



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO: 2

SUBJECT: PHYSICAL EDUCATION

CLASS-XI

JULY '2026

UNIT 3- YOGA

Q1. Define yoga.

Q2. What is asana ?

Q3. What do you understand by the term pranayama ?

Q4. What do you understand by tridosha ?

Q5. What are the elements of yoga ? explain any three elements of yoga.

Q6. Describe any 3 yogic kriyas.

Q7. Explain the principles of yama.

Q8. Explain the principles of niyama.

Q9. Write the technique of doing jala neti.

Q10. Explain any three benefits of yoga.