**J & K POLICE PUBLIC SCHOOL MIRAN SAHIB JAMMU**

**(SESSION :-2020 – 2021)**

**ASSIGNMENT :- PHE M.M=20**

**CLASS:- XII**

**SECTION :- A (1 x 6 = 6)**

1. Bhujangasana is also known as the

a. Snake Pose b. Cobra Pose c. Reptile Pose d. Cat Pose

2. The word Yoga was first mentioned in

a. Bhagvad Gita b. Rig Veda c.Yajurveda d. Upanishads

3. A healthy BMI range for Indians is

a. less than 18 b. 18 – 22 c. 23 – 249 d. more than 25

4. Write down the elements of yoga.

5. How can yoga help in preventing Asthma?

6. Discuss the procedure of Gomukhasana.

**SECTION :- B (80 – 90 words ) ( 3 x 3 = 9)**

7. What is Obesity? How can we know if we are Obese?

8. Briefly discuss Hypertension and Yogasanas.

9. Discuss, in brief, the role of asana in preventing diseases.

**SECTION :- C (100 – 150 words ) (1 x 5 = 5)**

10. Back pain is an impediment. Explain how yoga can help and describe any one asana in detail to get rid of backache.

***SUKHMEET KOUR***

***( P.G.T: - PHYSICAL EDUCATION)***