DISEASE-I YOGA THERAPY FOR DIABETIC PROBLEMS

At the end of the instruction, the learner will be able to

- Recall the Etymology of Yogamudra
- State the meaning of Yogamudra
- Predict the possible results of practising Yogamudra
- Recall the Pre-position of Yogamudra
- Explain the Pre-position of Yogamudra
- Contrast between Pre-position and Asana Position
- Interpret the significant of different positions of Yogamudra
- Recall the breathing procedure of Yogamudra during practice
- States the bending procedure of Yogamudra during practice
- Describe how beginners should practice Yogamudra
- Compare the changes before and after practicing of Yogamudra
- Differentiate between the starting and ending postures of Yogamudra
- Classify the action steps of Yogamudra for beginners and practitioners
- Infer what happens during Yogamudra practice in the abdomen.
- Recognise which parts of the body get changed during Yogamudra practice
- State the internal Process occurring in the body during Yogamudra practice
- Validate how Yogamudra helps to control diabetics by changing the Internal process of our body systems during regular practice
- State the benefits of practising Yogamudra
- Describe why Yogamudra is beneficial for Diabetic people
- Reason how Yogamudra helps in controlling Diabetes diseases
- Explain how to avoid pain and strain during Diabetes diseases
- Recall the Precautionary steps to be taken for Yogamudra practice
- Illustrate the precautionary actions to be taken in Yogamudra practice
- Recall the Etymology of Vajrasana
- State the meaning of Vajrasana
- Predict the possible results of practising Vajrasana
- Compare the changes before and after practicing of Vajrasana
- Infer what happens during Vajrasana practice in the pelvic region.
- Recognise which parts of the body get changed during Vajrasana practice
- State the internal Process occurring in the body during Vajrasana practice
- Validate how Vajrasana helps to control diabetics by changing the Internal process of our body systems during regular practice
- State the benefits of practising Vajrasana
- Describe why Vajrasana is beneficial for Diabetic people
- Reason how Vajrasana helps in controlling Diabetes diseases
- Recall the Precautionary steps to be taken for Vajrasana practice
- Recall the Etymology of Janusirsana
- State the meaning of Janusirsana
- Predict the possible results of practising Janusirsana
- Recall the Pre-position of Janusirsana
- Explain the Pre-position of Janusirsana
- Contrast between Pre-position and Asana Position of Janusirsana
- Interpret the significant of different positions of Janusirsana
- States the bending procedure of Janusirsana during practice
- Compare the changes before and after practicing of Janusirsana
- Differentiate between the starting and ending postures of Janusirsana
- Infer what happens during Janusirsana practice in the lumber or thoracic area.
- Recognise which parts of the body get improved the function of digestive system during Janusirsana practice
- State the internal Process occurring in the body during Janusirsana practice
- Validate how Janusirsana helps to control diabetics by changing the Internal process of our body systems during regular practice
- State the benefits of practising Janusirsana
- Describe why Janusirsana is beneficial for Diabetic people
- Reason how Janusirsana helps in controlling Diabetes diseases
- Recall the Precautionary steps to be taken for Janusirsana practice
- Predict the possible results of practising Padhahasthasana
- Recall the Pre-position of Padhahasthasana
- Explain the Pre-position of Padhahasthasana
- Contrast between Pre-position and Asana Position of Padhahasthasana
- Interpret the significant of different positions of Padhahasthasana
- Describe how beginners should not practice Padhahasthasana
- Compare the changes before and after practicing of Padhahasthasana
- Differentiate between the starting and ending postures of Padhahasthasana
- Infer what happens during Padhahasthasana practice in the stomach.
- Recognise which parts of the body get compressed during Padhahasthasana practice
- State the internal process occurring in the body during Padhahasthasana practice
- Validate how Padhahasthasana helps to control diabetics by changing the internal process of our body systems during regular practice
- State the benefits of practising Padhahasthasana
- Describe why Padhahasthasana is beneficial for Diabetic people
- Reason how Padhahasthasana helps in controlling Diabetes diseases
- Recall the Precautionary steps to be taken for Padhahasthasana practice

HEART-II  YOGA THERAPY FOR HEART PROBLEMS

At the end of the instruction, the learner will be able to

- Recall the Etymology of Trikonasana
- State the meaning of Trikonasana
- Predict the possible results of practising Trikonasana
- Recall the Pre-position of Trikonasana
- Contrast between Pre-position and Asana Position of Trikonasana
- Interpret the significant of different positions of Trikonasana
- States the foot ankles of Trikonasana during practice
- Compare the changes before and after practicing of Trikonasana
- Differentiate between the starting and ending postures of Trikonasana
- Infer what happens during Trikonasana practice in the hips, spine and legs.
- Recognise which parts of the body get changed during Trikonasana practice
- State the internal Process occurring in the body during Trikonasana practice
- Validate how Trikonasana helps to control heart problems by changing the internal process of our body systems during regular practice
- State the benefits of practising Trikonasana
- Recall the Precautionary steps to be taken for Trikonasana practice

- Recall the Etymology of Matsyasana
- State the meaning of Matsyasana
- Predict the possible results of practising Matsyasana
- Recall the Pre-position of Matsyasana
- Compare the changes before and after practicing of Matsyasana
- Infer what happens during Matsyasana practice in Lungs.
- Recognise which parts of the body get activated during Matsyasana practice
- State the internal Process occurring in the body during Matsyasana practice
- Validate how Vajrasana helps to control heart problems by changing the Internal process of our body systems during regular practice
- State the benefits of practising Matsyasana
- Describe why Matsyasana is beneficial for people with heart problems
- Reason how Matsyasana helps in controlling heart problems
- Recall the Precautionary steps to be taken for Matsyasana practice
- Recall the Etymology of Vrikshasana
- Give the Sanskrit meaning of Vrikshasana
- Predict the possible results of practising Vrikshasana
- Recall the Pre-position of Vrikshasana
- Explain the Pre-position of Vrikshasana
- Contrast the legs position between Pre-position and Asana Position in Vrikshasana
- Interpret the significant of different positions of Vrikshasana
- Recall the breathing procedure of Vrikshasana during practice
- Compare the changes before and after practicing of Vrikshasana
- Differentiate between the starting and ending postures of legs in Yogamudra
- Infer what happens during Vrikshasana practice in the Neuro-muscular area.
- Recognise which parts of the body get gained during Vrikshasana practice
- State the internal Process occurring in the body during Vrikshasana practice
- Validate how Vrikshasana helps to control heart problems by changing the Internal process of our body systems during regular practice
- State the benefits of practising Vrikshasana
- Describe why Vrikshasana is beneficial for people with heart problems
- Reason how Vrikshasana helps in controlling heart problems
- Recall the Etymology of Simhasana
- Give the Sanskrit meaning of Simhasana
- Predict the possible results of practising Simhasana
- Recall the Pre-position of Simhasana
- Explain the Pre-position of Simhasana
- Contrast between Pre-position and Asana Position of Simhasana
- Interpret the significant of different positions of Simhasana
- Recall the minimum breathing times of Simhasana during practice
- Compare the changes before and after practicing Simhasana
- Differentiate between the starting and ending postures of hands and legs in Simhasana
- Infer what happens during Simhasana practice in the blood.
- Recognise which parts of the body gained more fresh air during Simhasana practice
- State the internal Process occurring in the body during Simhasana practice
- Validate how Simhasana helps to control heart problems by changing the Internal process of our body systems during regular practice
- State the benefits of practising Simhasana
- Describe why Simhasana is beneficial for people with Heart problems
- Reason how Simhasana helps in controlling Heart problems
- Recall the Precautionary steps to be taken for Simhasana practice

