

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. – 16

Lecture Title

Yoga Asanas Part – 6

FAQ's

Q-1 What is Supta vajrasana?

Ans- It is a simple asana that can be practiced for meditation and practicing breathing exercise. It is also known as the diamond pose. Regular practice of this asana makes you stronger and healthier.

Q-2 What is Mayurasana?

Ans- Mayur means peacock. In this asana the legs are stretched like the wings of the peacock and so get the name Mayurasana. Peacock pose is one of those yoga poses which may seem difficult to perform in the beginning, however, practice and patience is the key.

Q-3 What are the precautions in Supta- Vajrasana?

Ans- A person suffering from joint pain should not practice this asana. Don't do this asana if you suffer from high blood pressure, slipped disc and vertigo. Don't do this asana during pregnancy or going through menstruation. People, who are suffering from back or knee injury, should not practice.

Q-4 How Mayurasana is performed?

Ans- The palms on the floor, and put pressure on both sides of the elbow with the stomach, the whole body without touching the ground, like an elevated position that is called Mayurasana.

Q-5 What are the benefits of Mayurasana?

Ans- Mayurasana makes the spinal cord straight and rectifies the problems in it. It prevents the hip bone from decreasing in density. It is helpful in rectifying the constipation. This asana induces the pancreas and helps in preventing diabetes.

Mayurasana reduces cholesterol accumulation in stomach. It increases the appetite. It strengthens the lungs. This asana strengthens the hands, legs and shoulders