

# *Beauty and Wellness*

## **POSTURE AND TYPES**



**Class -VI**

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# PREFACE

*A good stance and posture reflects a proper frame of mind.*

This timeless advice is worth heeding to since a perfect balance with good posture impacts our long-term health. Sustaining a good posture is a big part of one's health. A perfect posture enhances proper functioning of the body and contributes to good appearance. It promotes efficiency of movement and endurance. A correct posture maintains a correct form while exercising, which results in fewer injuries and greater gains. A person who has good posture projects poise and dignity.

Through this graphic novel the author has drawn our attention to a very common problem of bad posture that students face in the school while carrying their school bags, which leads to hunchback, backache, tiredness etc. Correct posture of the body assures self-confidence and self-respect. The story seeks to give a very strong message to young readers, to improve their physical well-being through a series of stretching exercises to improve posture.



## **LEARNING OUTCOMES**

- ❖ Understand Postures.
- ❖ Distinguish between poor posture and proper posture.
- ❖ State the significance in having a good posture.
- ❖ Summarize risks of poor posture.

# CHARACTERS

## POSTURE AND TYPES



**Hari:** A 7-year-old boy, black curly hair, looking fit, stubborn and intelligent.



**Raashi:** A 9-year-old girl, blackish brown short hair, looks patient, healthy and attentive.



**Raj:** A 7-year-old boy, blackish brown hair with straight cut, thin, mischievous and curious looking.

**Shourya:** A 7-year-old boy, black-brown hair with army cut, thin, mischievous, stubborn and intelligent.





**Mr. Vivek (PT Teacher):** A 30-year-old, black, wavy hair, thick moustache, fit, wearing Track suit with a whistle hung around his neck and wearing sports shoes.

**Ms. Anupriya (Yoga Teacher):** A 28-year-old, black, bob cut hair, fit, wearing Track suit with sports shoes.



**Ms. Gurmeet (Beauty & Wellness Teacher):** Middle aged lady, shoulder length, brown, wavy hair, fit and healthy, wearing salwar kameez with sandals.






The assembly is about to begin. The students are assembling for the same. The PT teacher is seen checking whether the students are standing properly or not.












These students never participate and always have excuses


Yes sir!



Hari , what is the matter? Why aren't you standing properly?

Sir, I have back pain and so I'm not able to stand properly.



A cartoon illustration of a male teacher with a mustache, wearing a light purple polo shirt, light blue track pants with a dark blue stripe, and yellow sneakers. He has his hands on his hips. Next to him is a young male student with curly brown hair, wearing a blue and white striped shirt with red trim and light blue trousers. He also has his hands on his hips. They are standing in a hallway with a wooden floor and a doorway in the background.

Ok Hari.  
Just try to  
keep your  
posture  
right while  
you're  
standing.

Yes Sir! I  
will try.

(The PT period has started and the teacher interacts with the students.)

A cartoon illustration of the same teacher standing in the center of a classroom. He is wearing the same outfit as in the previous panel. Several students are seated at their desks, which are arranged in rows. The classroom has a green chalkboard, a computer monitor on a desk, and a potted plant. A window on the left shows a view of the outdoors.

Good  
Morning,  
Sir!

Good morning,  
children...

Good  
Morning, Sir!







Hari, try standing straight on your back by putting your body weight on your feet.


Ok sir. Let me try doing it.



Oh! It has started raining.. we will now have to stay in the class itself.

Ok sir.

