d) Lack of Flexibility.
- (e) Undue Stress on back
- (f) Improper warming up and cooling down



## Arthritis :

Arthritis is the **inflammation of the joint** that causes severe pain, stiffness, swelling, and joint deformity.

It can be a serious hindrance to the normal movements of the joints. Thus, It usually occurs between the ages of **40-60 years** but sometimes can occur in children too.

Further, it is usually more common in females than males. It was found that approximately 20-21 million adults suffer from arthritis. Thus, we refer to it sometimes as the **“wear and tear” of joints**.



### 3.5. Back Pain and Arthritis : Procedure, Benefits & Contraindications of

1. Tadasan,
2. Urdhwa hastootansana,
3. Ardh-Chakrasana,
4. Ushtrasana,
5. Vakrasana,
6. Sarala Maysyendrsana,
7. Bhujandgasana,
8. Gomukhasana,
9. Bhadrasana,
10. Makarasana,
11. Nadi-Shodhana pranayama.

Bhadrasana

**BHADRASANA**  
THE GRACIOUS POSE



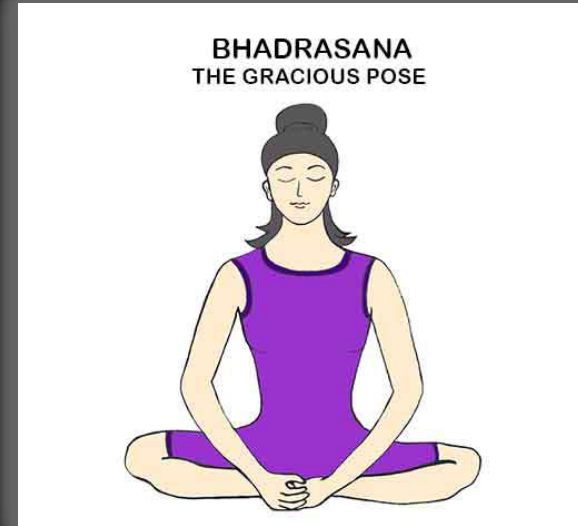
**Step 1 :** Sit on the floor with legs stretched out.

**Step 2 :** Fold both the legs and bring them close to each other. The soles of the feet must touch each other.

**Step 3 :** Use the hands to hold the toes of the feet. The legs should rest on the ground, touching the floor.

**Step 4 :** Keep the spine straight and relax the trunk especially the shoulders.

**Step 5 :** Maintain this final pose for as long as comfortable. The breathing can be slow and rhythmic.



# Previous Year Questions

## SECTION-A

(All Questions are compulsory)

1. Identify the Asana:

[1]



(a) Bhujangasana

(c) Vajrasana

(b) Halasana

(d) Dhanurasana

(Attempt any 3 questions)

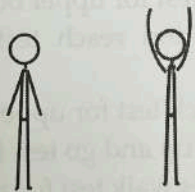
34. List down any four asanas used for prevention of Hypertension. Explain the procedure and contraindication of any one of them with help of a stick diagram. [1+4]

**Ans.** Hypertension or high blood pressure (HBP) signifies high tension or pressure in the arteries. Excessive emotional tension does not mean high blood pressure even though emotional tension and stress can provisionally increase blood pressure.

**Four asanas used for prevention of Hypertension are as follows:**

- (i) Tadasana
- (ii) Gomukhasana
- (iii) Shavasana
- (iv) Vakrasana

**Procedure and Contraindication for Tadasana:**



**Tadasana:** The word 'tadasana', comes from the two Sanskrit word 'tada' meaning 'mountain' and 'palm tree' and 'asana' means 'posture'. This asana is also known as mountain posture

or palm tree posture. Tadasana provides physical and mental benefits to the practitioner along with proper stretch to the arms, chest, abdominal muscles, spine, knee, ankles, foot, etc. Regular practice of tadasana improves balance and strength.

