



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 2

SUBJECT: PHYSICAL EDUCATION CLASS-XII

MAY,2025

UNIT 3: YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE

- Q1. Which asanas are helpful to cure asthma ?
- Q2. Which asanas are helpful to cure obesity ?
- Q3. Which asanas are helpful to cure diabetes ?
- Q4. Which asanas are helpful to cure hypertension ?
- Q5. Which asanas are helpful to cure backpain ?
- Q6. What are the physiological benefits of asanas ?
- Q7. What do you mean by yoga ? write the importance of yoga.
- Q8. Explain the correct breathing pattern while performing nadi shodhan pranayama.