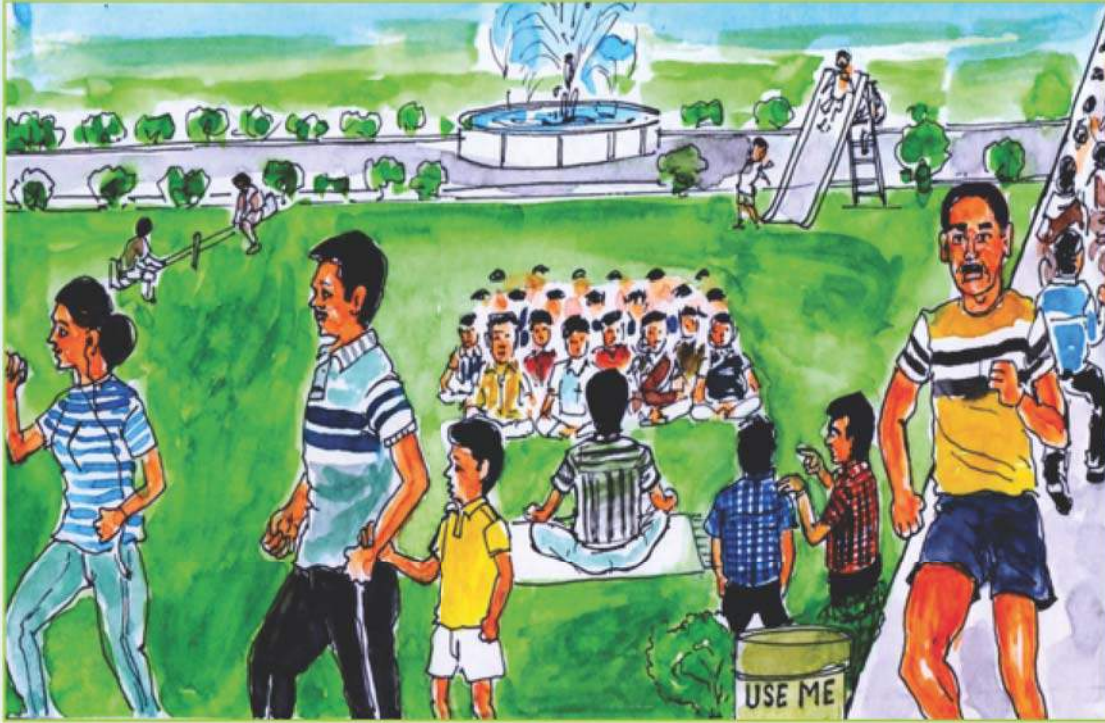




- Can you name these yogasans?
- Which of these do you perform in the prayer assembly?
- What changes have you felt in your body after performing yogasans?

Let's learn about *pranayam* and its benefits.



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.

"*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.

*Pranayam* should be done on an empty stomach, preferably in the morning. You can also do it in the evening but there should be a gap of four hours after the last meal."

Shivam and Nitin got interested and joined the group after seeking permission from the yoga teacher.

The teacher started listing the steps of *pranayam*.

### Step – I

Sit calmly on a mat and close your eyes.



### Step – II

Put left ankle on the right thigh.



### Step – III

Now put right ankle on the left thigh.  
(This posture is called '*Padmasan*'.)



In the beginning, you may find it slightly difficult to sit in this pose.  
Don't worry, with a little practice, you will learn it.

### Step – IV

Press your right nostril with your right hand thumb and breathe in slowly from the left nostril. Do this till your lungs are full.

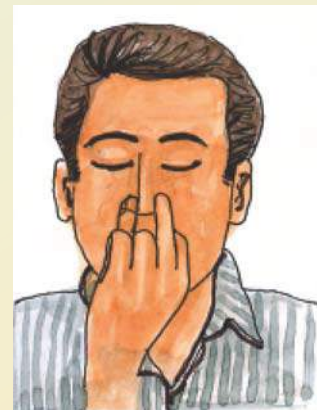
(This process of breathing in is called '*Poorak*'.)



### Step – V

Hold your breath for 5 to 10 seconds or only as long as you comfortably can.

(The process of holding breath is called '*Kumbhak*'.)

