

**National Institute of Open Schooling**  
**Senior Secondary Course**  
**Lesson 20: Asana**  
**Worksheet-20**

Q.1- List the preparations and precautions before Yogic Practices.

Q.2- Explain the method of Surya Namaskar.

Q.3- Explain the classification of asanas.

Q.4- Mention the benefits of Surya-Namaskar.

Q.5- How Asanas are very important for us. Explain.