



ASSIGNMENT NO. 2

SUBJECT: YOGA (841)

CLASS-XI

JULY'2026

UNIT 2

PART-(B)

A TEXTBOOK OF YOGA

1. Guru is the one who dispels
 - (a) Renunciation of World
 - (b) Haziness of Love
 - (c) Light of arrogance
 - (d) Darkness of ignorance
2. Karma yoga is a branch of yoga based on the teaching of which text?
 - (a) Bhagavad Gita
 - (b) Ashtavakra Samhita
 - (c) Vedas
 - (d) Hatha Yoga Pradipika
3. What is not one of the Three Gunas?
 - (a) Ekagra
 - (b) Tamas
 - (c) Rajas
 - (d) Sattva
4. Raja Yoga is the yoga of controlling our
 - (a) Sense Organs
 - (b) Our Emotions
 - (c) Mind
 - (d) Organs of Action

LONG QUESTION

1. What is Yoga Sutra?
2. Write down about Ashtanga Yoga.
3. Write about Samadhi Pada.
4. Write in details the ten principles of Yoga.
5. Describe Patanjali Yog Sutras.
6. What is Sadhana Pada?
7. What do you mean by Vibhuti Pada?
8. Describe Ashtang Yoga (Eight limbs of yoga).
9. Elaborate Kaivalya Pada.