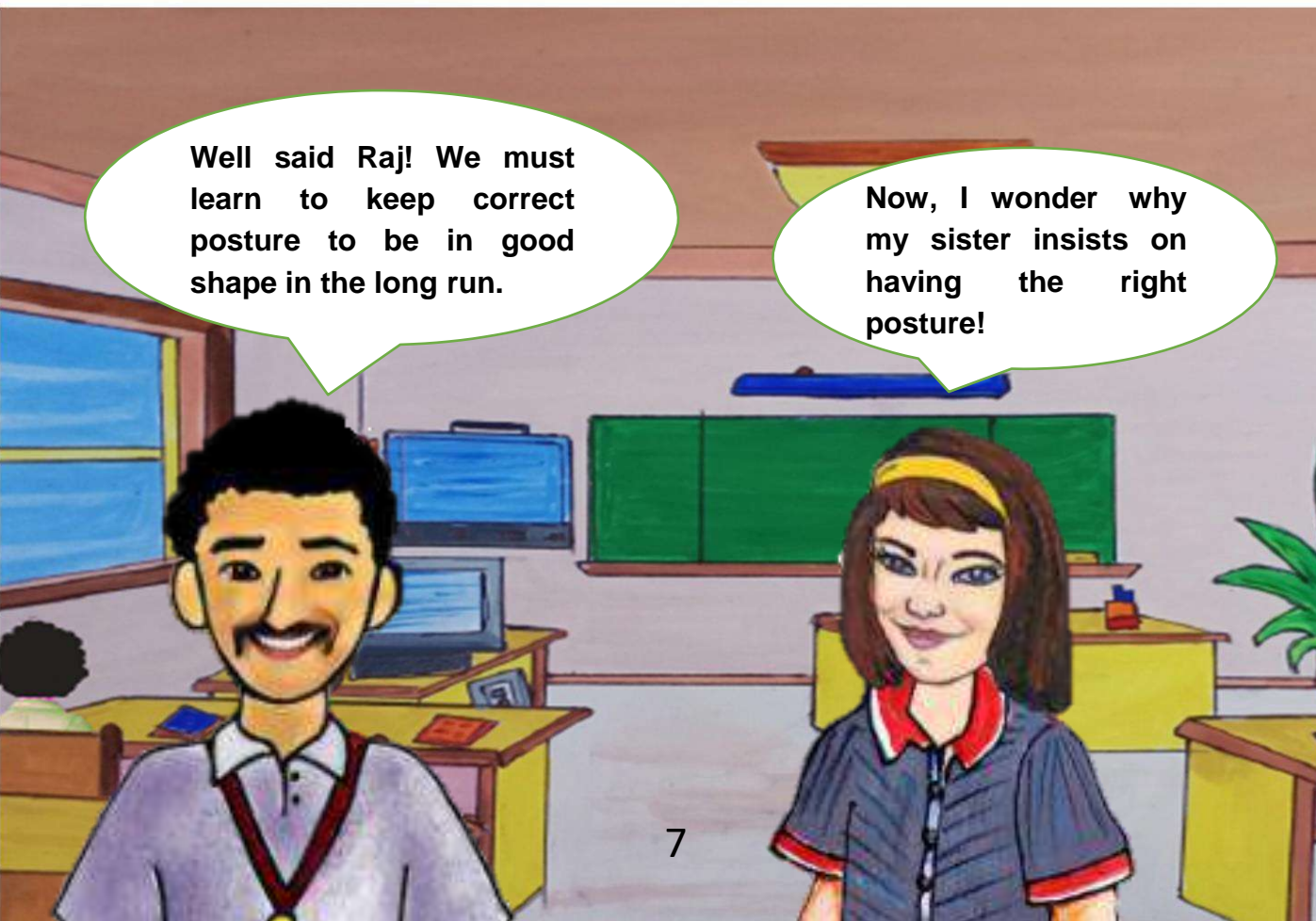




Anyone can face the problem as Hari. So, let's learn to stand in the right posture.

Raj, will you demonstrate it for the class?

Surely sir. I would love to, since I would do the same in my theatre class.



Well said Raj! We must learn to keep correct posture to be in good shape in the long run.

Now, I wonder why my sister insists on having the right posture!



**Everyone appreciates Raashi and her sister.**

Really Raashi, is your sister trying to be a role model for others?

Wow!

That's nice

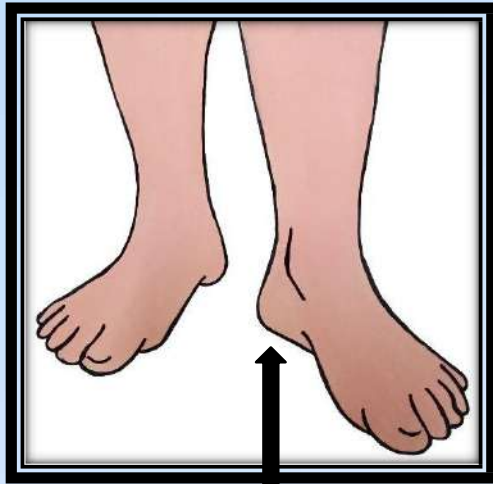


All right. Raj let's start with the demonstration.



**Raj demonstrates how to stand in the correct posture with the help of Mr. Vivek**

**While standing we must remember to keep our feet on the floor with ankles in front of knees.**

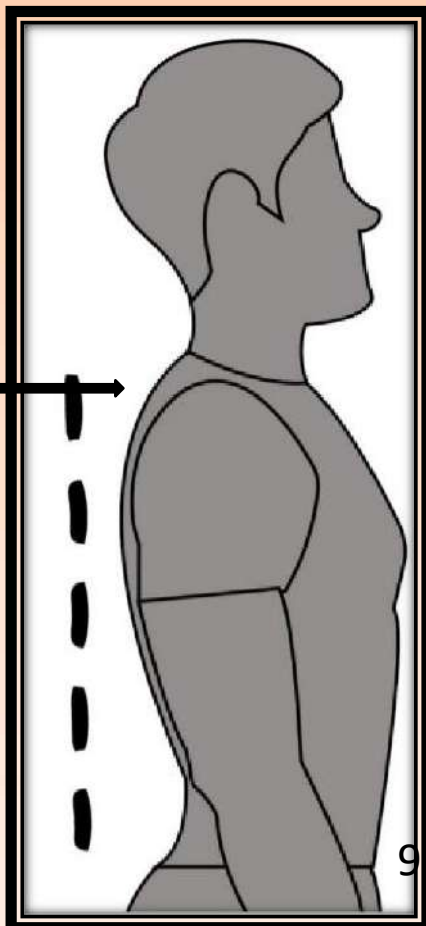


**ANKLE**

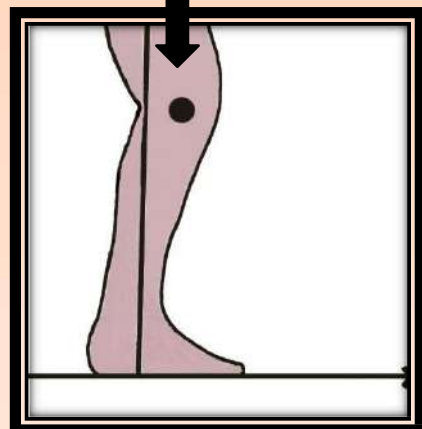


**The knees and shoulders should be slightly relaxed.**

**SHOULDER**



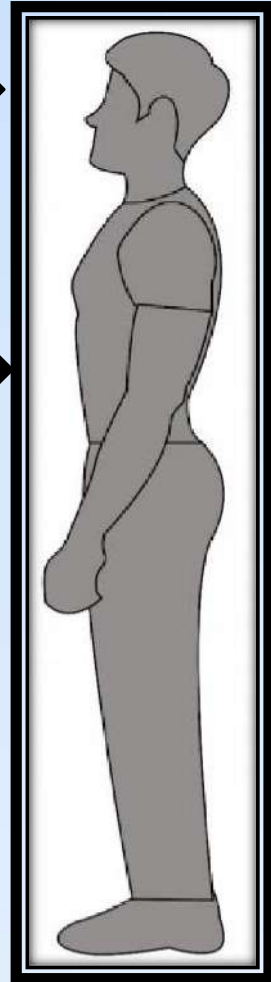
**KNEE**



**HEAD**

**ABDOMEN**

**Also, we need to hold the abdomen in and keep our head high with the shoulder not slumped. It is advised not to lean while standing.**



Sir, it becomes difficult to stand straight with the correct posture for a long period.

