

Beauty and Wellness

POSTURE & MEMORY



CLASS VII

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PREFACE

The novel has been written to meet the posture requirement for growing students. Illustrative figures and pictures have been incorporated to maintain interest of the learner. The topic has been divided into theory and practical to make the unit self-contained and interesting. Further each topic is followed by points to remember, practice and exercises etc. The author is drawing our attention to a very common problem that students face while carrying their school bags and sitting in slumped position, which leads to bad posture. The correct posture of the body assures self- confidence and determines how one looks and feels. Growing children can improve their condition through a series of posture improvement exercises and simple yogic asana.



LEARNING OUTCOMES

- ❖ To state the significance of asana.
- ❖ To recognize the benefits of the same and demonstrate them.
- ❖ To demonstrate TADASANA (tree pose)
- ❖ To demonstrate SHALBHASANA (grasshopper) locust yogic pose
- ❖ To demonstrate BHUJANGASANA (cobra pose)
- ❖ To summarize benefits of TADASANA (tree pose), SHALBHASANA (grasshopper) locust yogic pose and BHUJANGASANA (cobra pose)
- ❖ To recognize benefits of exercises for posture improvement.
- ❖ To demonstrate exercises for toning up the abdominal muscles.

CHARACTERS

POSTURE & MEMORY



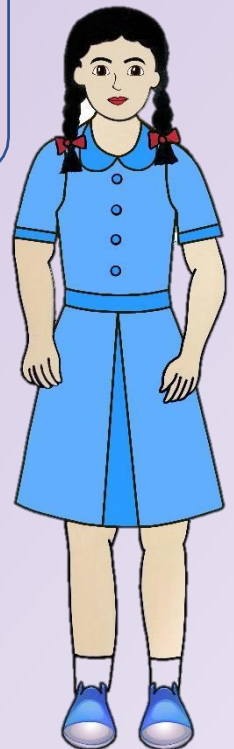
Soumya: A 12- year -old pampered girl.



Teena (Soumya's Mother): A 30 – year -old home maker, loving and smart parent.



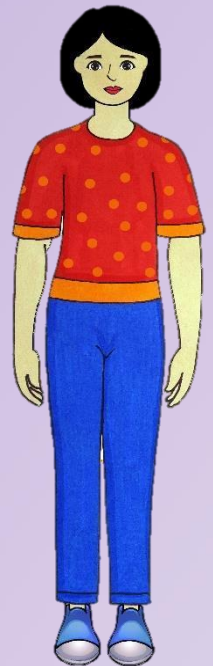
Animesh (Soumya's Father): A 32 -year -old businessman. He is a caring and a possessive father.



Sanaya: Soumya's sister who is 14 -year-old, intelligent and straightforward.



Shaurya: An 11-year-old boy, Soumya's cousin. He has good sense of humour.



Jaanki: A 14 – year- old girl, sensitive, conceited, T.V star.



Akshay: Jaanki's Father, A 38- year-old, Physiotherapist. A concerned father.



Samriti: A 13 – year-old girl, Jaanki's cousin. A sensible and responsible girl.



Shivansh: A 14-year-old boy, Jaanki's and Samriti's classmate.

INTRODUCTION

Posture says a lot about your personality. Correct posture of the body assures self-confidence and determines your look and feel. The human body is constructed in such a way that it can work well only when the balance passes through the central line (spinal cord) through the human body. Those who work long in standing or sitting position, can alter the natural curved posture. They feel the strain and gradually develop problems with their back.

The bad posture problem plagues multitudes of teenagers and students. A bad posture can be dangerous for human muscles and joints, resulting in ligament imbalances. It is necessary to spend some time in the morning or in the evening doing some type of physical exercise.

Regular exercises and pure air are helpful for keeping the muscles strong. Good health is a result of good memory and active brain. It gives grace and prevents fatigue, back-ache and other discomforts. It has been discovered that body posture affects the recall of positive or negative memories. The right posture increases blood flow and oxygen to the brain. It calms the mind and improves memory.

This is a story of a girl Soumya, who was a pampered child of Mr. Animesh and Mrs. Teena. She was always corrected by her parents and relatives to sit in the right posture. They'd often ask her to sit in correct posture and start exercising but Soumya just wouldn't listen.

Teena (Mother): Soumya, look at yourself! You always lie down on bed while attending an online class and even while eating too.

Soumya: Mommy, I don't like studying and eating on the dining table, I love to sit in my room.

Teena: But your posture is incorrect and this may create trouble for you. Soumya grumbled at her mother that she must not be insisted every time to do this or that....

Animesh: Teena, it's enough. Don't disturb my princess.

Teena: Animesh ji, children these days are unable to appreciate and understand the importance of having the correct posture.



It was Soumya's sister Sanaya's birthday. Unlike Soumya, Sanaya had a well-toned body, was disciplined and obedient. Everybody was busy in the house for a party. Suddenly, Soumya's cousin Shaurya came to her and told her that he is suffering from body ache and posture issues. Soumya asked him the reason of his problem and he mentioned the same reason for which Soumya is corrected by her parents' wrong posture!! He guided her that she must listen to her elders else she will be in trouble like him. Soumya took the remark positively and said, "Thanks for the suggestion brother. I will be more careful with my posture."



That night, while Soumya was alone in her bedroom, she was trying a few exercises. Sanaya suddenly entered and stopped her.