**ASTHMA-III YOGA THERAPY FOR ASTHMA PROBLEMS**

At the end of the instruction, the learner will be able to

- Recall the Etymology of Dhanurasana
- State the meaning of Dhanurasana
- Predict the possible results of practising Dhanurasana
- Recall the Pre-position of Dhanurasana
- Contrast between Pre-position and Asana Position in Dhanurasana
- Interpret the significant of different positions of Dhanurasana
- Recall the breathing procedure of Dhanurasana during practice
- Compare the changes before and after practicing Dhanurasana
- Differentiate between the starting and ending postures of Dhanurasana
- Infer what happens during Dhanurasana practice in the small intestine and big intestine.
- Recognise which parts of the body get favorable effect during Dhanurasana practice
- State the internal Process occurring in the body during Dhanurasana practice
- Validate how Dhanurasana helps to control Asthma problems by changing the Internal process of our body systems during regular practice
- State the benefits of practising Dhanurasana
- Describe why Dhanurasana is beneficial for people with Asthma problems
- Reason how Dhanurasana helps in controlling Asthma diseases
- Recall the Precautionary steps to be taken for Dhanurasana practice
- Recall the Etymology of Bastrikasana
- State the meaning of Bastrikasana
- Predict the possible results of practising Bastrikasana
- Recall the Pre-position of Bastrikasana
- Contrast between Pre-position and Asana Position of Bastrikasana
- Interpret the significant of different positions of Bastrikasana
- Recall the minimum reaping time of action in Bastrikasana during practice
- States the hands lifting procedure of Bastrikasana during practice
- Compare the changes before and after practicing of Bastrikasana
- Differentiate between the starting and ending postures of Bastrikasana
- Infer what happens during Bastrikasana practice in the Lungs.
- Recognise which parts of the body get benefited during Yogamudra practice
- State the internal Process occurring in the body during Bastrikasana practice
- Validate how Bastrikasana helps to control Asthma problems by changing the Internal process of our body systems during regular practice
- State the benefits of practising Bastrikasana
- Describe why Bastrikasana is beneficial for people with Asthma problems
- Reason how Bastrikasana helps in controlling Asthma problems
- Recall the Etymology of Bhujangasana
- Give the Sanskrit meaning of Bhujangasana
- Predict the possible results of practising Bhujangasana
- Recall the Pre-position of Bhujangasana
- Contrast between Pre-position and Asana Position of Bhujangasana
- Interpret the significant of different positions of Bhujangasana
- Recall the breathing procedure of Bhujangasana during practice
- Compare the changes before and after practicing of Bhujangasana
- Differentiate between the starting and ending position of chest, head and hands in Yogamudra
- Infer what happens during Bhujangasana practice in the Chest.
- Recognise which parts of the body get benefited during Bhujangasana practice
- State the internal Process occurring in the body during Bhujangasana practice
- Validate how Bhujangasana helps to control Asthma problems by changing the Internal process of our body systems during regular practice
- State the benefits of practising Bhujangasana
- Describe why Bhujangasana is beneficial for people with Asthma problems
- Recall the Precautionary steps to be taken for Bhujangasana practice
- Recall the Etymology of Ustrasana
- State the meaning of Ustrasana
Predict the possible results of practising Ustrasana

Recall the Pre-position of Ustrasana

Contrast between Pre-position and Asana Position of Ustrasana

Interpret the significant of different positions of Ustrasana

Recall the breathing procedure of Ustrasana during practice

States the bending procedure of Ustrasana during practice

Compare the changes before and after practicing of Ustrasana

Differentiate between the starting and ending postures of Ustrasana

Recognise which parts of the body get benefited during Ustrasana practice

State the internal Process occurring in the body during Ustrasana practice

Validate how Ustrasana helps to control Asthma problems by changing the Internal process of our body systems during regular practice

State the benefits of practising Ustrasana

Describe why Ustrasana is beneficial for people with Asthma problems

Reason how Ustrasana helps in controlling Asthma problems

Recall the Precautionary steps to be taken for Ustrasana practice
APPENDIX-2

CONTENT ANALYSIS FOR ASANAS CURING DIABETICS

I. Diabetics: Diabetes Mellitus (DM) is a metabolic disease in which a lack of insulin (either relative or absolute) leads to uncontrolled rise in Blood Sugar Level (BSL).

Asanas: Asanas like Yogamudra, Padahasthasana, Janusirasana, and Vajrasana have been found useful in diabetes management.

1. Yogamudra:
   - Etymology: Yogamudra means “The Yogic Gesture”.
   - Preposition: Sit up in a comfortable cross-legged position or full lotus or half-lotus position.
   - Action: Inhale deeply and exhale slowly, while bending forward.
   - Duration: Repeat 20 to 30 times to have all the benefits.
   - Internal Process: Internal organs like pancreas are get pressure by heal and forward bending.
   - Benefits: Yogamudra helps to control DM and cures rheumatic pain.
   - Precaution: Bending forward should be slow with exhale otherwise one may suffer from the accumulation of gas in the stomach area.
   - Caution: Do not attempt the lotus position unless you feel comfortable.

2. Padhahastasana:
   - Etymology: Padha means feet and hasta means hands.
   - Preposition: Stand erect perfect posture with your feet together.
   - Action: While Exhale, try to touch your head on your knees and hold the left ankle by right palm.
   - Duration: Repeat 2 minutes for getting good results.
   - Internal Process: Forward bending gives pressure to the abdominal organs like pancreas.
   - Benefits: Tones up the abdominal organs and massaging the liver & spleen.
   - Precaution: The learners should not take extra strain to attain the posture.
   - Caution: People with high blood pressure should avoid practising this asana.
3. Janusirshasana:

**Etymology:** Janu means knee and sirsha means head.

**Preposition:** Sit with both legs stretched with heels together. Keep your legs as half lotus position.

**Action:** Inhale and exhale while bending forward, try to touch your knee with your forehead.

**Duration:** Keep this position over 3 to 5 minutes on each side.

**Internal Process:** This asana increase the digestive fire and help by digestion by giving pressure to the internal organs of the abdominal area.

