



ASSIGNMENT NO. 6

SUBJECT: YOGA (CODE 841)

CLASS-XI

DEC, 2025

PART A

UNIT 5- Green Skill-III

- Q1. Explain what you can do to help a green economy (in 4-5lines).
- Q2. Explain with examples the role of government and private agencies in a green economy.
- Q3. Explain important policies for a green economy.
- Q4. Describe the National Action Plan for Climate Change (NAPCC) in 4-5lines.
- Q5. List all sectors of the green economy that affect your life.

PART B

UNIT 3- YOGA for Health Promotion

- Q1. Explain the following body parts:
 - I. Mouth
 - II. Teeth
 - III. tongue
- Q2. Define pancreas.
- Q3. What are ribs and sternum?
- Q4. Explain Nervous System.
- Q5. Explain Immune and Lymphatic System.