Sanaya: What are you trying to do?

Soumya (crying): Ah! I was trying to work on my body postures.

Sanaya(scolded): You foolish girl, incorrect body postures will only hurt you. It may stretch your muscles in the wrong direction.



Soumya (disappointed): I want to look like you. Everyone scolds me for my bad posture habit and moreover I don't want to suffer like Shaurya. I am very scared.

Sanaya: Don't worry dear, I will help you.

Soumya: What must I learn and implement for improving my posture and good memory?

Sanaya told her that these are the common posture problems which can usually be classified into two general types:

- (a) Students who carry heavy loads of books and bags.
- (b) Sitting long in slumped position.

Soumya: Oh, but what to do in these two situations as our school bags are really very heavy to carry!

Sanaya: Simple, every story starts with a problem and for every problem, there is a solution.

Soumya: So, what should I do? I am keen to know the solution.

Sanaya (Smiling): I am giving you this guru mantra which you are supposed to follow in your daily routine.



Sanaya showed Soumya a few simple exercises and then both of them started the process from the next day.

Exercise: Stretch your upper body as tall as possible and lift your hips. Stretch full length. This constant stretching not only makes the body supple but also gives your walk a liquid flow. It takes time to re- train your body habits. Try to correct the posture in front of the mirror for two to three minutes whenever you are standing at one place.



Whatever Sanaya said sounded exciting to Soumya. Next morning, she woke up early and joined her sister as each day passed by, she started enjoying the routine. What's more she even started feeling fresher and lighter with every passing day.

Nearly a month of exercising daily in the morning filled Soumya with new energy and stamina. Friends and family started appreciating her for her determination. She even started getting compliments for losing weight. Now, whenever someone asks her how she manages to look so energetic, fresh and happy, she simply recites the guru mantra of Sanaya about right posture.

Soumya: A good stance and posture reflects a proper state of mind.



Jaanki was a conceited little girl. She had every reason to be, as she was a star of a popular T.V Show. Jaanki had very few friends at school.

She always boasted about being on the T.V. The other kids in the class listened to her stories and fancied her luxurious and fame-filled life. Samriti, Janaki's cousin, who too couldn't speak much before her, as she often bragged about her fans and accomplishments at such a young age.



To make matters worse, her parents too were submissive before her, as they feared that they might offend her in some way or other. Jaanki believed and openly said that her life was beautiful because of fame and money.



Jaanki: Samriti your life is so boring and not at all beautiful one.

Samriti: You are a celebrity and we can't imagine life like yours. Life is so beautiful Jaanki and we must believe in the internal aspect of beauty as outer beauty is temporary.

Jaanki: Dear, I am not interested in your preaching because I believe in the fact that outward beauty can only win crowns and titles.

One day Jaanki's cousin Samriti introduced her to her new friend Shivansh. He was full of humour. At first Janki tried to show off, as was her habit but soon she realized that Shivansh was not at all interested in her stories. Jaanki was quite disappointed, and she stopped following her routine. She started missing her yoga classes which affected her sitting and sleeping postures. This change in her worried her parents as her health was deteriorating and it was hampering her T.V shows too.



Akshay: Jaanki, What's wrong with you?

Jaanki: Nothing Dad, little bit of pain in my body as I am playing a lot of Lawn Tennis these days to release my stress.

Akshay: What are you stressed about?

Jaanki: Due to Samriti and her friend Shivansh.

Akshay: Tell your story!

Jaanki: Daddy, I don't have a best friend in this world. People think I have mood swings. These days even Samriti is not friendly with me as she has a new friend. I feel neglected. So, I don't feel like doing any work.

Akshay: Hmm, remember one thing that friendship is like a water bubble which is hard to make but easy to break.





Jaanki: Dad, you know very well that I am very peculiar in selecting people in my life.

Akshay: That's good but we must give space to people as we can't force anyone to become our friend. Unhealthy competition is a continuous process, a never-ending cycle. It is a race of life. No matter what you do someone will always be better than you. I would advice you to stay focused on your goals and live a healthy life.

Jaanki: Yes dad, sorry! Sometimes I become weird, but I will surely work on this weakness of mine.

Akshay: That sounds like my brave child. Now, let's solve your 'Sway back' issue.

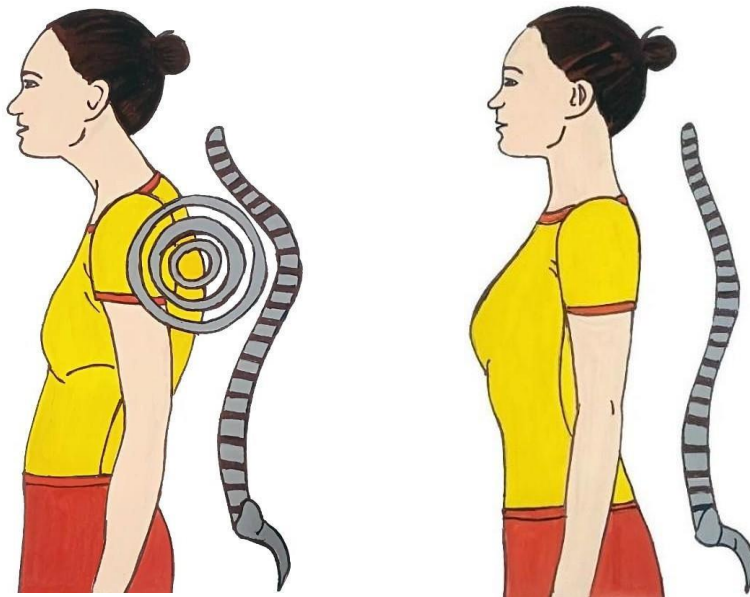
Jaanki: What does 'Sway back' mean? This is a new term for me.