**Benefits:** Benefits for digestion and cures all urinary troubles.

**Precaution:** Do not try to practise, if your knee injured or pain on your knees.

**Caution:** Chronic back injury or swelling people should avoid doing practise

4. Vajrasana:

**Etymology:** Vajra means firm, adamant and thunderbolt.

**Preposition:** Fold your legs and bring your heels under the buttocks.

**Action:** Sit erect comfortably with the buttocks resting on both the heels and palms resting on the thighs (called Vajrasana).

**Duration:** Maintain this posture for 10 to 15 minutes.

**Internal Process:** Consequently the blood circulation is on the waist. After flow of the blood, nervous impulses in the pelvic region and strengthens the pelvic muscles.

**Benefits:** Increases the efficiency of the entire digestive system. Relieving stomach ailments such as hyperacidity and peptic ulcer.

**Precaution:** Do not sit on the ankles.

**Caution:** Person with piles problem or legs damaged should avoid practising
I. Heart Diseases: Heart Diseases is the diseases of the blood vessel system. It is also called as “Cardiovascular diseases”. It includes such diseases as Coronary Heart Diseases (CHD), Heart Attack (HA), High Blood Pressure (HPP), Stroke, Chest Pain and Rheumatic Heart Diseases (RHD).

Asanas: Asanas like Matsyasana, Trikonasana, Vrikshasana, and Simhasana were found to control the Heart diseases.

1. Matsyasana:
   
   **Etymology:** Matsya means fish.
   
   **Preposition:** Lie supine on the ground with hands at your side.
   
   **Action:** Keep your legs in cross-legged / full-lotus position. Hold your toes by the hands and lift your chest up and bring your neck back. Expand your neck back full stretch and full deep breathing into your abdomen, freezing your shoulder blades together and opening your chest with deep slow breathing.
   
   **Duration:** Keep holding for 3 seconds.
   
   **Internal Process:** Lungs gets ample supply of blood, thereby the bronchial tubes, breathing system and air vessels gain more capacity and more active.
   
   **Benefits:** Person with Heart problem gets more benefits by regular practising of the given asanas.
   
   **Precaution:** Person with neck pain should consult a Yoga expert.
   
   **Caution:** Person, who have serious lower-back and neck problem, should avoid practising this asanas.

2. Trikonasana:
   
   **Etymology:** Tri means three and Kona means Triangle. The position of the body becomes like Triangle.
   
   **Preposition:** Stand erect with legs together.
   
   **Action:** Inhale slowly and raise your arms sideways while exhaling, touch your right hand to the left foot fingers. Slowly come up, while
inhaling, to vertical position with hands stretched to horizontal position.

**Duration:** Repeat this action for 5-7 seconds.

**Internal Process:** By breathing side way, the lungs get expanded in a new form and supply more oxygen in the blood.

**Benefits:** Trikonasana benefits for heart problems by improving the oxygenated blood circulation.

**Precaution:** Keep your feet and hands as given in the instruction.

**Caution:** Do not bend your knees and elbows.

3. Vrikshasana:

**Etymology:** Vriksha in Sanskrit means Tree. The body stays lip right like a tree.

**Preposition:** Stand erect with legs together.

**Action:** Bring your right foot p to the right inner thigh and palms together in front of your chest. Breathe normally and keep this position for few second as much as possible.

**Duration:** Repeat the same in other side of your body.

**Internal Process:** Deep breathing help to increase air intake.

**Benefits:** Heart diseases can control by regular practise.

**Precaution:** Focus straight ahead. Carefully grip the floor with the toes.

**Caution:** Person with chronic problems in knees or hips injury are better to avoid practising this asana.

4. Simhasana:

**Etymology:** Simha in Sanskrit menas Lion.

**Preposition:** Kneel on the floor like cat.

**Action:** Lift your left hand forward and right leg backward. Take 3 full breathing.

**Duration:** Try to practise as many time and as much as possible.

**Internal Process:** By lifting of your legs and hands backward and forward, the oxygenated blood has circulated to the Heart areas.
**Benefits:** Improves circulation of the blood to the heart areas.

**Precaution:** Use soft mate to avoid pain at knees and hands.

**Caution:** Person with knees or legs damaged should avoid practising this asana.

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**CONTENT ANALYSIS FOR ASANAS CURING ASTHMA**

I. **Asthma:** Asthma is a chronic disease that affects your airways. The airways are the tubes that carry air in and out of your lungs. This inside walls of airways is inflamed (swollen) in the Asthmatics.

**Asanas:** Asanas like Ustrasana, Bhujangasana, Dhanurasana and Bastrikasana were identified as the suitable for managing Asthma and its related problems.

1. **Ustrasana:**

   **Etymology:** Ustra means camel. Asana means posture.
   
   **Preposition:** Sit in Vajrasana posture.
   
   **Action:** Stand on the knees. Place your palms on the waist with fingers pointing forward. Inhale and bend the trunk backward and place the palms on the heels.
   
   **Duration:** Maintain this posture a minute or as much as possible with normal breathing.

   **Internal Process:** Chest expansion is increased airflow into the bronchial passage.

   **Benefits:** This asana helps to control lungs related and bronchial diseases.
   
   **Precaution:** Person with low or high blood pressure should consult a Yoga expert before practising this asana.
   
   **Caution:** Those who have undergone any operation at the check or neck or abdominal area should avoid practising this asana. Severe pain, hernia problems, severe hypertension and low back pain must be cautious.

2. **Bhujangasana:**

   **Etymology:** Bhujanga means serpent/snake. Bhujanga in Sanskrit means cobra.
   
   **Preposition:** Lie prone on the floor.
**Action:** Inhale and raise your head off the floor. Arch the dorsal spine and neck backward as far as possible. Keep the body below the navel in touch with the ground.

**Duration:** Breathe normally and keep this position for 10 seconds.

**Internal Process:** Lungs expand more or less depending on the movement of the diaphragm. Affects the adrenal glands and sending them a richer supply of blood ovaries, uterus and liver are tones.

**Benefits:** Useful in management of bronchial and back problems.

**Precaution:** Do not push yourself, if you feel uncomfortable or unable to complete the posture.

**Caution:** People, who have abdominal surgery, should avoid practising this asana.

3. **Dhanurasana:**

**Etymology:** Dhanu means bow. Dhanur in Sanskrit means bow shaped curve or bend.

**Preposition:** Lie prone on the floor with your legs together and keep your arms at the side of your body.

**Action:** Bend your knees and hold your ankles by the palms. Inhale, while raise your head and chest upward. Pull your legs outwards and backwards so that the spine is arched back like a bow.

**Duration:** Maintain this posture for half a minute with normal breathing.

**Internal Process:** Chest expansion is increased airflow into the bronchial passages.

**Benefits:** It helps to control the Asthma problems. The liver and abdominal muscles are massaged.

**Precaution:** People with back pain, ulcer in stomach and hernia should consult a Yoga expert.

**Caution:** People with general debility should be cautious while practising this asana.
4. Bastrikasana:

Etymology: Bastrika means bellows.

