

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name – Yoga Asana**

**Topic No. – Section A (2)**

**Paper No. - V**

**Lecture No. – 15**

### **Lecture Title**

### **Yoga Asanas Part – 5**

### **FAQ's**

#### **Q-1 What is Bakasana?**

**Ans-** The Bakasana in yoga is also known as the crane pose, is a compact arm balancing posture that helps in strengthening the arms as well as the abdominal organs. The anatomical focus of this pose is the wrist. By regularly practicing the Bakasana the spine stretches to its full length and this increases its flexibility largely.

#### **Q-2 What are the benefits of Bakasana?**

**Ans-** It helps in strengthens the wrist and arms. It stretches the upper back and increases the flexibility and elasticity of the spine. It strengthens and tones various muscles and organs in the abdominal region. The sense of balance, concentration and co-ordination improves by practicing this posture regularly. The functioning of the digestive system improves and problems like heartburn and reduce acidity.

#### **Q-3. What is the precaution for vakrasana?**

**Ans-** Those who are suffering from ulcer and enlargement of liver should not practice. After folding the right leg only right hand has to be taken to back, not the left hand. Do not practice more than 2 rounds.