Class –XI   **Time: 40 Min**
Sub. –Physical Education   **F.M.- 20**

Section - A (1 × 5 = 5 Marks)

1. Define yoga.
2. What is Dhyana?
3. What is Yama?
4. What do you mean by Yogic kriyas?
5. According to Patanjali the elements of yoga are:-
    A) 6   B)6   C)8   D)1

Section- B (2 × 5=10 Marks)

1. Explain 'Purity' and its kinds.
2. What do you understand by Tratakkriya? Give its benefits.
3. What is Dhoutikriya? Describe its benefits.
4. Describe the various elements of 'Yama'.
5. How the yoga is the remedy of stress?

Section- C (1 × 5= 5 Marks)

1. How yoga is beneficial for us? Explain.

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