Brain International School
Vikas Puri, New Delhi

ASSIGNMENT NO. 4

SUBJECT: YOGA (841) **CLASS-XI** **NOVENBER'2026**

PART-(A)

UNIT 4 -Entrepreneurship skill –III

A. State whether the following statements are True of False

(a) An entrepreneur reports to the boss or a manager
(o) An employee has to adapt to the outside market environment while doing the job.
(c) An entrepreneur has to always think about what the customer wants.
(a) An employee makes all the decisions by himself or herself.

B. Subjective Questions

(a) Define the meaning of attitude. Give two examples of attitude of an entrepreneur.
(b) Write the key differences in attitudes between entrepreneurs and employees. Describe with examples.
(c). What are the key problems an entrepreneur may face while running a business?
(d). What are different ways in which an entrepreneur can think to solve problems?
(e).What is the meaning of business planning?
(f). Why is business planning important?

PART-(B)

UNIT 3 –Yoga for Health Promotion

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 suryanamskar.
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 gomukhasdana? 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.