Akshay: 'Sway back' occurs when the body becomes accustomed to a taut (stretching very tight). It is an unnatural pull on the lower back.

Jaanki: What can I do about it?

Akshay: Well, I will suggest you a few exercises and it will benefit, if you implement it in your routine.

To practice sway back, bring the stomach muscles in and this results in a relaxed straightening of the spine. The shoulder must be relaxed too, so that they fall in the line directly above the hip joint. Let the ribcage guide the shoulders. Lift it up, hold it there for some time. Now let the shoulders drop in the natural position.



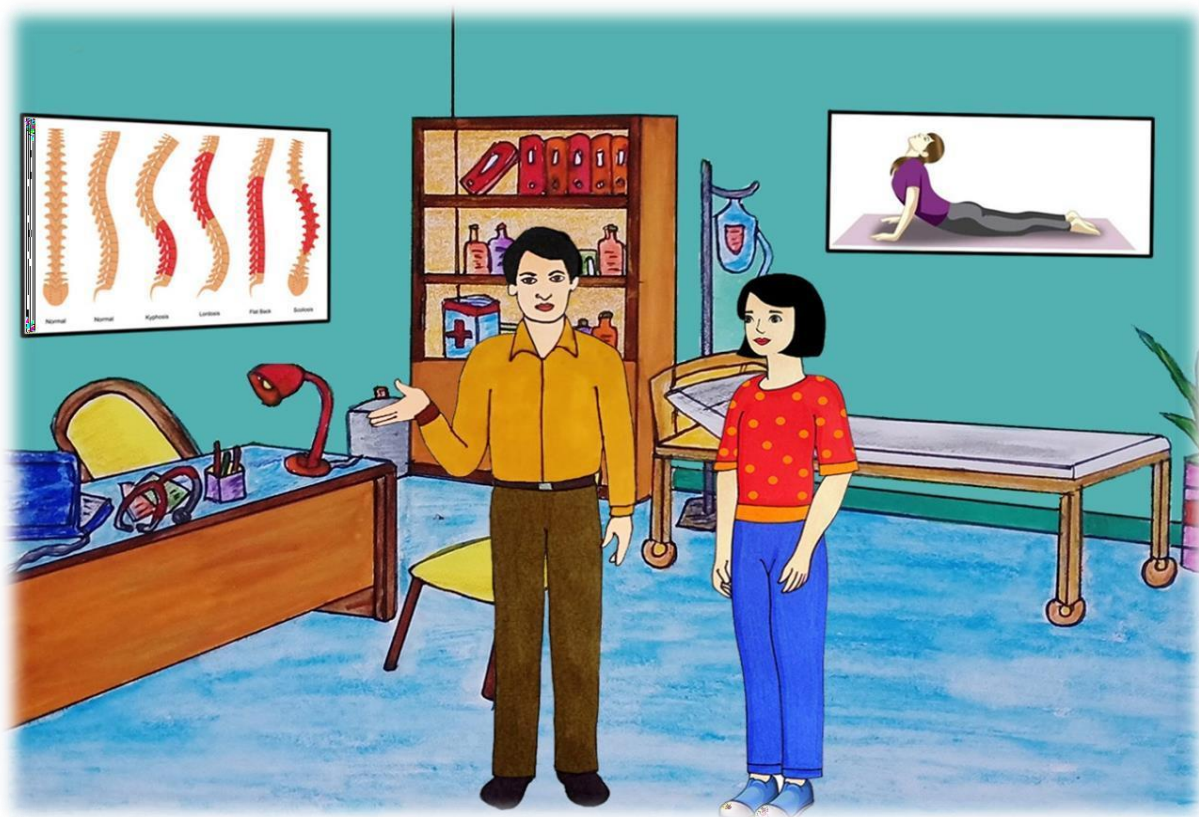
Jaanki: Dad, what are its benefits?

Akshay: Good question! These exercises eventually enable you to pull your body into correct alignment without the feeling of strain. The constant and repeated practice helps in bringing back the perfect body alignment. Pendulous abdominal Muscles Distended or baggy stomach is the term usually used to refer to distension or swelling of the abdomen. A number of different diseases and conditions can cause abdominal distension. Many find it difficult to get rid of the so called lower abdominal bulge or flabbiness. To reduce and tighten the lower belly fat, you have to burn fat throughout your body with cardiovascular exercises. Diet also plays an essential role in burning fat, as does proper hydration.

Jaanki: Dad, sometimes I feel severe pain in my abdominal muscles too. Can you suggest any exercise for toning my abdominal muscles?

Akshay: Yes Champ! You can follow these steps in sequence. Come to my workstation. I will brief you with different posters and charts.

Jaanki: Yes Dad!



Akshay: Jaanki, there are exercises of toning-up abdominal muscles. Follow these steps accordingly.