Preposition: Sit on Vajrasana position.

Action: Keep your hands on respective side of your shoulder. Inhale and open your fingers as fast as lift up your hand over the head. As far as lift down to the normal posture while close your fingers as lift up.

Duration: Repeat this action at least 10 to 15 times continually.

Internal Process: All existing air in the lungs is expelled forcefully and new fresh air will be taken to be lungs.

Benefits: Old and stagnated air from the cavity and corner of the lungs is expelled.

Precaution: People with nose or hands have recently undergone operation or serious pain should avoid practising this asana.

Caution: Those who have cold or nose problem should consult a Yoga expert.
APPENDIX C

Instructional Flow Diagram (IFD) of EIP
APPENDIX – 4

INSTRUCTIONAL FLOW CHART (IFC) FOR YOGA EDUCATION

START / HOME

SIGN IN

NO

DISEASE TYPES

TRAINING MODES

YOGASANAS

PRE-TEST

CONTENT AREA

FINISH ALL YOGAS?

YES

POST-TEST
APPENDIX – 5

USER GUIDE

SYSTEM REQUIREMENT:

1. Windows based personal computer system.
2. Telephone
3. Modem
4. Internet Connection

OPEN THE YOGAONLINE PACKAGE:

1. Connect your system to the Internet
2. Open the Internet Explorer (or any browsing software)
3. Type http://yogaonline.co.in in the address bar.

ACCESSING YOGAONLINE PACKAGE:

1. The first window shows you the investigator and his supervisor’s photos.
2. Press the hyperlink text “ENTER” which is end of the page.
3. Now the learners obtain general information about the package in detail.
4. Press the appropriate hyperlink text for getting more information you need.

ARE YOU A NEW USER?:

1. Touch and press the hyperlink text “REGISTRATION” given in the home page.
2. Confirm yourself as a new user by select the hyperlink text “NEW USER”.
3. Now you have to give your Username and Password in the appropriate text box and submit to register your name as a learner.
4. After registered your name as a new user, you need to provide some of your personal information in the given form.
5. Finally submit the form by pressing the button “SUBMIT” to save your personal detail in the server.
ARE YOU AN EXISTING USER?

1. Select the hyperlink text “Login” and give your Username & Password in the appropriate text box given.
2. Now you can choose your choice of the diseases viz. Diabetics, Asthma and Heart Diseases, and learning / practising modes viz. Training Mode, Training & Feedback and Training, Feedback and Guidance, of your interest.
3. You can also choose the asanas as your interest.

PRACTISING ASANAS:

1. Each Disease consists of four (4) Yogasanas.
2. You can select any one among the four asanas for practising the respective asana at your own pace.
3. The online learners / practitioners may avoid the mistake during practising from various Multimedia viz. Audio, Video, Animation, and Pictures.

FURTHER GUIDANCE:

1. The learners may clear their doubts by choosing the other pages given in the home page.
2. The online learners may contact the investigator or his supervisor for their further reference, doubts, etc. by email, Chatting, etc.
ARCHITECTURE OF ONLINE YOGA EDUCATION

1. CONTACT
2. USER ENTRY
3. DISEASES
4. EVALUATION
5. HOME
6. YOGAS
7. STRATEGIES

N-New User
E-Existing User
I-Investigator
S-Supervisor
TM-Training Mode
TF-Training & Feedback
TFG-Training, Feedback & Guidance

D-Diabetics
H-Heart Diseases
A-Asthma Problems

O-Objectives
Q-Quiz
F-Feedback
R-Registration
Ref-Reference
G-Glossary

Diabetics Asanas:
- Y1, Y2, Y3 & Y4.

Heart Asanas:
- Y5, Y6, Y7, & Y8.

Asthma Problems:
- Y9, Y10, Y11, & Y12.
## APPENDIX 12

### STORY BOARD: WEB-BASED YOGA EDUCATION

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<th>NUMBER OF SCREEN</th>
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### INSTRUCTIONAL EVENTS

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### INSTRUCTIONAL STRATEGIES

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### MULTIMEDIA TOOLS

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### YOGASANAS

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APPENDIX – 6
A FEW PRINTOUTS OF THE SELECTED WEB-BASED INSTRUCTIONAL OBJECTIVES SOFTWARE PACKAGES
Beginner*, **Sit up in a comfortable sitting position or half-lotus or full lotus position. Place your hands on your knees, with your palms facing down and fingers together, which is called chin mudra. Keep it on the respective knee.**

**In advanced posture, sit on a blanket spread on the ground. Form your foot lock by placing the right foot over the left thigh and the left foot over the right thigh as in the lotus position, otherwise called Padmasana posture.**

Taking your hands back normally and holding your left hand wrist by right hand palm.
APPENDIX – 7

EVALUATION PROFORMA FOR THE WEB-BASED INSTRUCTIONAL PACKAGES

FEEDBACK

Name
E- Mail address :

1. Yoga with therapy through e-Learning / online learning is a very useful and needful method for people.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

2. Yoga therapy through e-Learning is useful for people with Diabetic, Heart and Asthma problems only.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

3. Learning yoga through e-Learning is a risky factor.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

4. e-Learning helps people to contact and share their knowledge with people across the world.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

5. Yoga teaching through e-Learning / online learning makes people practising yoga at their place regularly.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

6. People need prior knowledge of yoga / yoga therapy before they start learning them through e-Learning.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

8. Yoga therapy through e-Learning can control / cure people with diseases by self-treatment.
   - Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
   Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

10. Yoga therapy through e-Learning saves Money, Time, Energy, etc.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

11. Yoga through e-Learning helps people prevent from Diabetics, Heart and Asthma problems..
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

12. We can learn yoga with therapy through e-Learning without any formal training.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

13. e-Learning may not be a suitable mode for teaching of yoga in its real sense..
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

14. Yoga through e-Learning may only entertain the learners.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree

15. Yoga therapy through e-Learning reduces mistakes, while doing Asanas at home, by using multimedia.
    Strongly Agree  Agree  Undecided  Disagree  Strongly Disagree
APPENDIX – 8

PRE-TEST FOR WEB-BASED YOGA EDUCATION WITH SCORING KEY

Choose the correct answer for the following statement and indicate your answer in the given option button.

