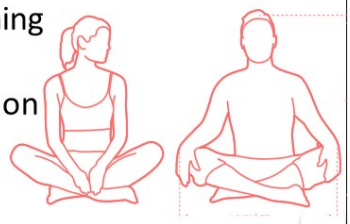
Different Body Positions

Cross-legged آلتی پالتی مار کے بیٹھنا

Sitting with the legs crossed, either with the *ankles or knees* touching the ground.
Example: She sat cross-legged on the floor.
Sit cross-legged!

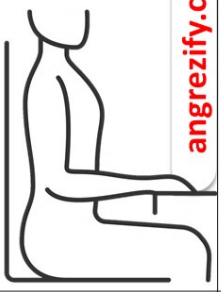


Slouched

Sitting in a relaxed, hunched position, with the back curved and the shoulders forward.
Example:
She slouched on the couch, watching TV.
Don't slouch when you study!

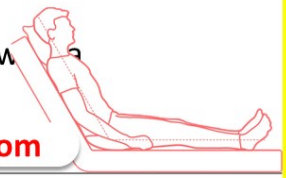
Upright بالکل سیدھا بیٹھنا

Sitting with the back straight and the shoulders back, in a formal or attentive position.
Example: He sat upright at the conference table, taking notes.
Always sit upright!



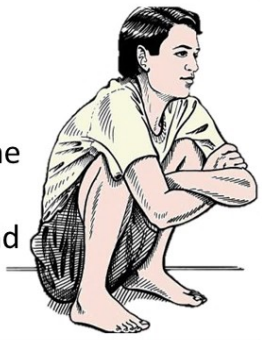
Reclined ٹیک لگا کے بیٹھنا

Sitting in a relaxed position with the backrest tilted back and the feet elevated.
Example: She reclined on the sofa w[illegible] book in her hands.



Squatting ٹانگوں پہ بیٹھنا

Sitting in a crouched position with the knees bent and the weight on the feet.
Example: She squatted on the ground to take a closer look at the flowers.



Erect بالکل سیدھا کھڑا ہونا

Standing upright, with the back straight and the shoulders back.
Example: He stood erect, waiting for his turn to speak.

Leaning

Standing with the body tilted to one side or resting against a surface. Example: He stood leaning against the wall, waiting for his friend.

Cross-legged

Standing with one foot crossed in front of other, for balance or ease.
Example:
1.He stood cross-legged on the yoga mat, taking deep b[illegible].
2.The children stood cross-legged on the floor, listening teacher's story.

Curled up

Lying on the side, with the knees bent and pulled up toward the chest.
Example: He lay curled up in a fetal position, trying to sleep.

Side-lying سائڈ لے کے لیٹنا

Lying on the side, with the head supported by a pillow and the body forming a straight line.
Example: She lay on her side, facing the wall, trying to fall asleep.