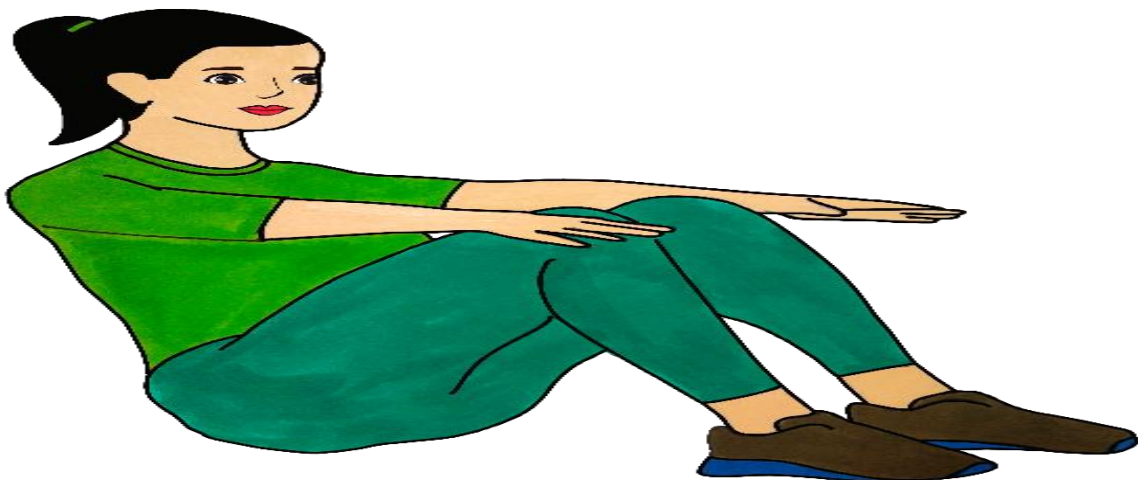
Exercise 1

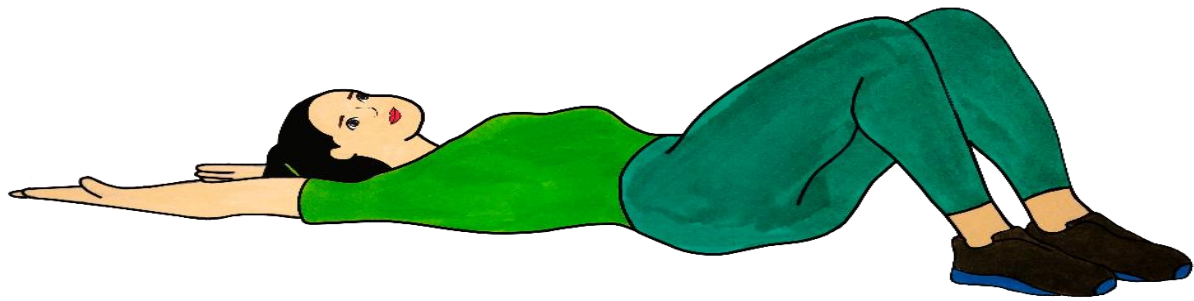
- a. Lie on the back with knees bent and feet on the floor. Bend elbows so that the back of the hands touch the floor in line with the shoulders. Press the small of the back to the floor.
- b. Slide the legs down and slide the arms slowly upwards. Keep the back flat on the floor.
- c. Bring arms and legs back to the starting position and continue pressing down with the lower back.



Exercise 2

- a. Sit on the floor and bring both knees towards chest. Stretch both hands out in front of you, palms down and very slowly lean backward, lowering the body about one foot. Hold to the count of five.
- b. Lower the body another foot and hold to the count of five. Keep on lowering the body a foot at a time, until you are lying on the floor





Jaanki: Dad, this is a great learning. We can bring discipline in our life by implementing these basic exercises.

Akshay: My dear, life is not a bed of roses. Every day is a new day. You are very famous due to your hard work. You must maintain a balance.

Jaanki: How can I do so?

Akshay: By being patient and by following the right posture. There are posture defects which we must correct while doing daily routine activities.

Scientifically there are mainly three types of posture defects: -

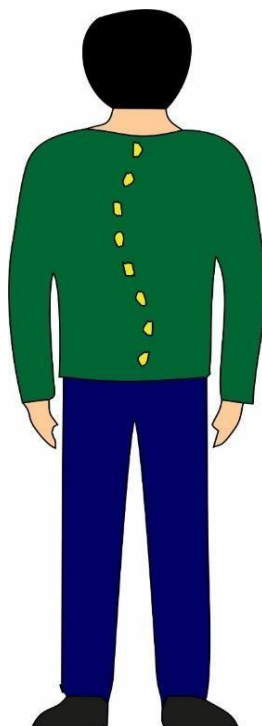
1. Kyphosis- The first seven vertebrae of spine (spinal cord) are involved in a posture problem known as KYPHOSIS. The head goes forward chest curved inwards while the shoulders drop and look humped, which causes shoulder stiffness.



2. Lordosis -The lordosis vertebrae are involved in a condition that interferes with the respiratory mechanism and causes shoulder strain.



3. Scoliosis- The lower five lumbar vertebrae hold the pelvis in balance. Shift in the balance of the pelvis causes a sideways deviation in the spine known as scoliosis, resulting pain in the lower back.

