



ASSIGNMENT NO. 1

SUBJECT: YOGA (841)

CLASS-XII

APRIL -MAY'2026

PART-A

UNIT -1 (COMMUNICATION SKILLS-IV)

SHORT ANSWER QUESTION (80-100)

- Q1. Documents a situation you faced at school, where in, you overcome a barrier and practiced active Listening.
- Q2. Job down one sentence of each type – statement, question, exclamatory and order.
- Q3. Which job role do you wish to pursue? Write two paragraphs (about 100-150) about that Industry and your career preference. Make sure you follow all rules about sentences and Paragraphs that you have learnt.
- Q4. Identify conjunctions and prepositions (remember, conjunctions join two sentences, while prepositions help answer the words 'where', 'when', and 'how') from the list given below and write them in the following columns. **Under, and, in, at, or, up**

CONJUNCTIONS	PREPOSITIONS

PART-B

UNIT-2 (INTRODUCTION TO YOGA AND YOGIC PRACTICES-II)

Very Short Answer Type Question

- Q1. What is Shatkarma in Yoga?
- Q2. What are Yogaasana?
- Q3. What is Hatha Yoga?
- Q4. What is the purpose of Yoga Nidra?
- Q5. What is meaning of "Namaste" in Yoga?

Short Answer Type Questions:

- Q1. Name any three Shatkarma used for purification of the body?
- Q2. What is the difference between Shatkarma and Asanas in Yoga?
- Q3. What are the principals of Yogasanas?
- Q4. How do Yogasanas benefit the body and mind?
- Q5. What is the significance of chanting in Yoga?

Long Answer Types Questions:

- Q1. Explain the meaning and origin of Shatkarma in Yoga, and how it is used for physical and meaning Purification?

- Q2. How can Yoga help in managing chronic pain and improving overall physical health?
- Q3. Describe in detail the six Shatkarmas in Yoga, including their techniques, benefits, and contraindications?
- Q4. What is YIN Yoga and how does it differ from other form of Yoga, including its focus on longer holds and deeper stretches?
- Q5. Describe the role of chanting and mantras in Yoga, including their benefits for mental and emotions well- being?