



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 3

SUBJECT: PHYSICAL EDUCATION CLASS-XI

JULY, 2025

UNIT 3: YOGA

Q1. What do you mean by yoga? Write the importance of yoga.

Q2. Discuss the elements of yoga in detail.

Q3. What do you understand by kapalbhati kriya ? Write its procedure, contraindication and benefits.

Q4. Write the procedure to perform yoga-nidra. Explain the benefits.

Q5. Explain the principles of yama.

Q6. Write the technique of doing jal neti.

Q7. Briefly explain any two pranayama techniques.

Q8. Write any 2 benefits of doing sutra neti.