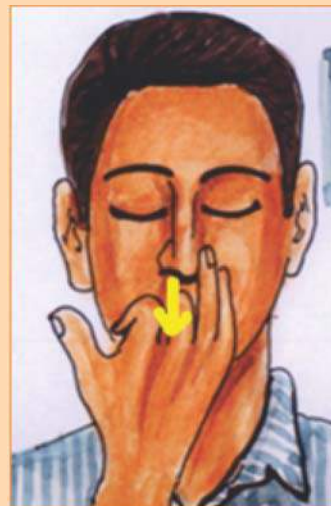




### Step – VI

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 VII

Now, breathe in from the right nostril.



### Step VIII

Hold your breath again.

### Step IX

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



### Step X :

You may start with 5 rounds and increase it up to 15-20 rounds.

Shivam and Nitin were happy to have learnt *pranayam*. They thanked the yoga teacher and decided to come to the park and attend the yog class daily.

### Glossary

pleasant	:	pleasing, enjoyable; सुहावना
track	:	a circular path for runners; दौड़ने का मार्ग
pose	:	the position in which someone stands or sits; मुद्रा
wonder	:	to ask yourself questions or express a wish to know about something; जानने को उत्सुक होना
curiosity	:	the desire to know about something; जिज्ञासा
extension	:	the act of adding to something; विस्तार
reduce	:	to make something less or smaller in size, quantity, price, etc.; कम करना
preferably	:	in a way that is more attractive or more suitable; प्राथमिकता के साथ
seek	:	to ask for advice, help, approval, permission, etc.; माँगना
calmly	:	in a way that shows you are not excited, nervous or upset; शांतिपूर्वक
slightly	:	a little; थोड़ा सा
comfortably	:	in a comfortable way; easily; आराम से

## Activity – I

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

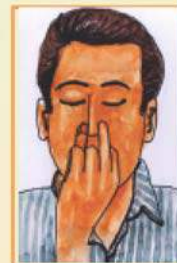
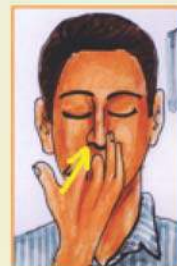
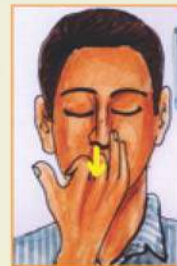


B. Match the names with the pictures.

*Kumbhak*

*Rechak*

*Poorak*



**C. Write T for true and F for false statements.**

1. Shivam went to the park with Raju one day. ( )
2. They saw some people making posters in the middle of the park. ( )
3. The control and extension of breath is called *pranayam*. ( )
4. *Pranayam* increases our heart rate. ( )
5. Evening is the best time to do *pranayam*. ( )
6. *Kumbhak* is the process of holding breath. ( )

**D. Answer the following questions:**

1. Where did Nitin and Shivam go one day in the morning?
2. What is *pranayam*?
3. What are the benefits of *pranayam*?
4. What is *poorak*?
5. How do you close your right nostril while doing *rechak*?

**Activity – II**

**A. Fill in the missing letters to complete the words given below.**

1. n \_ s t r \_ l

2. b r \_ \_ t h \_

3. t h \_ g h

4. t h \_ m b

5. a n \_ l e

6. r \_ l \_ \_ s e



## B. Complete the following sentences.

*Kumbhak* is .....

*Rechak* is .....

*Poorak* is .....

### Activity - III

Look at the following sentences taken from the lesson.

- Sit calmly on a mat and close your eyes.
- You can also do it in the evening but there should be a gap of four hours after the last meal.
- Hold your breath for 5 to 10 seconds or only as long as you comfortably can.

Each of the above three sentences has two parts.

In first sentence, the two parts have been joined by 'and', in second sentence, the two parts have been joined by 'but' whereas in third sentence, the two parts have been joined by 'or'.

We use 'and' for adding information, 'or' for giving alternatives and 'but' for different information.

**Complete the following sentences using 'and', 'but' or 'or'.**

1. We went to the station ..... the train had gone.
2. Most people work in day ..... sleep at night.
3. The bus was crowded ..... I managed to get in.
4. On a warm summer day, will you wear a black shirt  
..... a white shirt?
5. I wanted to buy a newspaper ..... didn't have  
enough money.
6. We went home ..... played Kabaddi.
7. My grandmother is eighty years old ..... her  
eyes are still sharp.
8. I called him..... he did not answer.
9. Will you take milk ..... *lassi*?

#### **Activity – IV**

The names of some body parts are given below. Your teacher will read them aloud and you will point at them.

nostrils	ring finger	lungs	middle finger
thigh	little finger	heart	legs

#### **Activity – V**

You do *Surya Namaskar* in your prayer session daily.

With the help of your teacher, write the process in your notebook step by step and paste their pictures.