



INDIAN SCHOOL AL WADI AL KABIR

Class: XI	Department: Physical Education	
Worksheet No: 1	Topic: Unit-5 YOGA	

A. Objective Type/ true or false/ Multiple-Choice Questions/ Fill in the blanks.

1. The word yoga is made up of the word 'yuj' which is derieved from

- (a) Hindi
- (b) French
- (c) Latin
- (d) Sanskrit

2. Who is the father of Yoga?

- (a) Bhaskara Charya
- (b) Patanjali
- (c) Shiva
- (d) Brahma

3. The last stage of Yoga is

- (a) Yama
- (b) Dhyana
- (c) Niyama
- (d) Smadhi

4. What can be reduced by Yogic Exercises

- (a) Strength
- (b) Energy
- (c) Flexibility
- (d) Obesity

5. Retraint or abstention are the element of

- (a) Dharna
- (b) Yama
- (c) Asama
- (d) Niyama

6. When do we celebrate International Yoga Day every year?

- (a) 21April
- (b) 21May
- (c) 21 June
- (d) 21 July

7. What was the theme of Yoga Day 2019.

- (a) Yoga help us
- (b) Climate activity
- (c) Climate preservation
- (d) Climate action

8. Our body contains three substances namely

- (a) Action Pit, Vaat
- (c) Vaat, Pit, Kaph

- (b) Thought, Pit, Vaat
- (d) Deed, Pit, Kaph

9. Elements related to physical and mental rules can be identified as

- (a) Pranayama
- (c) Niyama

- (b) Yama
- (d) Asana

10. Pooraka, Rechaka, Kumbhaka are the steps related to

- (a) Yama
- (c) Pratyahara

- (b) Asana
- (d) Pranayama

11. Meditation asnas are

- (a) Siddhasana
- (c) Padmasana

- (b) Vajrasana
- (d) All of the above

12. What can be known as the process of exhaling?

- (a) Pranayama
- (c) Rechaka

- (b) Puraka
- (d) None of the above

13. Control and regulation of breath is

- (a) Yoga
- (c) Pratyahara

- (b) Pranayama
- (d) Kumbhaka

14. To do Neti Kriya which of the following can be used

- (a) Precious metals
- (c) Tea

- (b) Oil
- (d) Milk

15. Process of inhaling is

- (a) Puraka
- (c) Rechaka

- (b) Kumbhaka
- (d) None of the above

16. Process of controlling

- (a) Trataka
- (c) Rechaka

- (b) Kumbhaka
- (d) Puraka

17. Yogic gazing is also known as

- (a) Bhramak
- (c) Mauli

- (b) Vasti
- (d) Trataka

18. Which of the following is the highest and most refined action of prana

- (a) Jal Neti
(c) Thought
- (b) Yoga
(d) Pranayama

B. Very Short Answer Questions (30 to 60 Words)

- Q1. What is Yoga ?
- Q2. Define Yoga ?
- Q3. What do you mean by 'Pranayama' ?
- Q4. What are components of Pranayama ?
- Q5. What is asana ?
- Q6. What is Pratyachara ?
- Q7. What is Dhayana ?
- Q8. What is Smadhi ?
- Q9. What do you mean by Shatkarmas or Yogic Kriyas ?

C. Short Answer Questions (30 to 60 Words)

- Q1. Briefly mention the importance of Yoga ?
- Q2. Write down about Pranayam and its types.
- Q3. Explain the role of meditation for players.
- Q4. Explain any three elements of Yoga.

D. long Answer Questions (150 to 200 Words)

- Q1. Explain the elements of Yoga in detail.