

Subject- English

Class- V

Topic- Lets Learn Pranayam

Read the passage and answer the questions. Also Learn word meaning.



## Let's Learn Pranayam

<p><b>Q.</b> Can you name these yogasans ?</p> <p><b>Ans.</b> 1. Chakrasana 2. Sarvangasana 3. Urdhvamukhasvanasana 4. Halasana</p> <p><b>Q.</b> Which of these do you perform in the prayer assembly ?</p> <p><b>Ans.</b> 1. Chakrasana 2. Halasana</p> <p><b>Q.</b> What changes have you felt in your body after performing yogasans?</p> <p><b>Ans.</b> After performing yogasans, I feel my body more active and strong.</p>		

➡ Let's learn about Pranayam and its benefits.

### Passages, Word-Meanings & Questions-Answers

Read the passages and answer the questions given below.

1. Shivam and Nitin were students of class V. One day they got up early. It was a pleasant morning. They went to a park for a morning walk. They saw many people in the park. Some of them were running on the track around the park. Children were playing. In the middle of the park, some people were sitting and making different poses. Shivam wondered what they were doing. Out of curiosity, both the friends went near them.

There was a Yoga teacher who was giving instructions to others. He said, "My dear friends, let's learn *pranayam* in today's Yoga class."

"What is *pranayam* ?", somebody asked.

**Word-Meanings**—pleasant = enjoyable, nice; track = a circular path for runners  
middle = centre; poses = positions; wondered = surprised; curiosity = desire to  
know; instructions = activities of teaching or giving orders; pranayam = control  
over breathing.

**Questions :**

- (i) The friends had gone for :  
(a) morning walk (b) to play (c) to do yoga (d) to do Pranayam
- (ii) In which class did Shivam and Nitin study ?
- (iii) Where did they go ?
- (iv) What did they see there ?
- (v) How was the morning ?
- (vi) Who were making different poses ?
- (vii) What were children doing ?

**Answers :**

- (i) (a) morning walk
- (ii) They study in class V.
- (iii) They went to a park for a morning walk.
- (iv) They saw many people in the park.
- (v) It was a pleasant morning.
- (vi) Some people were making different poses.
- (vii) Children were playing.

**2.** "Pranayam is control and extension of the breath. By practising it, we can reduce our breathing rate. Reduced breathing rate has a lot of benefits. It slows down heart rate, reduces blood pressure and relaxes body and mind. *Pranayam* increases our life expectancy.

**Word-Meanings**—control = command; extension = increment; practising = doing  
again and again; reduce = to make smaller in size or time; benefits = advantages,  
useful effects; relaxes = gives rest, calm; increases = makes larger; expectancy =  
possibility.