



ASSIGNMENT NO. 2

SUBJECT: YOGA (841)

CLASS-XII

JULY'2026

PART-A

UNIT -1 (SELF – MANAGEMENT SKILLS)

A. MULTIPLE CHOICE QUESTIONS

Read the questions carefully and put a tick mark against the correct option.

1. Which among the following options is not a parameter to describe an individual's personality?
 - (a) Self-confidence
 - (b) Openness
 - (c) Neuroticism
 - (d) Agreeableness
2. Which of the following is characterised by an extreme feeling of self-importance?
 - (a) Narcissistic personality disorder
 - (b) Borderline personality disorder
 - (c) Dependent personality disorder
 - (d) None of the above
3. Ravi has feelings of emptiness, abandonment and suicide. What type of personality disorder is this?
 - (a) Borderline
 - (b) Dependent
 - (c) Avoidant
 - (d) Obsessive
4. Mona is helping her sister to overcome a personality disorder. What should she do?
 - (a) Talk to her sister
 - (b) Engage her in hobbies
 - (c) Help her build confidence
 - (d) All of the above

Long Answer Type Questions:

1. Explain the meaning of personality.
2. Describe basic personality traits.
3. Describe common personality disorders.

PART-B

UNIT-2

INTRODUCTION TO YOGA TEXTS-II

Very Short Answer Type Question

1. What are the most important texts on yoga?
2. What is the oldest text on yoga?
3. Who is the author of the Yoga Sutras?
4. What are the four chapters of the Yoga Sutras?
5. What is the main theme of the Bhagavad Gita?
6. What is the meaning of the term "Upanishads"?
7. What is the "Hatha Yoga Pradipika"?
8. What is the "Gheranda Samhita"?

Short Answer Type Questions:

1. What are the different types of yoga discussed in the Bhagavad Gita?
2. What is the relationship between the Yoga Sutras and the Bhagavad Gita?
3. What are some of the key concepts and practices discussed in the Upanishads?
4. What are some of the key teachings on meditation in the Yoga Sutras?
5. What is the significance of the "Yoga Sutra" in modern yoga practice?
6. What are some of the key teachings on asana practice in the Hatha Yoga Pradipika?
7. What are some of the key practices of kriya yoga, as described in the "Gheranda Samhita"?
8. What are some of the key teachings on the path of devotion in the Bhagavata Purana?

Long Answer Types Questions:

1. Discuss the concept of "ashtanga yoga" as described in the Yoga Sutras.
2. Compare and contrast the teachings on karma, dharma, and self-realization in the Bhagavad Gita and the Upanishads.
3. Discuss the role of the guru-disciple relationship in the Hatha Yoga tradition, as described in the Hatha Yoga Pradipika.
4. Compare and contrast the teachings on the different types of yoga in the Bhagavad Gita and the Yoga Sutras.
5. Discuss the significance of the Bhagavata Purana in the context of yoga philosophy and practice.

Competency Based Questions (Subjective)

1. Alex is a dedicated yoga practitioner who is passionate about delving deeper into the philosophy of yoga. He decides to study the Patanjali Yoga Sutra, a classical text that provides profound insights into the principles and practices of yoga. Alex sets a goal to not only understand the teachings but also memorize selected sutras to deepen his connection with this ancient wisdom.

- Based on the case of Alex, explore the significance and study of Patanjali Yoga Sutra.
- Discuss the purpose of studying this text and its relevance in modern yoga practice.
- Explain the concept of sutra and its unique style of condensed wisdom.
- Furthermore, discuss the benefits of memorizing selected sutras and how it can enhance one's understanding and personal journey in yoga.
- Lastly, highlight the importance of guidance from experienced teachers and regular contemplation to unlock the transformative power of Patanjali Yoga Sutra.

2. Emma is an experienced yoga practitioner who is interested in deepening her understanding of Hatha Yoga. She comes across the Hatha Pradipika, an ancient yogic text that delves into the practice of Hatha Yoga and its transformative effects on the body and mind. Intrigued by the teachings, Emma decides to study and explore the Hatha Pradipika to enhance her yoga practice and share its wisdom with others.

Based on the case of Emma, explore the significance and study of the Hatha Pradipika: Discuss the purpose of this ancient yogic text and its relevance in contemporary yoga practices:

- Explain the key principles and practices outlined in the Hatha Pradipika that contribute to physical, mental, and spiritual well-being.
- Furthermore, highlight the importance of studying and understanding the original teachings, and how they can be integrated into modern-day Hatha Yoga classes and personal practice.
- Lastly, discuss the potential benefits and challenges of incorporating the wisdom of the Hatha Pradipika into one's yoga journey.