When you face such a problem, stand with your feet close enough to distribute your body weight evenly.

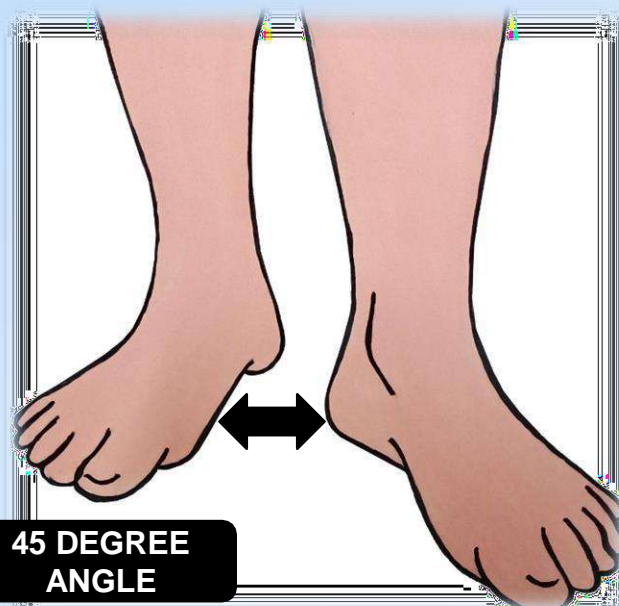




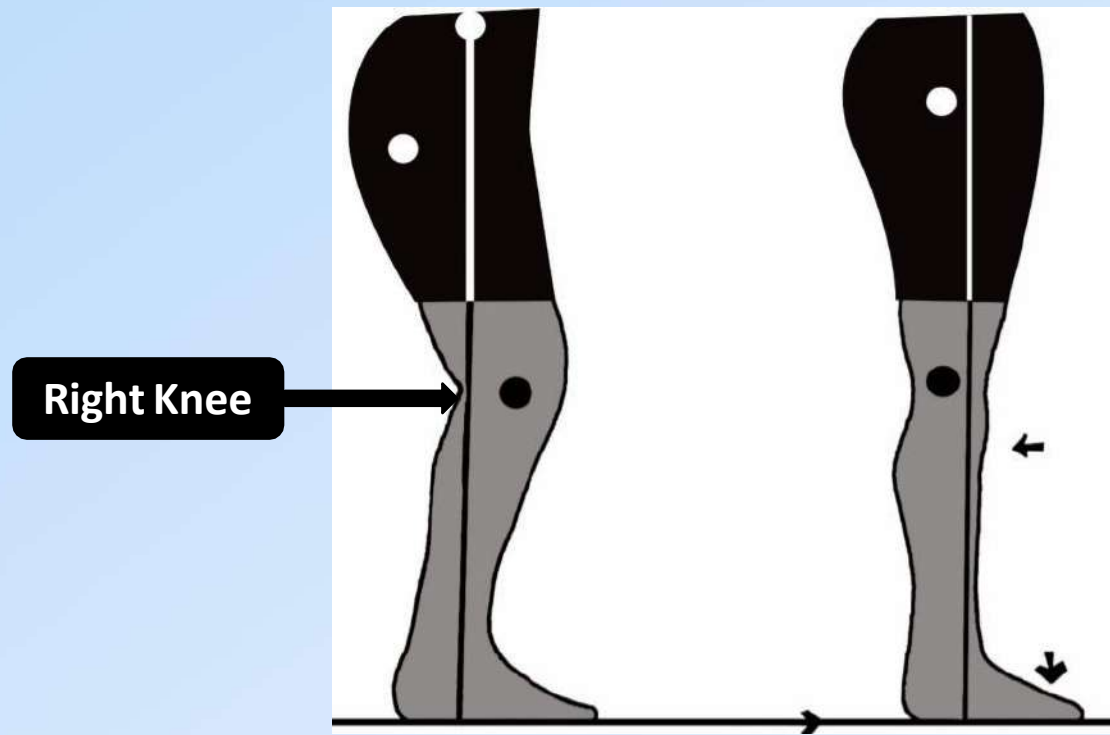
Sir, in spite of doing this, we still get tired.

Raashi, you should remember it is important for you to have a right posture.

We have to place our left foot out at 45- degree angle and point the right foot straight ahead with heel at the instep of left foot, may be placed few inches ahead of the left foot for more comfort.



Here the right knee can be bent forward. We all need to note that, it is important to keep both the knees slightly flexed as flexed knees act as shock absorbers when working or standing.



This stance enables you to shift weight from one foot to the other easily while changing or reversing the position of feet.

A correct posture helps to enable the body carry your weight smoothly.

Thank you so much sir... We will surely follow your advice.



## The Beauty & Wellness class begins



Sorry ma'am.  
Actually, I'm not  
being able to sit  
properly today,  
I'm feeling very  
tired.