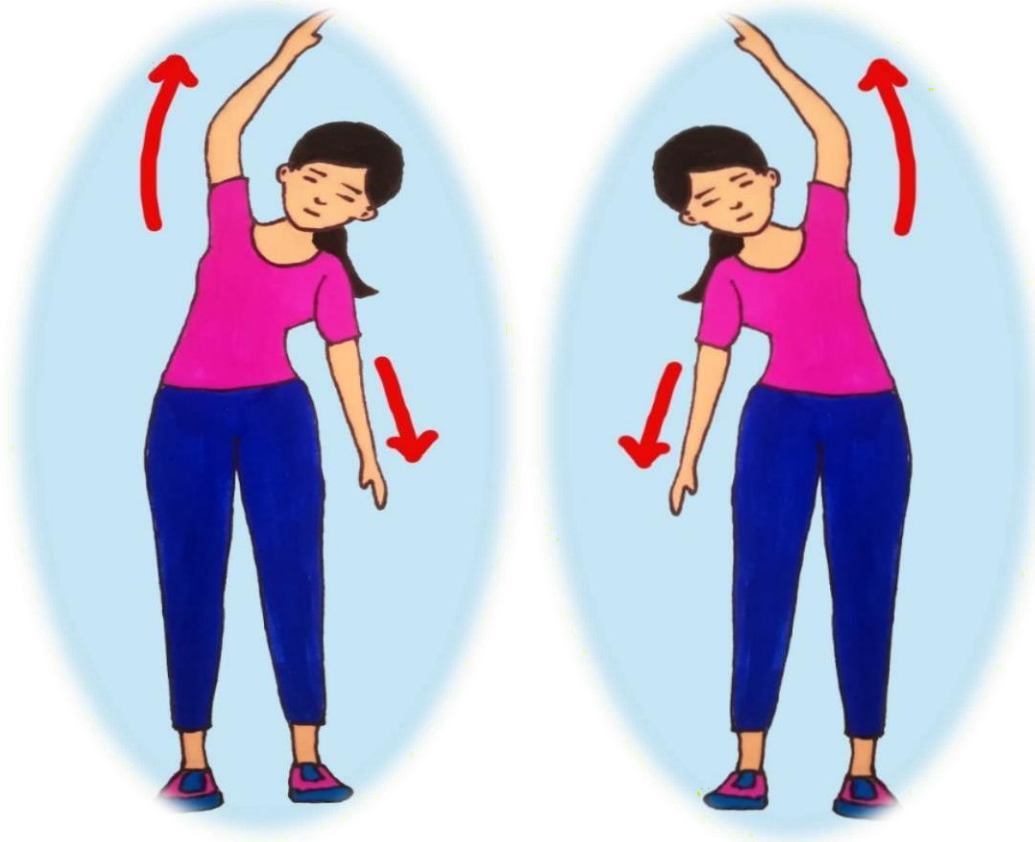


Jaanki: Why are they important to follow?

Akshay: It is very important to follow certain exercises to align our body. By following a few points regularly for a period of three to four weeks, your body will automatically assume the correct position:-

Exercise 1.

- Stand straight and pull abdomen in.
- tuck buttocks under
- align hips.
- Stretch torso to right, repeat on left side. (Perform this exercise 10 times and work up to 20 times.)



Exercise 2.

- Stand and hold a piece of cloth with both hands and with knees slightly bent.
 - Rotate torso to the right and then to the left.
- (Perform 10 times and work up to 20 times.)

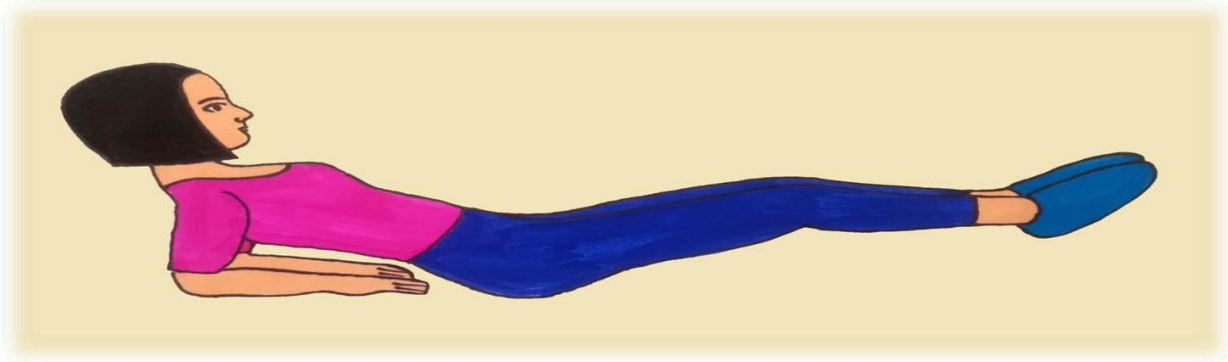


Exercise 3.

- Kneel and extend the right to the side toes facing forward.
- Rest right hand on the right thigh.
- Lift left arm toward ceiling.
- Bring right arm parallel to left arm.
- With body aligned and facing forward, stretch torso over right leg. (Arms and torso always move as one unit).
- Return torso to center, keeping arms lifted.
- Lower arms and repeat entire sequence on left side. (Perform 4 times on each side and work up to 8 times.)

