

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

UNIT 3- YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE

Date: _____

Worksheet 1

Section A: Multiple Choice Questions (1 mark each)

Choose the correct answer.

1. Which asana is most beneficial in reducing belly fat in obesity? a) Shavasana
b) Pawanmuktasana
c) Halasana
d) Dhanurasana
 2. Which pranayama helps in cleansing the respiratory tract and is useful in asthma?
a) Bhastrika
b) Anulom-Vilom
c) Kapalbhathi
d) Nadi Shodhana
 3. What is a contraindication for performing Matsyasana?
a) High blood pressure
b) Asthma
c) Diabetes
d) Back pain
 4. Which asana is NOT recommended for people with severe arthritis?
a) Tadasana
b) Bhujangasana
c) Makarasana
d) Padmasana
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Section B: Very Short Answer (2 marks each)

5. Name two asanas useful in managing diabetes and mention one benefit.
 6. What is the primary benefit of doing Ardha Chakrasana for people with back pain?
 7. Define Kapalbhathi and mention one contraindication.
 8. Write any two benefits of Vakrasana for asthma patients.
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Section C: Short Answer (3 marks each)

9. Explain the importance of Tadasana and Katichakrasana in preventing hypertension.
10. How can Ushtrasana help in managing lifestyle diseases?
11. Mention the steps and any two contraindications for Dhanurasana.

12. How does yoga help in controlling obesity? Give any three ways.

Section D: Case Study (4 marks each)

- 13. Rani, a 45-year-old woman with type-2 diabetes and hypertension, wants to incorporate yoga in her daily routine. Suggest four yoga practices (asanas or pranayama) she can follow and justify how each one benefits her condition.**
- 14. Ajay, a 50-year-old IT employee, complains of chronic back pain due to long sitting hours. Suggest a yoga plan including three asanas and one pranayama with brief justification.**
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Section E: Long Answer (5 marks each)

- 15. Explain the role of yoga in managing asthma. List any five specific asanas or pranayamas that benefit asthma and discuss their procedure, benefits, and precautions.**
- 16. Describe any five asanas that help prevent or manage arthritis and back pain. Include their procedure, benefits, and contraindications.**
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