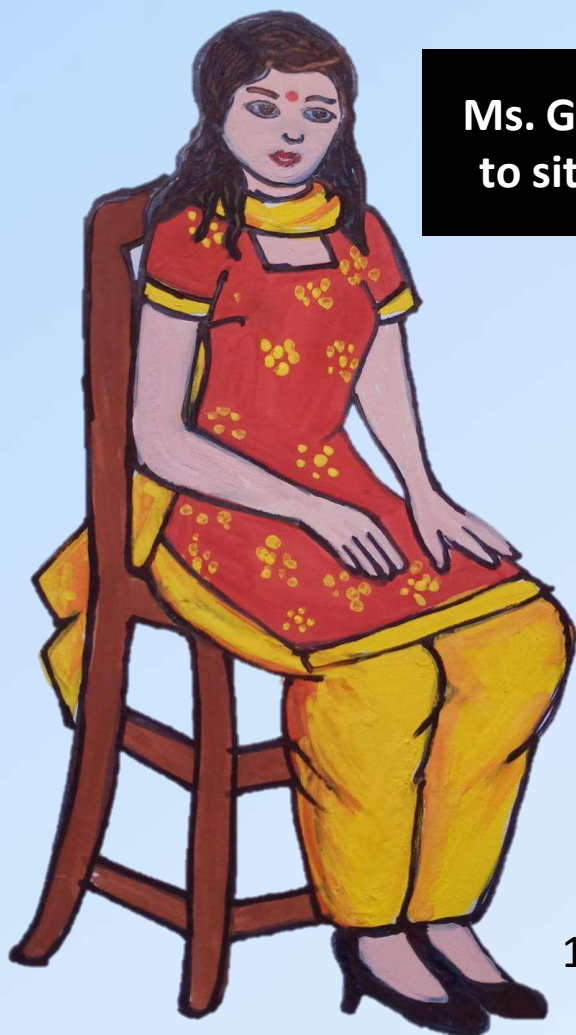
Raashi your  
sitting posture is  
wrong and that  
is why you are  
getting tired  
soon.





How is it possible  
ma'am? I generally  
sit in the same  
manner.

This is the reason  
for you having  
complaints like back  
pain, pain in your  
arms etc.

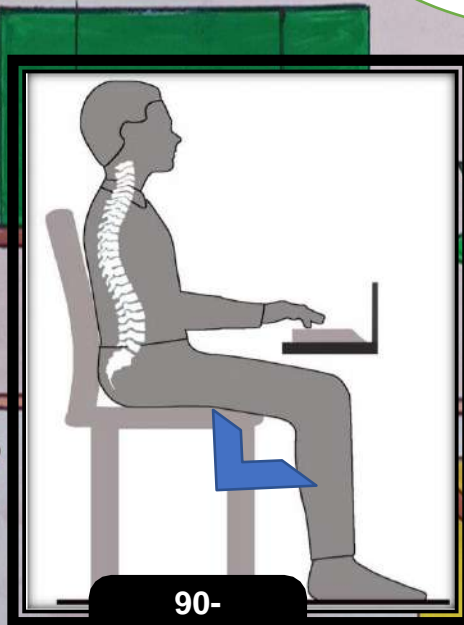


**Ms. Gurmeet explains the correct way  
to sit along with the demonstrations**



Ma'am, could you please demonstrate the right posture to sit so that we don't face such problems in future.

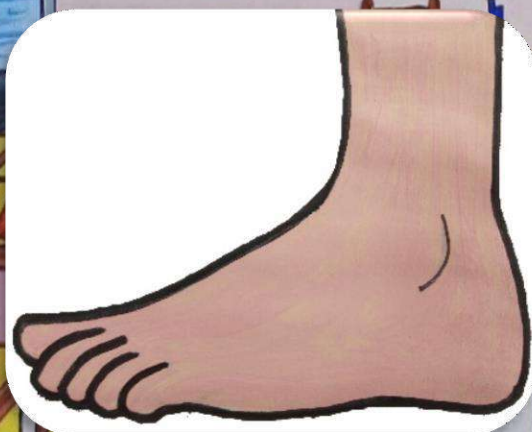
While sitting, the seat should be adjusted to the height of the knees so that the upper and lower leg forms a 90-degree angle.




90-  
DEGREE  
ANGLE

Ma'am, how should we place our feet?


Your feet should be placed straight on the floor.








And... ma'am, do we have to keep our body relaxed?



The body can be relaxed but only for short intervals.



Ma'am...What about the thighs?



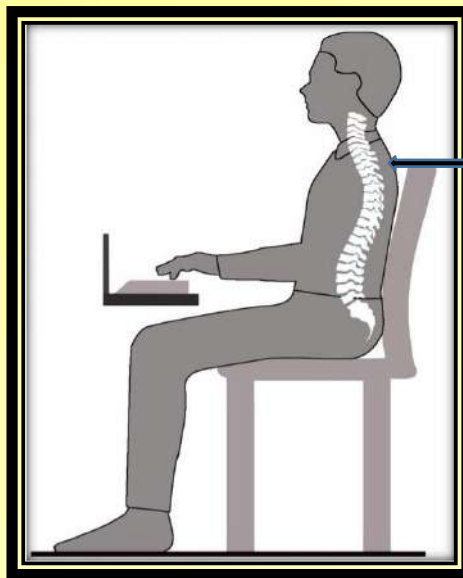
The weight of your thighs should balance the feet.



**THIGH**



Also, see that the weight of your body (torso) is felt on the thigh bones



**TORSO**

Should it be like this ma'am?

Yes Raj. Just see to it that the weight of the body should not be felt on your tail bone.



Ma'am, do we have to keep our arms hanging on the sides while working?

Not at all! It is important to note that while working, you should keep your back straight with the hands forming a right angle between the upper and lower arms.



Ok  
ma'am


Thank you  
ma'am



The next day Shourya and Raj are on the way to their class and they stop to greet their teacher in the corridor

