

GK-5

Chapter 24: Yoga and Good Health – Answer Key

Multiple Choice Questions – Answers

- 1. (a) Dhanurasana
- 2. (a) Mayurasana
- 3. (d) Salabhasana
- 4. (b) Wear a mask

Fill in the Blanks – Answers

- 1. Matsyasana
- 2. Dhanurasana
- 3. Salabhasana
- 4. Social

True/False – Answers

- 1. True
- 2. True
- 3. False
- 4. True

Match the Following – Answers

- 1. Dhanurasana — Strengthens abdominal muscles
- 2. Matsyasana — Destroys poisons in the body
- 3. Trikonasana — Cures digestive disorders
- 4. Shirshasana — Improves brain and head glands

Short Answer Questions – Answers

- 1. Yoga is important because it improves physical, mental, and spiritual well-being.
- 2. Two precautions: Wear a mask, wash hands regularly, maintain distance.
- 3. Examples: Dhanurasana – strengthens abdomen; Matsyasana – cures respiratory issues.
- 4. Avoid practising asanas in strong winds and avoid practising with a full stomach.