



## ASSIGNMENT NO. 1

**SUBJECT: YOGA (841)**

**CLASS-XI**

**APRIL -MAY'2026**

### **Unit 1 – Introduction to Yoga and Yogic Practices - I**

**Q1. Which principle is not taught in yoga ?**

- [ ] Proper exercise
- [ ] Flexibility
- [ ] Relaxation
- [ ] Strength

**Q2 Tanmatra smell corresponding of which of the following?**

- [ ] Prithvi
- [ ] Akash
- [ ] Jala
- [ ] Vayu

**Q3. According to Patanjali Asanas is :**

- [ ] Control of sense organs
- [ ] Control of water and food intake
- [ ] High calories burn
- [ ] Sitting in comfortable position

**Q4. Who is the father of yoga ?**

- [ ] Krishnamacharya
- [ ] BKS Iyengar
- [ ] Baba Ramdev
- [ ] Maharishi Patanjali

**Q5. Which country does Yoga originated from?**

- [ ] India
- [ ] Thailand
- [ ] Bangladesh
- [ ] Japan

**Q6. Yoga is derived from Sanskrit word ?**

- [ ] Suryanamaskar
- [ ] Union
- [ ] Breaking into pieces
- [ ] Diffusion

**Q7. What is the meaning of Santosh ?**

- [ ] Austerity
- [ ] Truth
- [ ] Contentment
- [ ] Cleanliness

**Q8. During yoga breathing should be:**

- [ ] Normal
- [ ] Deep
- [ ] Caution
- [ ] Fast

**Q9. What types of Veda's ;**

- [ ] Rigveda

- Yajurveda
- Atharvaveda
- Samaveda
- All of the above

**Q9. The basis of Pancha kosha is**

- Prashna Upanishad
- Kena Upanishad
- Isha Upanishad
- Taitriya Upanishad

**Q10. Yoga sutra was given by :**

- Svatmarama
- Ghreanda
- Patanjali
- Shivananda

**Q11. Explain Patanjali yoga and hatha yoga ?**

**Q12. Describe yoga etymology?**

**Q13. Explain Suryanamaskar?**

**Q14. Explain eight limbs of ashtanga yoga ?**