PRE-TEST FOR ASANAS CURING DIABETICS:

1. YOGAMUDRA

1. What does mean Yogamudra?
   • Sinmudra
   • The Yogic Gesture
   • Adhimudra
   • Sitting posture

2. What is the pre-position of the Yogamudra?
   • Vajrasana
   • Padmasana
   • Matsyasana
   • Halasana

3. How do you bend in Yogamudra?
   • Bending Forward
   • Bending Backward
   • Bending Right Hand side
   • Bending Left Hand Side

4. How long practice Yogamudra for getting expected benefits?
   • 5 to 10 minutes
   • 10 to 20 minutes
   • 20 to 30 minutes
   • 30 to 35 minute

5. Which part/s of the body get folded during action in Yogamudra?
   • Hand
   • Legs
   • Head
   • Abdomen
6. How does Yogamudra help to control Diabetes?
- Pressure given to the abdomen
- Connected nerves of navel become strong
- The internal organs of abdomen work efficiently
- Muscles are massaged

7. How do you avoid discomfort during Yogamudra?
- Use pillow
- Avoid practice Yogamudra
- Sit on the bed
- Practice many times

8. Who should not practice Yogamudra?
- Person with Asthma
- Person with Diabetes
- Person with Chronic Headache
- Person with seminal weakness

2. PADHASTASANA

9. What is the meaning of “hasta’’?
- feet
- hands
- head
- neck

10. What is the Pre-position of Padahasthasana?
- Prone position
- Stand tall perfect posture with gap between the feet.
- Bow position
- Stand tall perfect posture with your feet together

11. How do you bend during Padahasthasana?
- Inhale and bend forward
- Exhale and bend forward
- Inhale and Exhale normally when bend left and right side
- Inhale and Exhale Deeply when bend backward

12. Where do you keep your hands in Padahasthasana posture?
- Behind your back
- Behind the knees
- Behind the ankles
- In front of you
13. How many times repeat the action of Padhahasthasana for getting good results?

- 12 minutes
- 30 minutes
- 15 minutes
- 2 minutes

14. Which parts of the body get inverted in position during Padhahasthasana?

- Outer organs of the body
- Not inverted in position
- Inner organs of the body
- Both inner and outer organs

15. Padhahasthasana help to control the problems of

- High blood pressure
- Diabetes
- Eye
- Spinal cord

16. What is the precaution of Padhahasthasana?

- Person with piles and intestine problems should avoid practice.
- Person with Asthma should not practice Padhahasthasana
- People should avoid extra strain to hold the ankles
- Keep your foot with 1.5 feet gap.

3. JANUSIRSHASANA

17. The pose of Janusirsasana is otherwise called

- Head to Head pose
- Head to Knee pose
- Knee to Head pose
- Knee to Knee pose

18. Where do you keep your hand in preposition of Janusirsasana?

- Respective knees
- Respective legs
- In from of the body
- Respective side of the body

19. How do you keep your head and hand during Janusirsasana?

- Head touching the knee and hand holding the toes
- Head touching the toes and hands holding the knee
- Head touching the ground and hand holding the toes
- Head and hands touching the toes.
20. How long do you practice Janusirasana on each side?

- 1 to 3 minutes
- 1 to 5 minutes
- 3 to 5 minutes
- 3 to 10 minutes

21. Which part/s of the body is compressed in Janusirasana position?

- Legs
- Hands
- Head
- Abdomen

22. Who should practice Janusirasana to control the following disease?

- People with Diabetes
- Pregnant women
- People with knee problem
- People with Headache

23. During Janusirasana the position of legs should be

- One leg Folded and one leg straight
- Two legs Folded
- Two legs Straight
- Keep both legs backward

24. Who should not practice Janusirasana?

- Recent or chronic back injury or swelling people
- People with Asthma and Diarrhea
- Knee injured people
- People with Headache

4. VAJRASANA

25. The meaning of Vajra is ___________.

- Knee, Head and Shoulder
- West, East and South
- Firm, adamant and thunderbolt
- Straight position

26. Where do you keep your legs in pre-position of Vajrasana?

- Stretched out in front of your body
- Stretched out back side of your body
- Keeping it as full lotus position
- Sitting in prone position
27. How do you breathe in Vajrasana?
   - Exhale deeply
   - Inhale deeply
   - Inhale and Exhale deeply
   - Inhale and exhale normally

28. The legs should be kept ______ in Vajrasana?
   - above the head
   - below the head
   - under the buttock
   - above the buttock

29. How long do you maintain in Vajrasana position?
   - 5 to 10 minutes
   - 20 to 30 minutes
   - 10 to 15 minutes
   - 15 minutes only

30. Which region of your body gets altered during practice of Vajrasana?
   - Abdomen
   - Heart
   - Neck
   - Pelvic

31. How does Vajrasana help to control Diabetic problems?
   - Reduce blood flow
   - Increase the efficiency of entire digestive system
   - Gentle message to the nerves and fibers
   - Redirects sexual energy

32. People with ________ should not try to practice Vajrasana?
   - digestive problems
   - gastric problems
   - sciatica pain
   - piles and knee problems
PRE-TEST FOR ASANAS CURING HEART DISEASES:

1. MATSYASANA

33. What is the meaning of Matsya?
- Fish
- Cobra
- Line
- Tree

34. What is the pre-position of Matsyasana?
- Sit Padmasana position
- Stand tall in perfect posture
- Half-lotus position
- Lie on the floor

35. Where to you keep your head in Matsyasana position?
- Forward to neck
- Upward to the head
- Downward to the legs
- Back to neck

36. The right leg and left leg should be kept on______________ in advanced Matsyasana posture?
- Left thigh
- Right thigh
- Respective thigh
- Straight

37. Which part of the body becomes active during Matsyasana?
- Bronchial tubes and air vessels
- Heart
- Mind
- Digestive system

38. How long hold in Matsyasana position?
- 2 seconds
- 1 second
- 3 seconds
- 5 seconds
39. How does Matsyasana help to control heart problems?
- Fresh air supplied to lungs and heart
- Ample supply of blood
- Working capacities of diaphragm and lungs increased
- Thigh and abdomen muscles are stretched systematically

40. The person with ____________ problems should not try to practice Matsyasana?
- Asthma
- Diabetes
- Lungs
- Serious lower-back or neck

2. TRIKONASANA

41. What does mean Kona?
- Tree
- Triangle
- Rectangle
- Lion

42. What is the pre-position of Konasana?
- Sitting posture
- Standing posture
- Prone posture
- Bow posture.

43. In Trikonasana, the fingers of right hand should __________, while left hand __________.

   fingers are straight up?
   - Touch with right foot
   - Touch with ground
   - Touch with back
   - Touch with left foot.