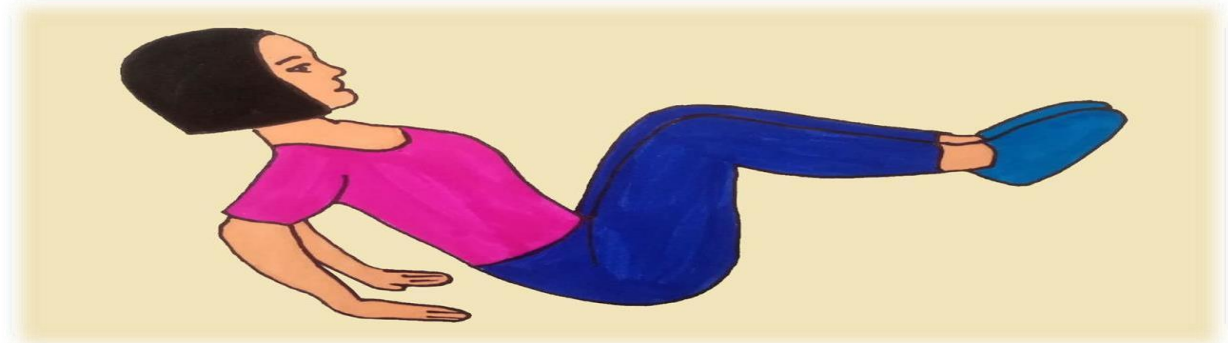
Exercise 4.

- Lie flat on your back with arms beside the body.
 - keep spine pressed to the floor throughout and feet together.
- (Repeat 4 to 6 times).



Exercise 5.

- Raise legs with knee bent.
- Straighten the legs with knee straight. Count from 1 to 5 gradually bring legs back to the floor. (Repeat the exercises regularly)



Jaanki: Yes Dad, this sounds good. Will you join me to perform these exercises?

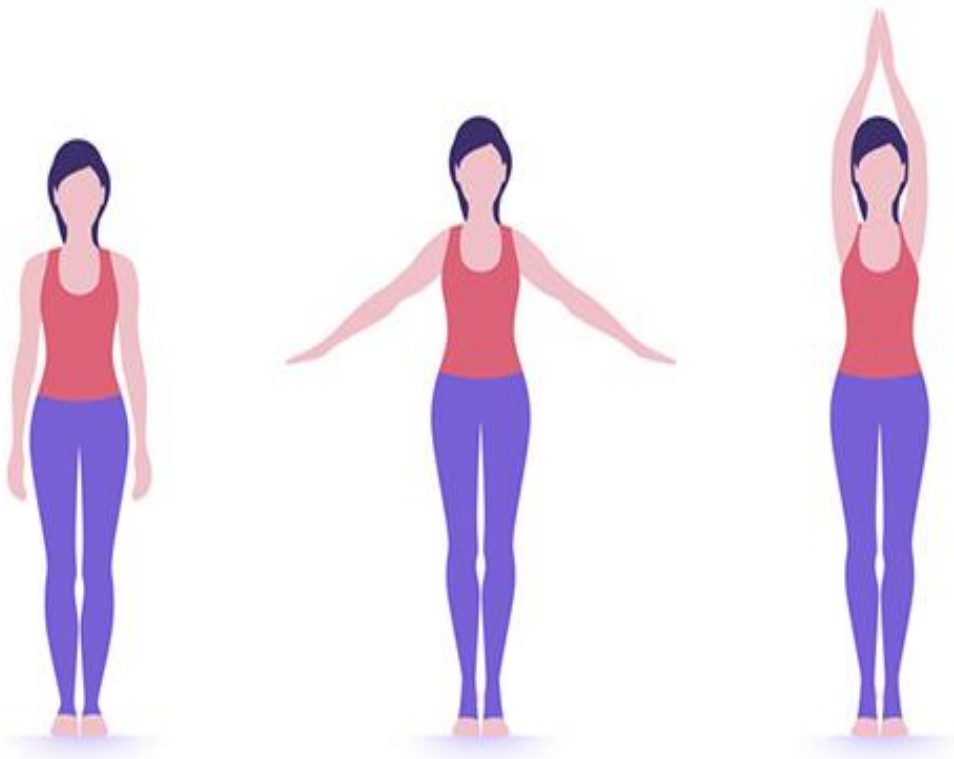
Akshay: Sure! I'll also do a few asanas apart from these exercises. These asanas have therapeutic benefits to strengthen and prevent back pain.

Jaanki: I would love to learn and understand these asanas too.

Akshya (smiling): Great!

First one is TADASANA (Tree pose):

Exercise: Stand straight on the mat. Take a deep breath and lift your arms upward by keeping them close to the ears. Lift your toes upward and stay on the toes. Stay in this position as long as you can, come back to the normal position. While performing feel the stretch on the back- bone.



