

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

Q1. What do you mean by obesity? Discuss the benefits and contraindication of any two asanas of curing obesity.

Q2. What do you mean by hypertension? Discuss the benefits and contraindication of any two asanas of curing hypertension.

Q3. What do you mean by asthma? Discuss the benefits and contraindication of any two asanas of curing asthma.

Q4. What do you mean by diabetes? Discuss the benefits and contraindication of any two asanas of curing diabetes.

Q5. What do you mean by arthritis? Discuss the benefits and contraindication of any two asanas of curing arthritis.

Q6. What is nadi shodhana pranayama? Write the procedure and benefits of nadi shodhana pranayama.