44. What will happen in lungs during the Konasana?
- Lungs get stretched and more oxygen supplied to the blood
- Lungs get expanded and less oxygen supplied to the blood
- Lungs get expanded and more oxygen supplied to the blood
- Lungs get stretched and less oxygen supplied to the blood
45. How long do you hold in Trikonasana position?
- 2 seconds
- 5 seconds
- 1 second
- 5-7 seconds

46. Which parts of the body get flexibility by practising Trikonasana?
- hips, spine and legs
- spine, legs, and shoulder
- legs, hands and neck
- head, hands and legs

47. Konasana helps to control problems.
- Knee
- Eye
- Headache
- Heart

48. What is the precaution advisable for Konasana?
- Knee should be bending
- Feet should be above 3 ft.
- Hands should touch the ground
- Keep the legs closely

3. VRIKSHASANA

49. The Sanskrit meaning of Vriksha is
- Fish
- Line
- Cow
- Tree

50. What is the pre-position of Vrikshasana?
- Lie on the floor
- Padmasana position
- Stand tall in perfect position
- Lion position

51. Where do you keep your right leg, while left leg is on the ground?
- Pressed against the left hip
- Pressed against the left knee
- Pressed against the left toes
- Keep on the ground
52. Which parts of the body get flexible by regular practice of Vrikshasana?
- Legs, Knees and Ankles
- Legs, Hands and Head
- Ankles, Knees and Thigh
- Hands, Legs and Palms

53. How does Vrikshasana help to control heart problems?
- Normal breathing
- Pressure given by leg to easy supply of blood to heart
- Both palms together in the middle of the chest
- Toes touch the hip

54. How do you breathe in Vrikshasana?
- Inhale deeply
- Exhale deeply
- Normal breathing
- Inhale and exhale deeply

55. How do you keep your shoulder direction during Vrikshasana practice?
- Downwards
- Upwards
- Front side
- Backside

56. Who should not practice Vrishasana?
- Person with Heart problems
- Person with Diabetes problems
- Person with Asthma problems
- Person with Knee and hip injury problems

4. SIMHASANA

57. The meaning of Simha is
- Lion
- Fish
- Cow
- Tree

58. Keep your hands and legs on the ___________ like four legged animals in starting position of Simhasana.
- floor with knee
- folded with knee
- floor with your legs only
- floor with your knees only
59. How do you keep your hands and legs during Simhasana?

- Two hands forward
- One hand forward one leg backward
- Two hand backward
- One hand forward and one leg backward

60. How many times take full breathing in Simhasana position?

- 1 time
- 2 times
- 3 times
- 4 times

61. While doing Simhasana, ____________.

- workload of heart is reduced in horizontal position
- workload of heart is increased in horizontal position
- lifting of the leg help to supply more blood in the heart area
- giving more air to the lungs and heart get more oxygenated blood

62. Who can get benefit by practice Simhasana?

- People with Heart problems
- People with Diabetes
- People with knee problems
- People with Back-pain problems

63. The people with ____________ problems should avoid Simhasana.

- Diabetics
- Heart problems
- Knee and legs problems
- Back pain problems

64. Which pre-cautionary step is important to avoid pain in knees and hands?

- Use bed
- Use soft mate
- Practice many times
- Take pain drugs
PRE-TEST FOR ASANAS CURING ASTHMA DISEASES:

1. USTRASANA

65. The meaning of Ustrasana is _________
   - Tree
   - Cobra
   - Camel
   - Fish

66. What is the pre-position of Ustrasana?
   - Padmasana
   - Dhanurasana
   - Vajrasana
   - Matsyasana

67. Where do you keep your hands in Ustrasana posture?
   - Back on respective heels
   - Back on respective buttock
   - Keep on respective shoulder
   - Keep on respective knees

68. When do you inhale during Ustrasana?
   - Inhale when lift your hips
   - Inhale when arch the back to place your hands on heels
   - Inhale when press your hips
   - Inhale when press your heels

69. Ustrasana is the benefit for people with _________ problems.
   - Spinal cord deformities
   - Disabilities of hip joins and severe backache
   - High and low blood pressure
   - Lungs and Asthma

70. How does Ustrasana control the problems of lungs?
   - Compress spine
   - Stimulus nervous system
   - Fresh air passes through sinus area when more breathing
   - Opening the lung and chest.

71. Who should not practice Ustrasana without consulting yoga expert?
   - People with high or low blood pressure
   - People with Diabetes problems
   - Person with Heart problems
   - People with back-pain problems
72. Who should not practice Ustrasana?
- Person with neck problem
- Person with back-pain problems
- Neck and back injured people
- Leg problems

2. BHUJANGASANA

73. What is the Sanskrit meaning of Bhujanga?
- Cow
- Tree
- Lion
- Cobra

74. What is the pre-posture of Bhujangasana?
- Tree
- Supine
- Fish
- Lion

75. Which parts of the body should raise and lift off the floor during Bhujangasana?
- Chest and legs
- Hands and Legs
- Head and Hands
- Neck and chest

76. When do you inhale and exhale during Bhujangasana?
- Inhale and Exhale deeply while raise your chest and neck
- Inhale while raise your chest and Exhale while lie down
- Exhale while raise your head and Exhale while raise your chest
- Inhale and Exhale slowly while raise your chest and neck

77. How long hold in the position of Bhujangasana?
- 5 seconds
- 10 seconds
- 15 seconds
- 25 seconds

78. Which part of the body gets more benefits during Bhujangasana practice?
- Lungs
- Heart
- Abdomen
- Brain
79. How does Bhujangasana help to control Asthma problems?

- Proper circulation of blood to the pelvic region
- Stimulates appetite and relieves constipation
- Due to chest expansion, respiratory capacity increases
- Compress and open spine

80. The person with _________ problems should not try to practice Bhujangasana.

- Heart
- Diabetes
- Abdominal surgery
- Asthma

3. DHANURASANA

81. What is the meaning of Dhanu?

- Line
- Cow
- Bow
- Tree

82. What is the pre-position of Dhanurasana?

- Bow position
- Fish position
- Prone position
- Line position

83. How do you keep your head, hands and legs in Dhanurasana pre-position?

- Prone position
- Fish position
- Line position
- Bow position

84. How will you breathe in starting position of Dhanurasana?

- Inhale deeply
- Exhale and Inhale slowly
- Exhale deeply
- Inhale deeply and exhale

85. Which parts of the body get favorable effect on Dhanurasana practice?

- Enzyme producing organs and pancreas
- Lungs and all parts of the body
- Stimulates the organs of the abdomen
- Blood circulation in legs and hands
86. Dhanurasana controls the problem of ________________.

- high blood pressure
- insomnia problems
- asthma and Lungs problems
- ulcer, Peptic and hernia problems

87. Which asanas are the best to practice before Dhanurasana for easy forward bending?

- Padmasana and Vajrasana
- Bhujangasana and Shalabhasana
- Yogamudra and Vajrasana
- Bhujangasana and Bastrika

88. Who should not practice Dhanurasana?

- Person with gastrointestinal disorders
- Person with Asthma
- Person with Diabetes
- Serious neck and lower-back problems

4. BASTRIKASANA

89. What is the meaning of Bastrika?

- Pumping the air to the lungs with force
- Richer supply of blood in our body
- Producing organs and pancreas
- Activating of the digestive system

90. What is the preposition of Bastrikasana?

- Prone position
- Vajrasana position
- Padmasana position
- Ustrasana position

91. What is the function of hands and fingers during Bastrikasana?

- Lift your hands upward & simultaneously opening your fingers
- Slowly lift your hand upward and opening the fingers
- Lift your hands and fingers slowly
- Forcefully life your hands upward with close your fingers