**Procedure of Tadasana:**

- (i) Stand erect, and place the legs slightly apart, with hands side by the body.
- (ii) One should raise the hands straight in front up to arms and the palms should face each other.
- (iii) Then bring the hands up straight forwards towards the sky, fingers pointing upward.
- (iv) Slowly stand on the toes, and raise heels as much as possible. The body should stretch up as much as possible. Look slightly upward.
- (v) Feel the stretch in the body right from the feet to head. Hold the position for a few seconds.
- (vi) While returning to the starting position, bring the heels on the ground first, and then bring down the hands also.

**Contraindications of Tadasana:**

- (i) People prone to low blood pressure, headache, insomnia, lightheaded and dizziness should avoid this asana.
- (ii) Avoid this asana during pregnancy.

1. Which asana is helpful in maintaining in normal blood pressure? [2020]

- A. Shavasana.
- B. Padmasana
- C. Shalabhasana
- D. Vakrasana

# CBSE Sample Paper Questions

**Q1. Identify the Asana:**



- a) Pawanmuktasana
- b) Sukhasana
- c) Chakrasan
- d) Gomukhasana

**Q1. Shalabhasana pose refers to:  
[2023-24]**

- a) Grasshopper pose.
- b) Cow pose
- c) Fish pose
- d) Cobra pose

**Q34. Discuss the asanas helpful for a person suffering from Hypertension. Write down the procedure and contraindications of Sarala Matsyāsana in detail.**

**[2023-24]**

Q1. Explain any two benefits of **ardha matsyendrasana**.  
{2M}

Q2. List down any three asanas used for preventing **Asthma** and write two benefits of each {3M}

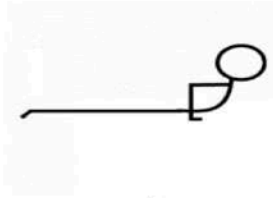
Q3. Briefly explain the administration of **Pawanmuktasana** long with its contraindications and draw stick diagram. {4M}

**Q 10. One of the possible causes for Obesity could be?**

- a. Heredity
- b. Excessive eating
- c. Fast metabolism
- d. Both a) & b).

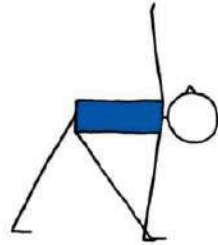
Q 13. Identify the below given Asanas and write the names

a.



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b.



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c.



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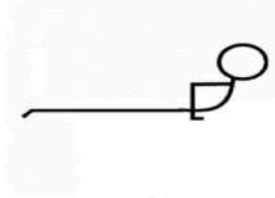
d.



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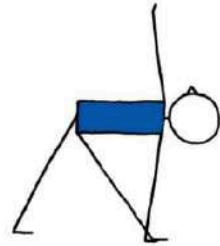
Q 13. Identify the below given Asanas and write the names

a.



Bhujangasana

b.



Trikonasana

c.



Paschimottasana

d.



Ardhamatsyendrasana

# Practice Question

Q. What do you mean by  
asana?  
Elucidate it's importance?

**MCQs**

Q.1. If pancreas not producing enough insulin. It may lead to : \_\_\_\_\_

- (a) Migrane
- (b) Obesity
- (c) Diabetes.
- (d) Hypertension

**Q.2. A disease associated with respiratory tracts is known as**

- (a) Diabetes
- (b) Obesity
- (c) Asthma.
- (d) Back pain

**Q.3. Coughing, heavy breathing, chest tightness are the symptoms of:**

- (a) Asthma.**
- (b) Diabetes**
- (c) Obesity**
- (d) Back pain**

Q.4. The pressure of blood increase on the wall of aorta is known as \_\_\_\_\_

- (a) Back pain
- (b) Obesity
- (c) Hypertension.
- (d) Asthma

**Q.5. According to Yog sutra, Asana means—**

- (a) Sthira Sukham Asanam.
- (b) Asanan sukh Shira
- (c) Sukhan asanam sthira
- (d) Sitting pose

Q.6. The word 'YOG' is derived from sanskrit word

- (a) Yug
- (b) Yud
- (c) Yuj.
- (d) Yum

**Q.8. Obesity means : \_\_\_\_\_**

- (a) Less insulin production
- (b) Accumulation of fat.
- (c) Burning of fat
- (d) Enlargement of heart