

Subject- English

Class- V

Topic- Let's Learn Pranayam

Read the steps of Pranayam and answer the questions

Steps of Pranayam

4. **Step 1 :** Sit calmly on a mat and close your eyes.



- Step 2 :** Put left ankle on the right thigh.



- Step 3 :** Now put right ankle on the left thigh.
(This posture is called "Padmasan.")



- Step 4 :** Press your right nostril with your right hand thumb and breathe in slowly from the left nostril. Do this till your lungs are full.
(This process of breathing in is called 'Poorak')



- Step 5 :** Hold your breath for 5 to 10 seconds or only as long as you comfortably can.
(This process of holding breath is called 'Kumbhak')



Word-Meanings—*calmly* = peacefully; without tension; *ankle* = joint between foot and leg; *thigh* = upper part of leg above knee; *Padmasan* = a kind of sitting posture; *nostrils* = passages of nose through which air goes in or comes out; *breathe in* = to inhale air; *Poorak* = process of filling the lungs full of air; *hold* = to keep in the same position, to prevent from coming out; *comfortably* = easily; *kumbhak* = holding the breath.

Questions :

1. While practising pranayam we should sit in :
 - (a) Halasan
 - (b) Chakrasan
 - (c) Padmasan
 - (d) any of these.
2. (i) What is the first step of *pranayam* ?
 (ii) Which sitting posture is best for *pranayam* ?
3. (i) What is the third step of *pranayam* ?
 (ii) What is 'Poorak' in *pranayam* ?
4. (i) In which step of *pranayam* is Poorak done ?
 (ii) Define "Kumbhak" in *pranayam* ?

Answers :

1. (c) Padmasan
2. (i) First step of *pranayam* - sit calmly and close your eyes.
 (ii) Padmasan is the best sitting posture for *pranayam*.
3. (i) To sit in Padmasan is the third step of *pranayam*.
 (ii) The process of breathing in is called Poorak in *pranayam*.
4. (i) Poorak is done in fourth step of *pranayam*.
 (ii) The process of holding breath is called Kumbhak in *pranayam*.

5. **Step 6 :** Now release the thumb and close the left nostril with your ring finger. Then breathe out slowly through your right nostril.
 (This process of breathing out is called 'Rechak')



Step 7 : Now, breathe in from the right nostril.

Step 8 : Hold your breath again.



Step 9 : Now press the right nostril with thumb and breathe out from left nostril.

Step 10 : You may start with 5 rounds and increase it upto 15-20 rounds.



Word-Meanings—**release** = remove; **Rechak** = the process of breathing out; **rounds** = repetitions, doing same thing again and again.

Questions :

- The process of breathing out in *pranayam* is called :
 - Poorak
 - Kumbhak
 - Rechak
 - none of these
- What is the sixth step of *pranayam* ?
 - What is seventh step of *pranayam* ?
- What do we call the process of holding the breath ?
 - In which step of *pranayam* do we breathe out from left nostril ?
- How many rounds of *pranayam* can we do when we start the *pranayam* ?
 - How many maximum rounds of *pranayam* can we do ?

Answers :

- (c) Rechak
- Rechak is the sixth step of *pranayam*.
 - Next Kumbhak or second Kumbhak is the seventh step of *pranayam*.
- Kumbhak
 - In ninth step
- 5 rounds
 - 15-20 rounds.

ACTIVITY -I

A. Put the pictures of different stages of *pranayam* in correct order :

