



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO.5

SUBJECT: YOGA

CLASS-XI

NOVEMBER '25

Q1. Which of the following is one the reasons for the failure in Hatha Yoga Sadhana?

- (a) Over Eating
- (b) Courage
- (c) Courage
- (d) Perseverance

Q2. Who is not an Acharya of 'Hathayoga'?

- (a) Goraksha
- (b) Matsyendra
- (c) Swantmarama
- (d) Kapil

Q3. What is the aim of Hatha Yoga, according to Hatha Pradipika ?

- (a) Breath control
- (b) Raja Yoga
- (c) Steadiness and flexibility
- (d) Mantra Siddhi

Q4. Match the contents given in Table1 and Table 2 and select the correct answer from the code given below :

Table -1	Table-2
(i) Chandrabhedhi Pranayama	1. Belows breathe
(ii) Bhastrika Pranayama	2. Humming Bee
(iii) Brahamini Pranayama	3. Strengthens core musceles
(iv) Agnisar Pranayama	4. Coldness in experienced

Code:

	(i)	(ii)	(iii)	(iv)
(a)	4	2	3	1
(b)	4	1	2	3
(c)	2	3	1	4
(d)	2	4	1	3

Q5. What are the five elements in Yoga?

(a) Earth,Space,Fire,Air,Akash

(b) Earth,Water,Fire,Air,Akash

(c) Earth,Water,Fire,Air,Wood

(d) Earth,Space,Fire,Air,Akash

Q6. What is Yoga Principle?

Q7. Describe the Yoga Principle in Yoga.

Q8. Explain study of Ghranda Samhita.

Q9. Describe Hatha Yoga.

Q10. Explain Hatha Pradipika.