Second one is SHALBHASANA (Locust pose)

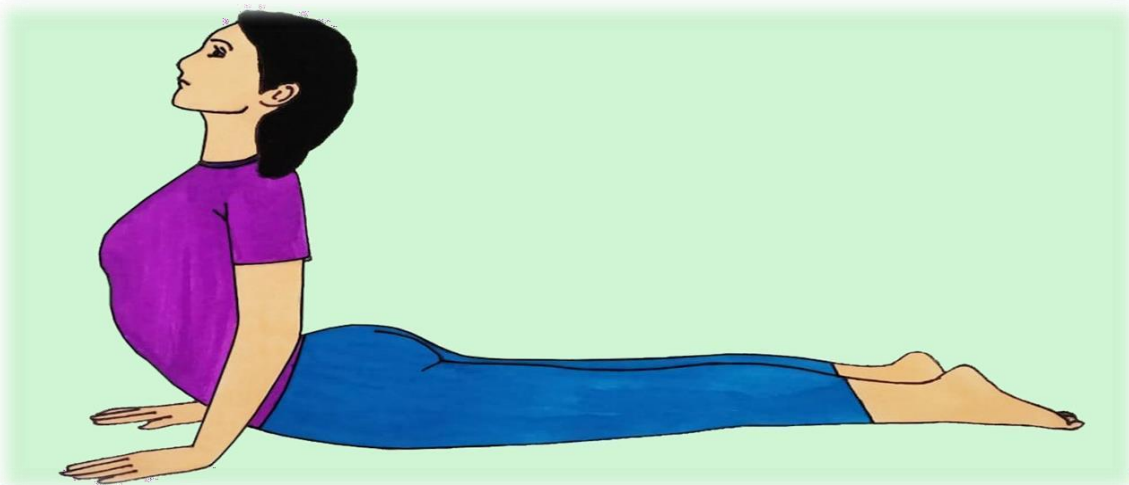
Exercise: Lie down on your stomach on a yoga mat. Take your both hands behind and hold the wrist of one hand with the other. Now inhale; at first lift your chest as much as you can and look upwards. Slowly lift your body from both sides. Now exhale and come back to your initial position.



Third one is BHUJANGASANA (cobra pose)

Exercise: Lie down on your stomach on yoga mat. Join the legs and stretch as much as possible. Place the palms close to chest facing the ground. Take a deep breath and lift your upper body upward. Lift your head and neck upward and feel the stretch on pelvic region.

CONTRADICTIONS: Avoid if, there is spine problem
 Avoid if, having asthma
 Avoid if, having internal organ problem



Jaanki: Thanks Daddy for such a beautiful explanation and also for introducing these exercises to me. It is the valuable tool to continue the practice of yoga and meditation.

Next day, Jaanki tried her best to release her stress by performing all these exercises with her father. Shivansh and Samriti also joined her, and they gave a new beginning to their friendship. That experience changed Jaanki for the rest of her life. She continued to appear on the T.V as a star. However, for her friends and family she became a normal kid. No one could call her conceited anymore. She decided to prioritize things in her life and gave the upper hand to her personal life that truly showed how important it is to learn the correct postures in life.

Healthy mind resides in healthy body



ASSESSMENT

MULTIPLE CHOICE QUESTIONS

(1) Poor posture affects which body system?

- (a) Respiratory
- (b) Digestive
- (c) Circulatory
- (d) Nervous
- (e) All of the above

(2) What is a subluxation?

- (a) A pinched nerve along the spine
- (b) A misaligned vertebral bone in the spine
- (c) The act of correcting the spine back into proper position
- (d) The term known as “slouching”

(3) What are the three different parts of the spine?

- (a) Cervical, Thoracic and Lumber
- (b) Upper, middle and lower
- (c) Ventral, Dorsal and Lateral

(4) Which is the most correct position for head, shoulders and arms?

- (a) Head, shoulders, and arms reaching forward
- (b) Head and neck are straight, shoulders pushed back
- (c) Head forward, shoulders back and arms reaching forward

ANSWERS

- (1) (e) All of the above
- (2) (b) A misaligned vertebral bone in the spine
- (3) (c) Cervical, Thoracic and Lumber
- (4) (c) Head forward, shoulders back and arms reaching forward.

II. REARRANGE THE JUMBLE WORDS

- (a) Userpot
- (b) Ledpoulns
- (c) Hokispys
- (d) Caberig

ANSWERS

- (1) Posture (2) Pendulous (3) Kyphosis (4) Ribcage

III. GEETA WROTE FEW SENTENCES IN THE WRONG MANNER WHICH ARE DIFFICULT TO READ, CAN YOU WRITE IT PROPERLY.

- (a) Let the shoulders guide the ribcage.
- (b) In toning up abdominal muscles lie on the back with feet on the floor and bend knees.
- (c) The first seven vertebrae of spine involved in posture problem is known as Lordosis.
- (d) For improvement of posture raise knees and bend legs.

ANSWERS

- (a) Let the ribcage guide the shoulders.
- (b) Lie on the back with knees bend and feet on the floor.
- (c) Poor posture pulls the first seven vertebrae out of their normal position resulting in Kyphosis.
- (d) For improvement of posture raise legs and bend knees.

IV. COMPLETE THE SENTENCES.

- (a) Bhujungasana is also called_____.
- (b) While standing in_____lift your toes upwards and stay on the toes.
- (c) Poor posture in childhood such as leaning back or _that can pull out thoracic vertebrae out of their normal position resulting in Kyphosis.
- (d) Children with weak abdominal muscles and overweight tend to be more prone to_____.

ANSWERS

- a) Cobra pose b) Tadasana c) Slouching d) Lordosis

V. PROJECT WORK

- a) Find out who are suffering with back pain problem in your family and neighborhood.
- b) Draw or paste pictures related to posture defects and how to improve it.

ANSWERS

- a) Prepare a list of about ten people and mention name, age, gender and type of problem are they facing. Mention the type of posture defects and, methods and exercises to get over and paste in the project file.
- b) Draw an improvement of defective posture shown on charts by mentioning names and types of exercises.

