



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 4

SUBJECT: YOGA

CLASS-XI

OCT'25

Q1. Yoga Sutra was given by:

- (a)Svatmarama (b) Gheranda (c) Patanjali (d) Shivananda

Q2. There are eight stages of training for a yogi. What is the stage (apart from 'moksha')?

- (a)Niyama (b)Samadhi (c) Pratyahara (d) Mukti

Q3. Raja Yoga is the yoga of controlling our

- (a)Sense Organs (b) Our Emotions (c) Mind (d) Organs of Action

Q4. Who is not an Acharya of 'Hathayoga'?

- (a)Gorksha (b) Swatmarama (c)Matsyendra (d)Kapil

Q5. What are the five elements of yoga?

- (a)Earth,Space,Fire,Air,Akash (b)Earth,Water,Fire,Air,Akash
(c) Earth,Water,Fire,Air,Wood (c)Earth,Space,Fire,Air,Akash

Q6.What is Yoga Principle?

Q7.Write down the names of all Pandavas.

Q8.Where did Mahabharat war start?

Q9.What is Yoga Sutra?

Q10.Write about Samadhi Pada?

Q11.Describe Ashtanga Yoga (Eight Limbs of yoga).

Q12. In Mahabharat which two families fought in war? Name them.