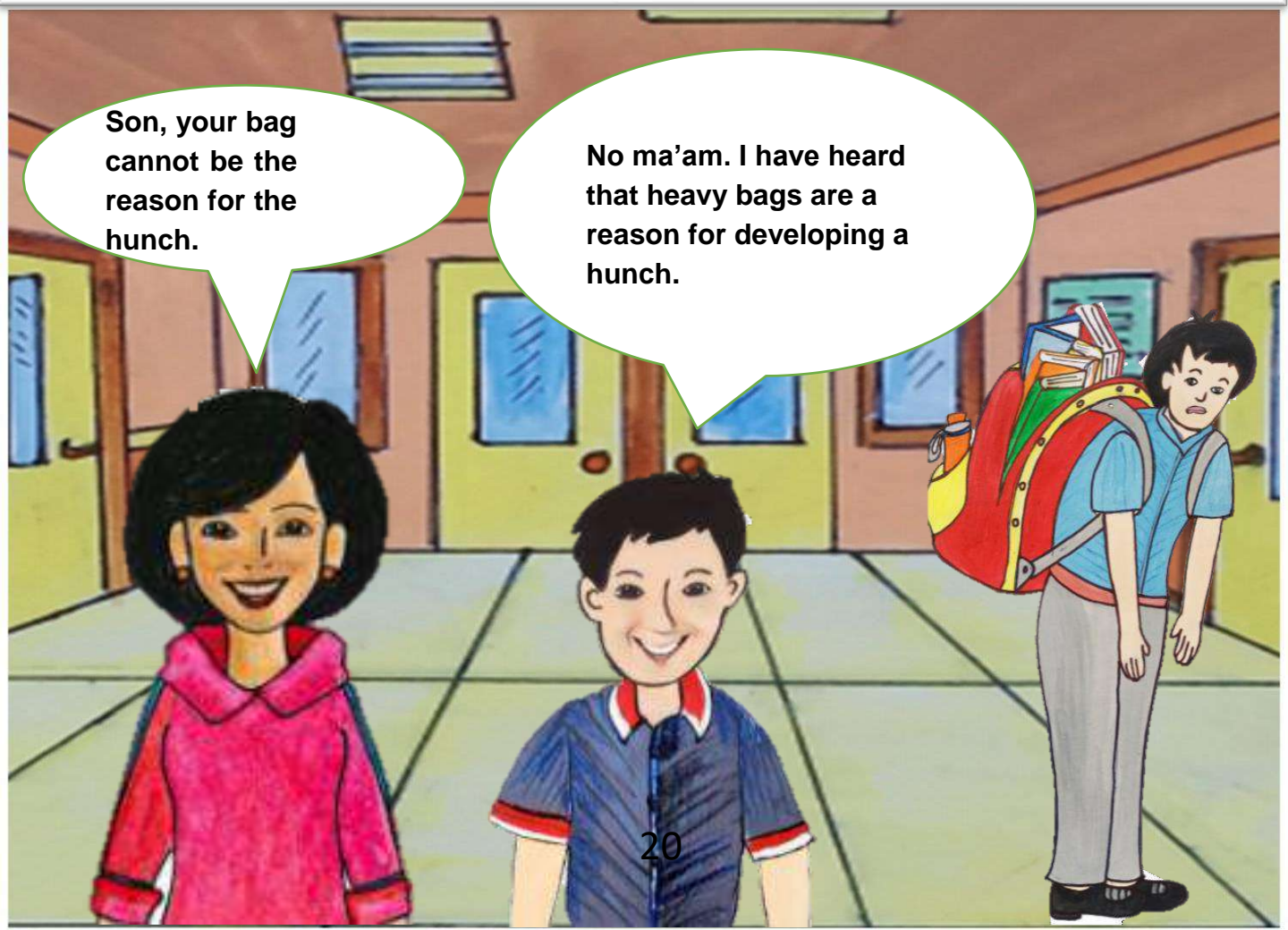






Oh! I can see a hunch on your back.

Yes ma'am. My school bag is too heavy and this is the reason for the hunch on my back.



Son, your bag cannot be the reason for the hunch.

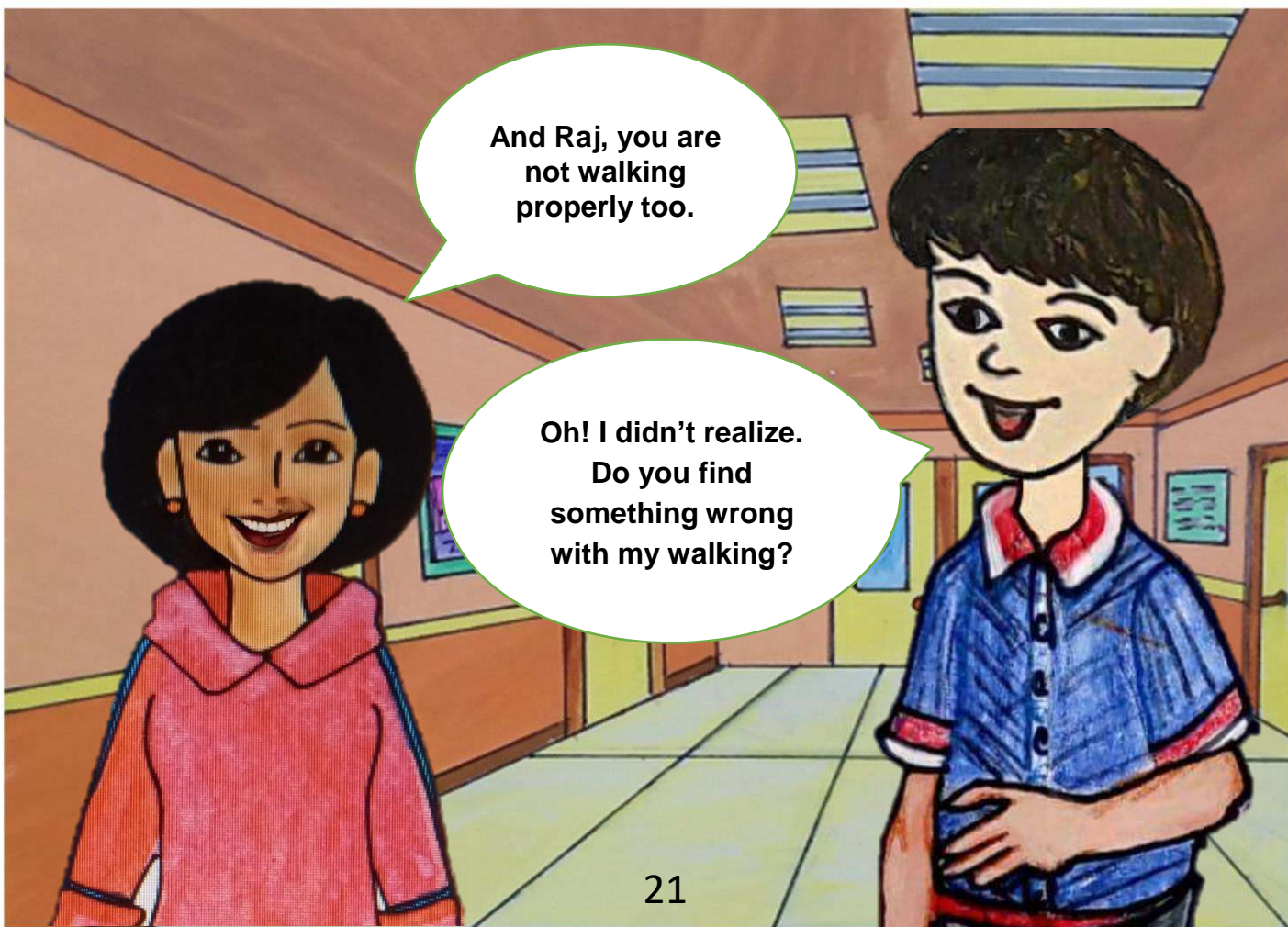
No ma'am. I have heard that heavy bags are a reason for developing a hunch.





