

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 Ardh 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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Answer Key

Date: _____

Worksheet 1

Section A:

1. b) Pawanmuktasana
2. c) Kapalabhati
3. a) High blood pressure
4. d) Padmasana

Section B:

5. Bhujangasana, Mandukasana. Benefit: Stimulates pancreas and controls blood sugar.
6. It strengthens lower back and improves spinal flexibility.
7. Kapalabhati is a rapid exhalation pranayama. Contraindication: High blood pressure.
8. Improves lung capacity and reduces breathlessness.

Section C:

9. Tadasana improves posture and breathing; Katichakrasana reduces abdominal fat and stress—both lower blood pressure.
10. Ushtrasana stretches abdominal organs and helps regulate digestion and endocrine functions.
11. Steps: Lie on stomach, lift chest and legs holding ankles; balance on abdomen. Contraindications: Pregnancy, hernia.
12. Yoga increases metabolism, burns calories, and improves hormonal balance.

Section D:

13. Suggested: Mandukasana (stimulates pancreas), Ardha Halasana (relaxes heart), Nadi Shodhana (calms mind), Shavasana (reduces stress).
14. Suggested: Vakrasana, Bhujangasana, Makarasana, and Nadi Shodhana. Improve spine flexibility, reduce tension and aid relaxation.

Section E:

15. Asanas: Tadasana, Bhujangasana, Dhanurasana, Gomukhasana, Kapalbhati.
Improve lung capacity, reduce inflammation, promote calmness.

16. Asanas: Urdhawahastottanasana, Ardha Chakrasana, Vakrasana, Makarasana, Bhadrasana. Help joint mobility, reduce stiffness, and relax muscles.
