

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. – 17

Lecture Title

Yoga Asanas Part – 7

FAQ's

Q-1 What is Bhujangasana?

Ans- Keep the body from the toes to the navel on the floor and placing the palms of the hands also firmly on the floor, raise the head like a snake. This is called Bhujangasana. The fire of the body increases, all diseases are destroyed and kundalini Shakti is awakened by the practice of.

Q-2 What is the duration required for Bhujangasana?

Ans- Practise up to five rounds, gradually increasing the length of time in the final position.

Q-3 What is Halasana?

Ans- In Sanskrit “hala” means plough and asana means pose, so it is known as halasana (plough pose). In this position the body shows the shape of the plough. This pose gives flexibility to the spine as well as strengthens the back muscles.

Q-4 What is the technique required for Halasana?

Ans- Lie on back, Join the legs together, Relax the whole body, Keep the palm flat on the ground keep breathing normally. While exhaling press the palm on ground and

raise both legs upwards straight. Then try to touch the ground just behind. Breathe slowly and hold the posture for several minutes like 1-2 minutes. Now slowly release the pose to return to shavasana. Relax and practice for 2 round more. For maximum benefits, practice bhujangasana immediately after Halasana.

Q-5 How Sidhasana balances the reproductive system and blood pressure?

Ans-5 Sidhasana redirects blood circulation to the lower spine and abdomen, toning the lumbar region of the spine, the pelvis and the abdominal organs, as well as balancing the reproductive system and blood pressure.