

BRAIN INTERNATIONAL SCHOOL
SUBJECT- PHYSICAL EDUCATION
JULY- ASSIGNMENT CLASS XI 2024-25

Q1. What do you mean by yoga? Explain the importance of yoga in daily life.

Q2. Discuss the elements of astanga yoga.

Q3. What do you mean by asanas, pranayama, dharana and dhyana.

Q4. Discuss trataka kriya in details.

Q5. What do you mean by sutra neti? Discuss its method, precautions and benefits.

Q6. What do you mean by shatkarmas? Explain the method, precautions and benefits of any one shatkarma.

Q7. What do you mean by pranayama? Discuss bhastrika pranayama in details.

Q8. What do you mean by kunjla kriya?