



# DELHI PUBLIC SCHOOL, FIROZABAD

(Under the Aegis of the Delhi Public School Society, New Delhi)

**Class 11 Physical Education**  
**Revision Worksheet-2021-22**  
**Unit -5 (Yoga)**



Name: .....

Date: 18<sup>th</sup> January 2022

## UNIT-5

### YOGA

#### 1. Answer the following questions briefly.

Q.1 Importance of yoga? Describe it?

Q.2 What is the role of meditation in sports?

Q.3 What are the benefits of Yog Nidra?

Q.4 Define Yogic Kriyas.

Q.5 List five Pranayam techniques.

#### 2. Answer the following questions in 150-200 words.

Q.1 What is the modern concept of yoga?

Q.2 What are the purpose of Ashtang Yoga?

Q.3 How does meditation help in relaxing the mind?

Q.4 Write down the steps, procedure, benefits and precautions of Vrikshasana.

Q.5 Explain the procedure, benefits and precaution during Padmasana.