



ASSIGNMENT NO. 3

SUBJECT: YOGA841

CLASS-XII

OCTOBER'2026

PART-A

UNIT-13(ENTERPRENEURSHIP SKILLS-IV)

SHORT ANSWER QUESTION (80-100)

- Q1. Name an entrepreneur you admire and what do you admire about the person.
- Q2. What is entrepreneurship?
- Q3. Explain the qualities of an entrepreneur.
- Q4. Identify the attitude that make an entrepreneur successful.
- Q5. After taking your entrepreneurial report, you know what you are good at and what can be improved upon. How do you think you can improve? Write down three steps that you shall take.
- Q6. Identify barriers and fears related to becoming an entrepreneur

PART-B

UNIT-3YOGA FOR HEALTH PROMOTION

Very Short Answer Type Questions:

1. What is the first step in performing CPR?
2. What are some yoga asanas recommended for hypertension?
3. What are some common causes of low back pain?
4. What is social development?
5. What are some yoga-based interventions for promoting social development?
6. What is spiritual development?

Short Answer Type Questions:

1. What are the three C's of emergency care?
2. What are the benefits of yoga for managing hypertension?
3. What are some lifestyle factors that can contribute to low back pain?
4. What are some of the benefits of yoga for social development?
5. What are some examples of yoga-based programs aimed at promoting social development?
6. What are some of the benefits of yoga for spiritual development?

Long Answer Type Questions:

1. How does stress contribute to hypertension, and how can yoga help manage stress?
2. What are the physiological mechanisms through which yoga helps lower blood pressure?
3. What are some of the underlying mechanisms of chronic low back pain, and how can these be addressed through treatment?
4. How can yoga be used as a complementary therapy to manage low back pain?
5. What is the relationship between mindfulness and social development, and how does yoga promote mindfulness?
6. How can yoga be adapted to meet the specific needs of diverse populations for whom social development is a challenge?
7. What are the philosophical underpinnings of yoga and how do they relate to spiritual development?
8. What is the role of mindfulness in spiritual development, and how can yoga promote mindfulness?