GLOSSARY

Term	Description
Sway back	An abnormally hollowed back at the torso and the lower back area
Pendulous abdomen	The hanging downwards of the abdomen over the pelvis
Slouching and leaning back	To stand, sit or walk with the shoulders hanging forward and the head bent slightly over
The cervical	It is top part of spine has seven stacked bones called vertebra connected to skull.
Lumber	The lower back part has 5 sacral stacked large & thick block-like structures of dense bones.

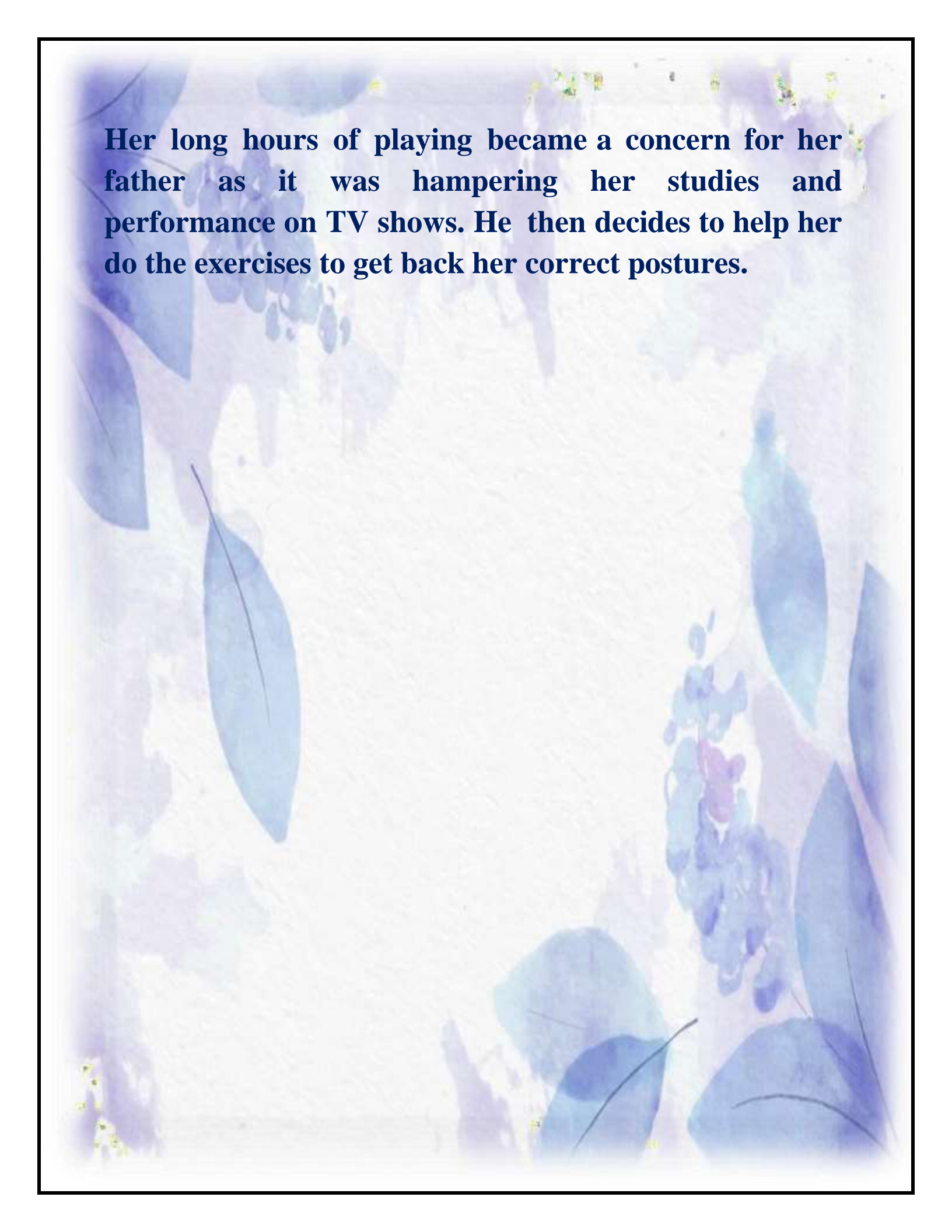
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- **The Posture Pain Fix written by Rosalind Ferry**
- **The New Rules of Posture written by Mary Bond**

SUMMARY

The story is about Soumya, who is lethargic and shows signs of developing an incorrect posture. Unlike her father, Soumya's mother feels that lethargy among children is high because their demands are usually met. Hence, they lose ability to appreciate and understand anything. Sanaya notices her problem and tries to help Soumya out with few exercises. These exercises had helped Shaurya to overcome his postural issues. Soumya immediately tries to do those exercises all by herself. This only, further aggravates her problem as she did not practice doing the exercises correctly. One day, Sanaya enters her room and stops her from making the wrong body postures. Sanaya not only helps her in learning the correct way to improve her posture but also educates her about the common posture problems and how to overcome it.

The second story is of a girl named Jaanki who had very few friends at school, because of her big headedness and her boasting about being on the TV shows. One day she stops following her daily routine and was also not eating properly. She started missing her yoga classes and developed incorrect posture while sitting and sleeping.



Her long hours of playing became a concern for her father as it was hampering her studies and performance on TV shows. He then decides to help her do the exercises to get back her correct postures.

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