



ASSIGNMENT NO. 3

SUBJECT: YOGA (841)

CLASS-XI

OCTOBER'2026

PART-A

UNIT -4 (ENTREPRENEURSHIP SKILLS-IV)

1. Who is an entrepreneur? Give an example.
2. What are the three types of business activities?
3. What is the difference between manufacturing and trading business activities?
4. List values of a successful entrepreneur.
5. Explain entrepreneurial values with examples.
6. Define the meaning of attitude. Give two examples of attitude of an entrepreneur.
7. Write the key differences in attitudes between entrepreneurs and employees. Describe with examples.
8. What are the key problems an entrepreneur may face while running a business?
9. What are different ways in which an entrepreneur can think to solve problems?
10. Define the meaning of a business idea.
11. What are the three principles of idea creation?
12. What are different ways of coming up with an idea? State different ways with an example.
13. Write any five business ideas that you would want to try out? Why have you chosen these ideas?

PART-B

UNIT-3YOGA FOR HEALTH PROMOTION

Very Short Answer Type Question

1. What is skeletal system?
2. How many bones are there in human body?
3. What is cardio muscular system?
4. Define skull.
5. Define hyoid bone.
6. What do you understand by vertebrae?
7. What are ribs and sternum?
8. Define pectoral girdle and upper limb.
9. Define pelvic girdle and lower limb.
10. What do understand by heart?
11. What are blood vessels?
12. Define muscular system
13. What is smooth muscle?
14. What is cardiac muscle?
15. What is skeletal muscle?
16. Explain digestive system
17. Explain mouth.
18. Explain teeth.
19. Explain tongue.
20. What are salivary glands?
21. What is pharynx?
22. What is esophagus?

23. Explain stomach and its functioning.
24. What do you understand by liver?
25. What is small intestine?
26. What is gall bladder?
27. Define pancreas.
28. Explain large intestine.
29. Explain endocrine system.
30. Explain hypothalamus.
31. What is pituitary gland?
32. What is pineal gland?
33. Define thyroid gland.
34. What are parathyroid glands?
35. What are adrenal glands?
36. What are pancreas?
37. What do you understand by "gonads?"
38. Define ovaries.
39. Define thymus.
40. Explain nervous system.
41. Briefly explain respiratory system.
42. Explain immune and lymphatic system.
43. Explain urinary system.
44. Briefly explain male reproductive system.
45. Briefly explain female reproductive system.

Short Answer Type Questions:

1. Explain the role of yoga for health promotion.
2. What is the importance of good eating habits in yoga?
3. What is the importance of fasting in yoga?
4. What are the steps of putting spiritual nutrition into practice?
5. Explain the holistic approach of yoga towards health and diseases
6. What is the concept of panchakosha?
7. What do you understand by (pancha mahabhutas?)
8. Explain how yoga is a way of achieving health and wellness
9. What is the importance of yoga diet in yoga sadhana?

Long Answer Types Questions:

1. Explain dincharya and ritucharya with respect of yoga lifestyle
2. Write steps for suryanamaskar.
3. Write the benefits of suryanamaskar.
4. What are the steps for straight leg raising?
5. What are the steps for halasana? Write its benefits and precautions.
6. What are the steps for pawanmuktasan? Write its benefits and precautions.
7. What are the steps for bhujangasana? Write its benefits and precautions.
8. What are the steps of paschimohanasana? Write its benefits and precautions.
9. What are the steps for gomukhasana? Write its benefits and precautions.
10. What are the steps for vakrasana. Write its benefits and precautions.
11. What are the steps for ustrasana (camel pose)? Write its benefits and precautions.
12. What are the steps for mandukasana (frog pose)? Write its benefits and precautions.
13. What are the steps for shashakasana? Write its benefits.
14. What are the steps for janvirasana? Write its benefits.
15. What are the steps for vrikshasana? Write its benefits.

16. What are the steps for padahastana? Write its benefits.
17. Write the steps for nadi suddhi pranayama. Mention its benefits.
18. Write the steps for sithali pranayama. Mention its benefits.
19. Write the steps for vijayi pranayama. Mention its benefits.
20. Write the steps for the following yoga asanas. Also mention their benefits:
 1. Jalandhar bandha
 2. Janan mudra
 3. Chinmaya mudra'
 4. Adi mudra brahm mudra
21. What is meditation?
22. What is dharna?
23. What is the procedure for chanting of om?
24. What is hazard?
25. Explain hazards in yoga centre.
26. What are the safety hazards during practicing yoga?