



# DELHI PUBLIC SCHOOL, FIROZABAD

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

## Class 11 Physical Education Revision Worksheet-2021-22

### Chapter -5 Yoga



Name: .....

Date: 12<sup>th</sup> January 2022

#### 1. Tick the correct option.

1. There are eight stages of training for a yogi to go through in order to reach “moksha”(release). What is the final stage called?

- i. Samadhi
- ii. Yama
- iii. Pranayama
- iv. Kaivalya

2. Yama and Niyama are part of

- i. Physical Education
- ii. Charity
- iii. Meditation
- iv. Morality and ethics

3. Out of the following which one is Not Ashtanga Yoga?

- i. Yama
- ii. Niyama
- iii. Dhauti
- iv. Pratyahara

#### 2. Answer the following questions briefly.

- 1. List the components of Ashtanga Yoga.
- 2. What is Yama?
- 3. What is Niyama?

#### 3. Answer the following question in 150-200 words.

- 1. What are the purposes of Ashtanga Yoga?
- 2. How does yoga contribute to an individual's personality development?