92. When do you breathe-in and breathe-out during the action of Bastrikasana?

- Breathe-in and Breathe-out while bring up your hands
- Inhale while bring up and breathe-out while bring down your hands
- Breathe-in and Breathe-out while bring down your hands
- Inhale while bring down and breathe-out while bring up your hands
93. How many times repeat Bastrikasana during practice?
   - 5 to 10 times
   - 10 to 20 times
   - 10 to 15 times
   - 5 to 15 times

94. How does Bastrikasana help to control the person with Asthma?
   - Fast circulation of blood
   - Forceful action of hands
   - Lungs expanded
   - Fast circulation of the air passes in all corner of the lungs

95. Who can get benefit by regular practice of Bastrikasana?
   - People with Lungs related problems
   - People with Heart related problems
   - People with Brain problems
   - People with Nervous problems

96. Who should not try to practice Bastrikasana?
   - Person with breathing problem
   - Person with cold problems
   - Person with hands problems
   - Person with finger problems
**SCORING KEY FOR PRE-TEST**

**SCORING KEY FOR ASANAS CURING DIABETICS:**

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**SCORING KEY FOR ASANAS CURING HEART DISEASES:**

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**SCORING KEY FOR ASANAS CURING ASTHMA:**

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CRITERION – REFERENCED TEST (CRT) FOR WEB-BASED YOGA EDUCATION (POST-TEST) WITH SCORING KEY

1. YOGASANAS CURING DIABETIC:

1. Yogamudra means ____________.
   - the Yogic Gesture
   - sinmudra
   - adhi mudra
   - sitting position

2. Full lotus posture is a ____________ of Yogamudra.
   - asana position
   - legs position
   - pre-position
   - prone position

3. How do you bend in Yogamudra?
   - Bending left hand side
   - Bending backward
   - Bending right hand side
   - Bending Forward

4. In Yogamudra posture, keep your head on the ground and hold your _______ hand wrist by _______ hand palm.

5. The beginners of Yogamudra _______ deeply and _______ slowly, while bending forward.
   - exhale, inhale
   - inhale, exhale
   - inhale, inhale
   - exhale, exhale

6. Which of the following time duration is desirable?
   - 5 minutes
   - 1 minute
   - 3 minutes
   - 4 minutes
7. During Yogamudra the _______ area is compressed, so that the inner organs will work better.
   o lungs
   o heart
   o stomach
   o brain

8. Yogamudra helps to control the diabetic problems by improving the function of _______ system.
   o digestive
   o organs
   o muscles
   o nervous

9. To avoid feeling _______ you may use a pillow under your buttocks.
   o fear
   o negative
   o disagree
   o discomfort

10. Vajra means _______ and _______.
    o east, west
    o firm, adamant
    o knee, head
    o ears, eyes

11. In Vajrasana position, you can sit for _______ minutes.
    o 2 to 3
    o 5 to 10
    o 3 to 5
    o 10 to 15

12. Which region of your body gets altered during practice of Vajrasana?
    o Pelvic
    o Abdomen
    o Heart
    o Neck

13. Vajrasana increases the efficiency of the entire _______ and _______.
    o nervous system, impulses pelvic region
    o digestive system, relieving stomach ailments
    o muscular system, consequently blood circulation
    o reproductive system, relieves sciatica pain
14. Who should not practice Vajrasana?
   - People with asthma
   - People with diabetes
   - People with piles problems
   - People with sexual problems

15. Janu means ________ and Sirsa means ________.
   - knee, head
   - head, knee
   - head, legs
   - legs, hands

16. How do you sit in pre-position of Janusirasana?
   - Full lotus position
   - Half lotus position
   - Prone position
   - Supine position

17. Where do you keep your head and hand during Janusirasana?
   - Head and hand touching the knees
   - Head touching the thigh and hand touching the ground
   - Head touching the toes and hand touching the knees
   - Head touching the knee and hand holding the toes

18. Janusirasana should be practiced at least ________ minutes on each side.
   - 1 to 5
   - 2 to 8
   - 3 to 5
   - 5 to 9

19. Janusirasana is great for ____________, stretching the entire spine and back of the legs.
   - the lumber / thoracic area
   - pelvic region
   - blood circulation
   - respiratory process

20. Janusirasana helps to control the diabetes and its complication by improving the function of ____________ system.
   - circulatory
   - digestive
   - urinary
   - lymphatic
21. Who should not practice Janusirasana?
   - People with headache
   - People with Asthma and Diarrhea
   - Knee damaged people
   - Recent or chronic back injury or swelling people

22. What is the other name of Padhahasthasana?
   - Head to head asana
   - Head to leg asana
   - Leg holding asana
   - Head holding asana

23. What is the pre-position of Padhahasthasana?
   - Stand tall perfect posture
   - Sit in Padmasana posture
   - Lie down on the floor
   - Bow posture

24. Padhahasthasana should repeated be at least for _______ minutes for getting good results.
   - 1
   - 2
   - 3
   - 5

25. Which part of the body gets compressed during Padhahasthasana?
   - stomach
   - muscles
   - pelvic region
   - inner organs of the body

26. Padhahasthasana helps to control __________ problems.
   - High blood pressure
   - Low blood pressure
   - Diabetes
   - Severe heart attach
2. YOGASANAS CURING HEART DISEASES:

27. Kona means __________.
   - Camel
   - Rectangle
   - Triangle
   - Tree

28. What is the pre-position of Trikonasana?
   - Standing posture
   - Sitting posture
   - Prone posture
   - Supine posture

29. Place your ____ hand on your right ankle and extend your ____ arm up in a straight line with your palm facing forward in Trikonasana posture.
   - right, left
   - right, right
   - left, right
   - right, right

30. During Trikonasana, turn in your left foot slightly and point your right foot ________ (degree) to the right.
   - 60°
   - 90°
   - 40°
   - 180°

31. Relax your face and shoulder hold in Trikonasana position for ______ seconds.
   - 5 seconds
   - 3 seconds
   - 8 seconds
   - 5-7 seconds

32. Trikonasana increases the flexibility of ________, ________, and ________.
   - hands, legs, eyes
   - hips, spine, legs
   - ears, eyes, nose
   - legs, hips, hands

33. Trikonasana is more beneficial for ________ problems.
   - heart
   - eye
   - reproductive
   - nervous
34. Do not bend _______ and _______ during Trikonasana practice.
   o legs, hands
   o head and hands
   o knees, elbows
   o hips and hands

35. Matsya means ______________.
   o Cobra
   o Fish
   o Tree
   o Lion

36. What is the pre-position of Matsyasana?
   o Bow posture
   o Camel posture
   o Supine posture
   o Prone posture

37. Hold your toes by hands and lift your chest ___ and bring your head _____ during Matsyasana practice.
   o down, back
   o up, forward
   o down, forward
   o up, back

