

# Literature:

PAGE No.

DATE

## Chapter:- 3 Bend, Stretch and Get Fit

### \* Hardwards:-

1) ancient

11) steady

2) yogis

12) flexible

3) harmony

13) stretched

4) imitated

14) conquer

5) concentrate

15) evolution

6) attention

16) meditation

7) timeline

17) rituals

8) Vrikshasana

18) chants

9) Bhujangasana

19) posture

10) Virabhadrasana

20) anxiety

### \* Word meanings:-

1) evolution:- changes that happen over thousands of years.

2) Eight limbs of yoga:- the eight parts of yoga.



- 3) meditation :- the practice of focusing on one's mind in silence.
- 4) rituals :- a set of actions that are a part of a religious ceremony.
- 5) chants :- (here) prayers that people sing together.
- 6) sacrifices :- offerings made to god, especially, animals killed in a special way.
- 7) flexibility :- the ability to bend your body easily.
- 8) stress :- worry.
- 9) anxiety :- feeling nervous or worried that something bad is going to happen.
- 10) fatigue :- feeling very tired.
- 11) core muscles :- the muscles of the hips, lower back and stomach.
- 12) posture :- the way in which you hold your body when you sit or stand.
- 13) boosts :- increases.



## \* Make Sentences:-

- 1) Evolution :- The evolution of technology has changed the way we learn and communicate.
- 2) Meditation :- I practice meditation every morning to stay calm and focused.
- 3) Chants :- The students sang chants to encourage their team during the sports event.
- 4) Anxiety :- Deep breathing can help reduce anxiety before an exam.
- 5) Boosts :- Reading books regularly boosts knowledge and creativity.

## \* Fill in the blanks:-

- 1) The author was going to make a timeline about yoga.
- 2) Rigveda is one of the oldest texts of the Vedas.
- 3) International Yoga Day is celebrated on 21st June.
- 4) The word "Yoga" comes from the Sanskrit language.



5) Cobra pose is also called Bhujangasana.

\* Answer the following questions:-

1) what does yoga mean?

Ans Yoga is an ancient form of exercise which has different poses that brings together our breathing, mind and body.

2) Who introduced yoga to the Western world?

Ans Swami Vivekananda introduced yoga to the Western world.

3) Who discovered yoga and where?

Ans Yoga was discovered by ancient yogis living in forest.

4) In which book was yoga first mentioned?

Ans Yoga was first mentioned in the Rigveda.

5) what are the benefits of doing yoga?

Ans Some benefits of doing yoga are:-



- i) physical benefits
- ii) stress reduction
- iii) Better posture
- iv) Improves mental health
- v) Increases energy.

6) What are some physical benefits of doing yoga regularly?

Ans Doing yoga regularly improves flexibility, strength and balance.