No, that's not the case here. In fact, now-a-days schools have kept bagless days, in order to reduce the heavy weight of the bag.

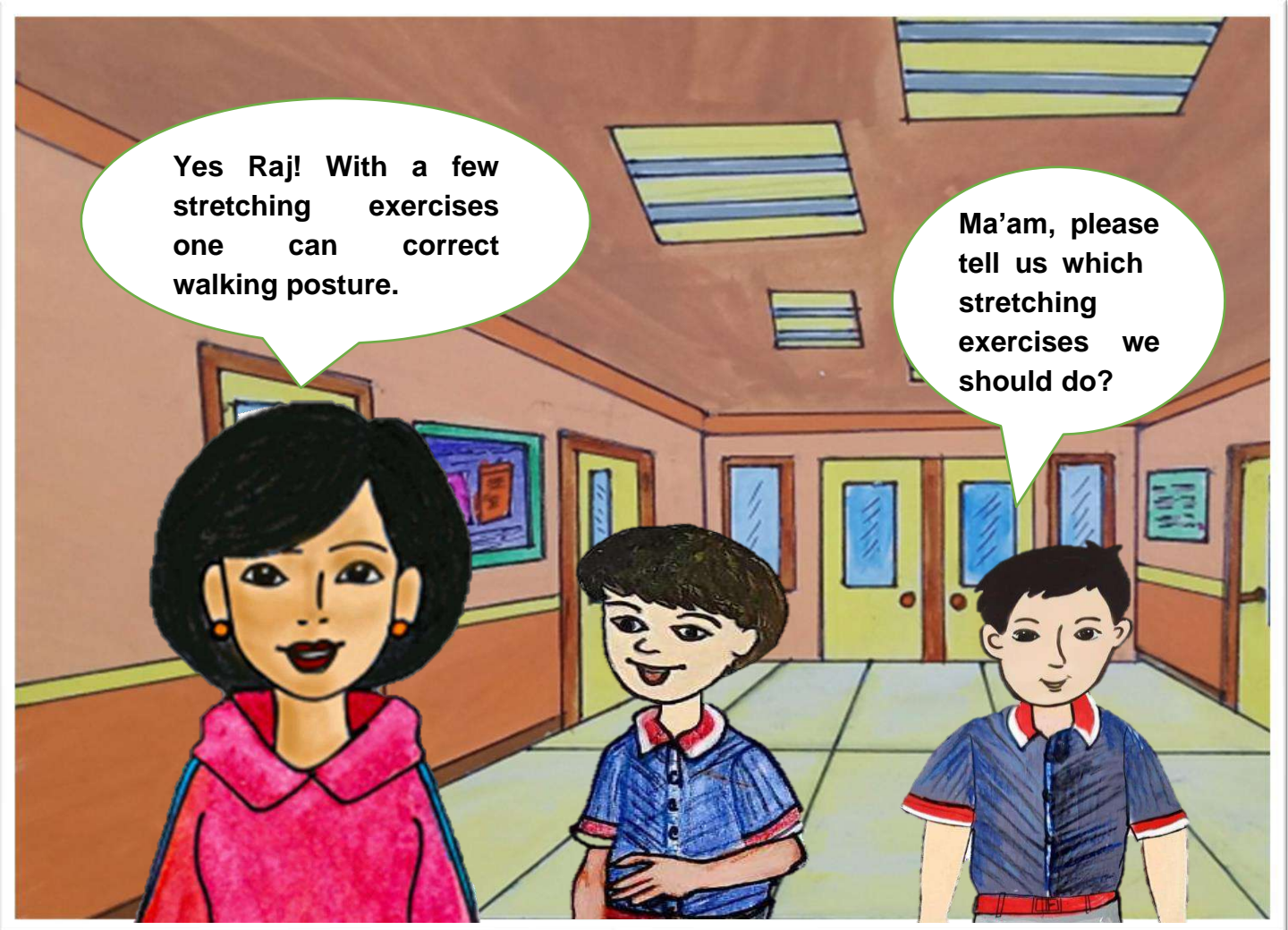
I totally agree with you ma'am, I have never faced such a problem



And Raj, you are not walking properly too.

Oh! I didn't realize. Do you find something wrong with my walking?






Yes Raj! With a few stretching exercises one can correct walking posture.