38. How long do you hold in Matsyasana posture?
   o 3 seconds
   o 2 seconds
   o 1 second
   o 5 seconds

39. By performing Matsyasana, _______ get ample supply of blood.
   o heart
   o lungs
   o brain
   o body

40. Which part of the body get activated during Matsyasana practice?
   o Brain
   o Digestive system
   o Bronchial tubes and air vessels
   o Reproductive systems
41. Person with _________ or _________ injury should avoid doing Matsyasana?
   o lower-back, neck
   o head, knee
   o heart, lungs
   o headache, fever

42. Vriksha in Sanskrit means _______.
   o Cow
   o Fish
   o Tree
   o Camel

43. What is the pre-position of Vrikshasana?
   o Prone posture
   o Full lotus posture
   o Camel posture
   o Stand tall in perfect posture

44. Where do you keep your right leg, while left leg is on the ground during Vrikshasana practice?
   o On the left knee
   o On the ground
   o On the inner left thigh
   o On the buttocks

45. __________ coordination could be gained by the regular practice of Vrikshasana.
   o Neuro-muscular
   o blood
   o Nervous
   o Cells

46. How do you breath in Vrikshasana position?
   o Inhale deeply
   o Breath normally
   o Exhale deeply
   o Inhale and exhale deeply

47. Person with _________ problem can get more benefits by doing Vrikshasana?
   o Headache
   o Reproductive
   o Urinary
   o Heart
   - tiger
   - camel
   - lion
   - fish

49. In Simhasana pre-posture, keep your spine _______ and place your palms ______ your shoulder blades.
   - straight, under
   - on the ground, up
   - back, down
   - forward, back

50. How do you keep your hand and leg during Simhasana practice?
   - Hand and leg in forward direction
   - One hand forward and one leg backward direction
   - Hand and leg in backward direction
   - Hands and legs on the ground

51. In Simhasana posture, take at least ______ full breathing on each direction.
   - 1
   - 2
   - 3
   - 5

52. In Simhasana practice give more fresh air to the lungs, which in turn helps the heart for getting more ___________ blood.
   - oxygenated
   - energetic
   - ample supply of
   - pure

53. Who can get benefited by doing Simhasana?
   - People with muscular problems
   - People with urinary problems
   - People with nervous problems
   - People with heart problems

54. Who should not practice Simhasana?
   - Legs damaged people
   - People with reproductive problems
   - People with headache problem
   - People with digestive problems
3. YOGASANAS CURING ASTHMA:

55. Dhanu means _________.
   o Camel
   o Bow
   o Lion
   o Tree

56. What is pre-position of Dhanurasana?
   o Cobra posture
   o Bow posture
   o Fish posture
   o Prone posture

57. Where do you keep your hands in Dhanurasana posture?
   o Hands hold the respective ankles of the legs
   o Hands hold the respective knee of the legs
   o Hands hold the respective hips
   o Hands hold the respective toes of the legs

58. The weight of your body should be resting on the ____________.
   o ground
   o chest
   o abdomen
   o legs

59. When do you exhale slowly in Dhanurasana practice?
   o During prone to bow posture
   o During bow to prone posture
   o During pre-position only
   o During bow position only

60. Which parts of the body get favorable effects during Dhanurasana practice?
   o Stimulus the organs of the abdomen
   o Enzyme producing organs, small intestine and big intestine
   o Secretion of hormones for chemical regulation
   o Breakdown and absorption of food materials

61. Dhanurasana controls the problem of ____________.
   o high blood pressure
   o insomnia problems
   o ulcer, peptic and hernia problems
   o asthma and lungs related problems
62. Which of the following asanas are best to practise before Dhanurasana?
   - Bhujangasana and Shalabhasana
   - Padmasana and Vajrasana
   - Yogamudra and Vajrasana
   - Bhujangasana and Bastrikasana

63. What is the meaning of Bastrika?
   - Bow
   - Camel
   - Bellows
   - Tree

64. Pre-position of Bastrikasana is ________.
   - Prone position
   - Fish position
   - Full lotus position
   - Vajrasana position

65. How do you lift your hand during Bastrikasana practise?
   - Lift fast to the maximum height over the head
   - Lift slowly to the maximum height over the head
   - Lift fast and slowly to the maximum height over the head
   - Lift one hand fast and another hand slowly over the head

66. Repeat Bastrikasana at least ________ times.
   - 5 to 10
   - 10 to 15
   - 10 to 20
   - 5 to 15

67. How does Bastrikasana help to control Asthma problems?
   - Fast circulation of blood
   - Forceful action of hands
   - New fresh air will be taken into the lungs
   - Lungs expanded

68. Who can get benefited by regular practice of Bastrikasana?
   - People with Asthma problems
   - People with Urinary problems
   - People with Digestive problems
   - People with Diabetes problem
69. What does Bhujangasana mean?
- Lion
- Fish
- Cobra
- Camel

70. What is the pre-position of Bhujangasana?
- Prone position
- Supine position
- Bow position
- Fish position

71. Which part of body lifts off the floor?
- Head only
- Hands only
- Head and Hands
- Chest, head and hands

72. Breathe normally and hold the position for ________ seconds.
- 10
- 5
- 3
- 8

73. Which part of body gets benefited during Bhujangasana practice?
- Hands
- Lungs
- Heart
- Brain

74. People having __________ problem should not practice Bhujangasana?
- Heart
- Diabetes
- Lungs
- Hernia

75. Ustra means __________.
- Camel
- Lion
- Cobra
- Fish
76. What is the pre-positioning of Ustrasana?
   - Padmasana
   - Dhanurasana
   - Vajrasana
   - Bhujangasana

77. Where do you keep your hand in Ustrasana posture?
   - Back on respective ankles
   - Back on the respective heels
   - Back on respective knees
   - Back on respective shoulders

78. When do you inhale during Ustrasana practice?
   - During lift your hips and head upwards
   - During arch the back and place the hands on the heels
   - During camel posture
   - During push your hips forward

79. By regular practice of Ustrasana, people reserves energy like _____animals.
   - domestic
   - international
   - water
   - desert

80. People with ________ problems get more benefits by practising Ustrasana.
   - Sinus
   - Reproductive
   - Asthma
   - Heart

81. Who should not practice Ustrasana without consulting the Yoga expert?
   - People with Diabetes problems
   - People with high or low blood pressure
   - People with heart problems
   - People with back-pain problems

82. Who should not practice Ustrasana?
   - Serious low back or neck injury
   - Reproductive problems
   - Urinary problems
   - Heart problems
### SCORING KEY FOR CRT IN YOGA EDUCATION

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APPENDIX 10

THE SCORES OBTAINED BY THE STUDENTS OF EXPERIMENTAL GROUPS IN THE PRE-TEST

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EXPERIMENTAL GROUP – I

EXPERIMENTAL GROUP – II

EXPERIMENTAL GROUPS - III
## APPENDIX: 11

THE SCORES OBTAINED BY THE ONLINE LEARNERS OF THE EXPERIMENTAL GROUPS IN THE POST-TEST

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