

# SARALA BIRLA PUBLIC SCHOOL

Birla Knowledge City, Mahilong, Ranchi  
CLASS-XII (2020-21)



(SARALA BIRLA GROUP OF SCHOOLS)



## Sub: Physical Education Assignment-3

### VERY SHORT QUESTIONS/MCQ

1. Write about asana.
2. Define Yoga.
3. Name any one asana to cure obesity.
4. Asanas help in .....
  1. Balancing our nervous system
  2. Blood Clotting
  3. Contracting the muscles
  4. All of the above
5. Which of the following is a medical condition which causes lifestyle diseases?
  1. Diabetes
  2. Hypertension
  3. Obesity
  4. Asthma

### SHORT QUESTIONS

6. What is the role of Yoga in preventing lifestyle diseases?
7. Explain about the procedure and advantages of Bhujangasana in the context of diabetes.
8. "Practising Yoga-asanas regularly can prevent many diseases." Justify.
9. Write the detail about the benefits of Hastasana.
10. Discuss the procedure of Tadasana for back pain.

### LONG QUESTIONS

11. Briefly explain the symptoms and causes of Asthma. Explain the procedure, benefits and contraindications of any two asanas to prevent Asthma.
12. Elaborate the benefits of Sukhasana, Tadasana and Shalabhasana.
13. Elucidate the benefits and contraindications of Vakrasana and Vajrasana.
14. Explain the contraindications of Trikonasana, Ardha Matsyendrasana and Bhujangasana.