This is the first panel of a comic. It shows a female teacher with short black hair and a pink sweater standing on the left. Two young boys, Raj and another student, are standing in front of her. They are in a school hallway with orange walls, green doors, and fluorescent lights on the ceiling. The boy on the left is wearing a blue polo shirt with a red collar and cuffs. The boy on the right is wearing a blue button-down shirt with a red collar and a red belt. Speech bubbles are present above each character.

Ma'am, please tell us which stretching exercises we should do?



Let's go to the classroom where I will show you some simple exercises to correct your walking posture.

This is the second panel of the comic. The characters are in the same hallway. The teacher is speaking, and the two boys are responding. The boy on the left is now wearing a blue polo shirt with a red collar and cuffs, and the boy on the right is wearing a blue button-down shirt with a red collar and a red belt. Speech bubbles are present above each character.

Sure ma'am!

Sure ma'am!

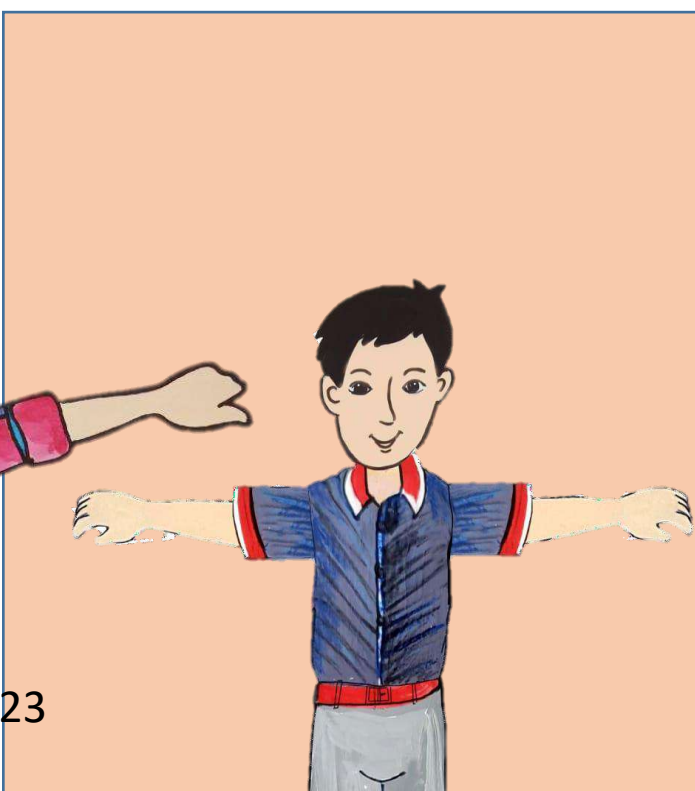


As they reach the Yoga Room, the Yoga teacher guides the students by demonstrating a few Stretching exercises

Children,  
watch here as I  
demonstrate



Aren't these  
exercises simple  
and easy? Try it  
out with me  
once again

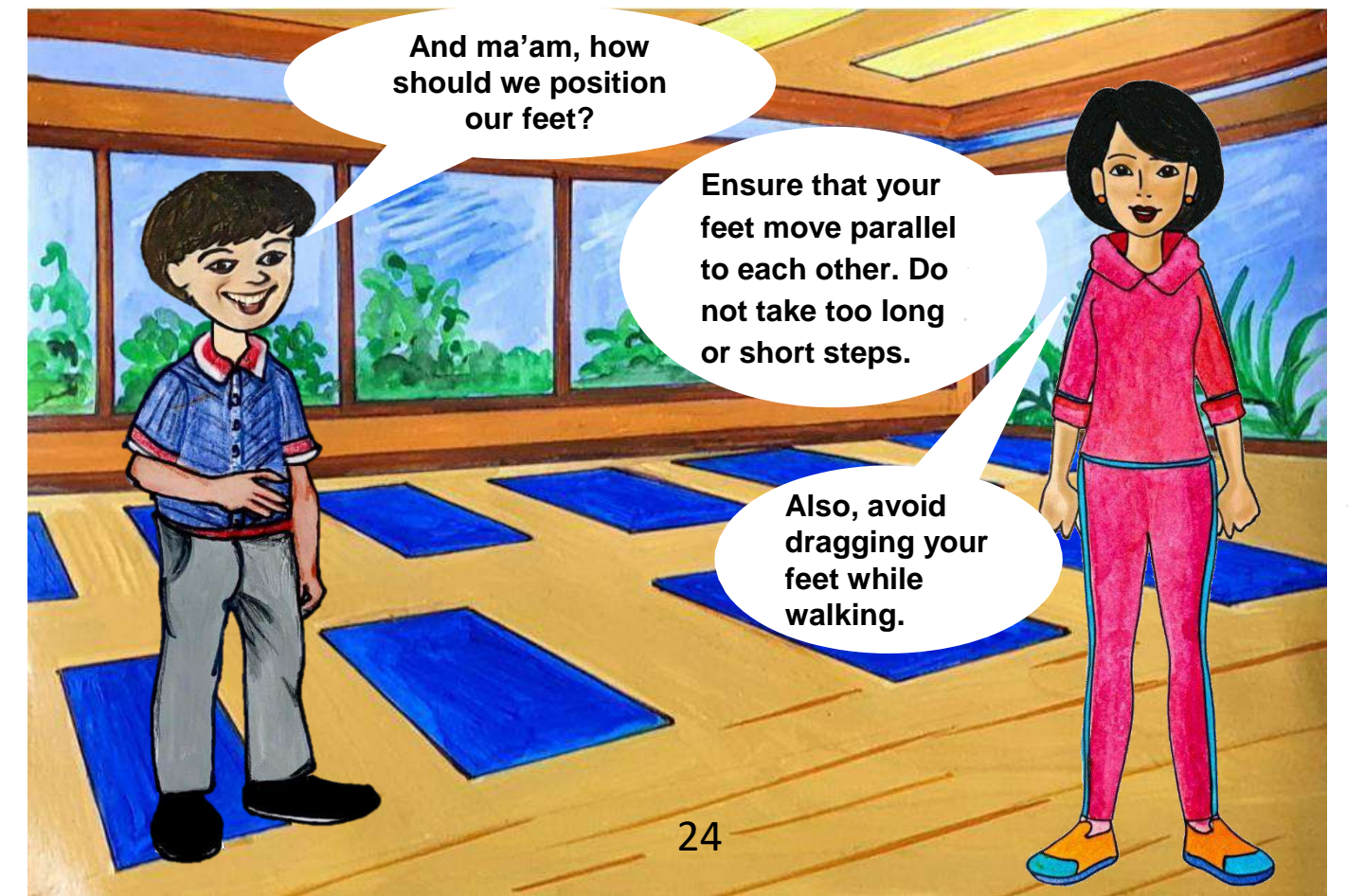




A cartoon illustration of a boy and a woman in a room with large windows and blue mats on a wooden floor. The boy is on the left, wearing a blue polo shirt with red trim and grey pants. The woman is on the right, wearing a pink long-sleeved top and pants. They are both smiling.

Ma'am, what about the walking tips?

Raj, always remember that your walking should be smooth, gliding, rhythmic and in action. It conveys an air of ease and confidence.

A cartoon illustration of a boy and a woman in a room with large windows and blue mats on a wooden floor. The boy is on the left, wearing a blue polo shirt with red trim and grey pants. The woman is on the right, wearing a pink long-sleeved top and pants. They are both smiling.

And ma'am, how should we position our feet?

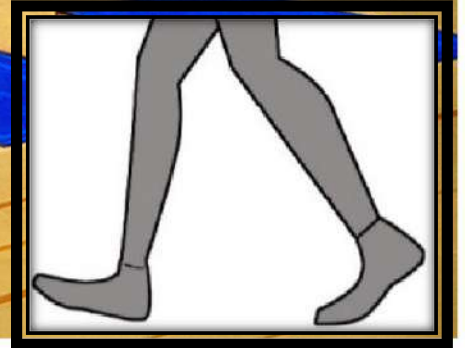
Ensure that your feet move parallel to each other. Do not take too long or short steps.

Also, avoid dragging your feet while walking.





Children, it is important to relax our shoulders and bring our arms with palms facing inwards while walking.



Ma'am, this is something new that we are learning today

Yes, maintaining a correct posture is very important for each one of us.



So, students keep your head straight while walking.

We will ma'am...Thank you so much for your valuable advice.

## **ASSESSMENT - 1**

- (A) Conduct the exercises that would help in improving bad posture.
- (B) Demonstrate the correct way to stand.
- (C) Explain with the help of a demonstration, “the weight of the body should not be felt on the tail bone”.
- (D) What is the “right technique to walk”?
- (E) Enumerate different stretching exercises to release the tension from the back.
- (F) Display the difference between good and bad posture on a Chart or A3 size paper with pictures collected from newspaper, magazine or any other written material.



## **ASSESSMENT - 2**

**Match the following:**

- |  |   |
|--|---|
| (1) Stand in one place for a long time | (A) Hunchback                               |
| (2) While sitting                      | (B) Feet should move parallel to each other |
| (3) While walking                      | (C) Keep the back straight                  |
| (4) Heavy bag is not the reason for    | (D) Keep feet close enough                  |

Ans- 1 - D, 2 - C, 3 - B, 4 -A

## **ASSESSMENT - 3**

### **Fill in the blanks:**

- (A) You are advised not to \_\_\_\_\_ while standing.
- (B) While sitting the weight of the body should be felt on the \_\_\_\_\_ bones.
- (C) Shourya's back was paining and the \_\_\_\_\_ was visible.
- (D) A \_\_\_\_\_ can lead to severe back pain.
- (E) While you are in standing position your \_\_\_\_\_ should be slightly relaxed.
- (F) \_\_\_\_\_ knees act as shock absorbers when working or standing.

Ans. (A) Lean (B) Thigh (C) Hunch (D) Bad posture (E) Shoulders  
(F) Flexed



## **ASSESSMENT - 4**

**Let's discover and suggest -**

- A) Do I have to keep my back straight all the time to have a good posture?
- B) My back aches when I sit for long time, does that mean I have a bad posture?
- C) How would I know if I have a good or bad posture?
- D) If I have hunch back, can I improve my posture?
- E) Does an imbalanced position refer to as a bad posture?

**Activity:**

- (1) Practice various methods to stand, sit and walk properly.
- (2) Practice stretching exercises to strengthen abdominal muscles.

## **GLOSSARY**

- ❖ Posture - Position.
- ❖ Fatigue - The feeling of extreme tiredness.
- ❖ Flex - To bend or move a leg or arm.
- ❖ Torso - The upper portion of the body.
- ❖ Shock Absorber- A kind of cushion.
- ❖ Hunch Back - A person's back is humped in a convex position.

## **BIBLIOGRAPHY**

- ❖ Forever Young written by Ramma Bans
- ❖ A Book of Cosmetology by Prentice Hall
- ❖ The Posture Pain Fix written by Rosalind Ferry
- ❖ The New Rules of Posture written by Mary Bond



## **SUMMARY**

The story is about Hari who has a problem of hunchback due to shouldering heavy school bag every day. This problem may happen to anyone, especially among young school going children. The topic 'Postures and Types' focuses on specific corrections of sitting, standing and walking posture of individuals through a series of examples and guidelines. Under the guidance of the Physical Education teacher Mr. Vivek, Raj demonstrates the right technique to stand ensuring that the body weight is distributed evenly. Like-wise the correct way of sitting is demonstrated by Beauty & Wellness teacher, Ms. Gurmeet. The novel also throws light on the walking posture of students. Shourya and Raj who are facing stiffness and pain in the back. Their gait is corrected by the Yoga teacher, Ms. Anupriya, who gives tips on smooth, gliding and rhythmic walk.

## **DISCLAIMER**

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