



SEEMAX[®] International School

vision upto max^m limit (umbrella organisation-Om Sarla Babu Educational Trust)

CLASS-XII

SUBJECT- PHYSICAL EDUCATION (048)

ASSIGNMENT-II (SESSION 2024-25)

CHAPTER-3 (YOGA AS PREVENTIVE MEASURE FOR LIFESTYLE DISEASE)

Note: Do prepare the separate notebook & writing should be neat and clean.

Question 1 What causes Obesity?

- a. Non-Activity b. Smoking c. Over indulgence in food d. All of the above

Question 2 Ushtrasana pose refers to :

- a. Camel pose b. Cow pose c. Fish pose d. Cobra pose

Question 3 Which asana is of side twist pose?

- a. Shavasana b. Chakrasana c. Ardha Mastendrasana d. Parvatasana

Question 4 Which gland secretes the hormone insulin, the lack of which is associated with Diabetes?

- a. Endocrine glands b. Pituitary c. Pancreas d. Hypothalamus

Question 5 Katichakrasana is a

- a. standing asana b. Sitting asana c. Lying asana d. Balancing asana

Question 6 Bhujangasana is also known as

- a. Dog posture b. Child posture c. Cobra posture d. Reverse Boat posture

Question 7 Which asana can be suggested as preparatory asana for Pawanmuktasana

- a. Vajarasana b. Bhujangasana c. Matsyendrasana d. Naukasana

Question 8 What causes an Asthma Attack?

- a. Allergy b. Smoke c. Exercise d. All of the above

Question 9 Poor exchange of oxygen and carbon dioxide in an individual is the result of

- a. exercise induced Asthma b. allergy induced Asthma
c. Pulmonary Hypertension d. Respiratory Failure

Question 10 Which asana is base asana for curing Asthma?

- a. Sukhasana b. Chakrasana c. Matsyasana d. Parvatasana

Question 11 What causes Hypertension?

- a. Excessive insulin secretion b. Smoke c. Food d. All of the above

Question 12 In Uttanpadasana which is the correct pose:

- a. Legs raised in supine position b. Legs raised in prone position
c. Head raised in supine position d. Head and led raised in prone position

Question 13 Which asana is base asana for relaxation and mental repose?

- a. Shavasana b. Chakrasana c. Halasan d. Parvatasana

Question 14 Which of the asana is for relaxation?

- a. Makarasana b. Bhadrasana c. Ardh-Chakrasana d. All of the above

Question 15 In Ardh Chakrasana which is the correct pose:

- a. Back bend in standing position b. Forward bend in standing position
c. Leg raised in sitting position d. Head and led raised in lying position

Question 16 Which asana is base asana is not having back bend?

- a. Tadasana b. Chakrasana c. Bhujangasana d. Ushtrasana

Question 17 Ushtrasana refers to the pose of _____ .

- a. Snake b. Dog c. Cow d. Camel

Question 18 A pregnant lady should not be advised to _____ .

- a. Sukhasana b. Trikonasana c. Halasana d. Urdhava Hastasana

Question 19 To do practice Matsyasna, firstly, the person has to sit in the posture of _____ .

- a. Pashimotanasana b. Vakrasana c. Parvatasana d. Padmasana

Question 20 This asana is also known as "Half Spinal Twist Pose".

- a. Shalbhhasana b. Ardh Matsyendrasana
c. Dhanurasana d. Bhujangasana

Question 21 which one of the following asana is not a remedial asana for treating obesity? (AI 2020)

- a. Halasana b. Ustrasana c. Sukhasana d. Tadasana

Question 22 which one of the following asanas is not performed in standing position?

- a. Tadasana b. Ardhchakrasana c. Sukhasana d. Katichakrasana

Question 23 Which asana is like a "plough"?

- a. Vajrasana b. Trikonasana c. Bhujangasana d. Halasana

Question 24 Which one of the following asanas is performed in sitting position?

- a. Chakrasana b. Sukhasana c. Bhujangasana d. Tadasana

Question 25 What should be the normal blood pressure of an adult?

- a. 110/70 mm Hg b. 140/90 mm Hg c. 120/80 mm Hg d. 140/95 mm Hg

Question 26 In which type of lifestyle diseases our airways become blocked or narrowed causing difficulty in breathing?

- a. Obesity b. Asthma c. Diabetes d. Back Pain

Question 27 The other name of Bhujangasana is:

- a. Eagle pose b. Cobra pose c. Fish pose d. Tree pose

Question 28 The formula to calculate the BMI of an individual is:

- a. $\frac{\text{Weight in kg}}{\text{Height in mete.}}$ b. $\frac{\text{Height in meter}}{\text{Weight in kg}}$ c. $\frac{\text{Height in meter}}{\text{Weight in kg}^2}$ d. $\frac{\text{Weight in kg}}{(\text{Height in m})^2}$

Question 29 According to WHD criteria, the normal BMI of an individual should be

- a. 38.5-22.5 b. 18.5-22.9 c. 18.5-23.9 d. 18.5-24.9

Question 30 Asthma is caused by:

- a. Smoke b. Genetic c. Allergy d. All of the above

Question 31 Which one of the following asanas should be practised for preventing hypertension

- a. Shalabhasana b. Trikonasana c. Chakrasana d. Shavasana

Question 32 In which disease a patient feels difficulty is breathing?

- a. Diabetes b. hypertension c. Asthma d. Obesity

Question 33 Match the following diseases with the related cause:

- | | |
|------------------|--------------------------|
| (1) Diabetes | (a) Excess fats |
| (2) Hypertension | (b) Insulin |
| (3) Asthma | (c) Blood pressure |
| (4) Obesity | (d) Respiratory problems |
- (a) b, c, d, a (b) a, b, c, d (c) d, c, b, a (d) c, d, a, b

Question 34 Which one of the following pranayamas can be performed to reduce the internal heat the body?

- (a) Nodi shodhan (b) Sheetli (c) kapalbhati (d) Anulom vilom

Question 35 Which one of the following asanas is not used for preventing as well as treating obesn

- (a) Halasana (b) Tadasana (c) Ustrasana (d) Ardhamatseyendrasana

Question 36 Which one of the following asanas should be used for preventing and treating hypertension?

- (a) Shavasana (b) Ardha Halasana (c) Vakrasana (d) All of these

Question 37 Which asana is not helpful in maintaining normal blood pressure?

- (a) Shavasana (b) Halasana (c) Shalabhasana (d) Vakrasana

Question 38 Gaumukhasana, Vokrasana and Matsayasana are helpful in curing which disease?

- (a) Diabetes (b) Back pain (c) Obesity (d) Asthma

Question 39 One of the possible causes for obesity could be:

- (a) Heredity (b) Excessive eating (c) Fast metabolism (d) Both (a) & (b)

Question 40 Match the following diseases with the related cause:

- | | |
|-----------------|-------------------------|
| 1. Diabetes | (a) Accumulation of fat |
| 2. Hypertension | (b) Insulin |
| 3 Asthma | (c) Blood pressure |
| 4. Obesity | (d) Respiratory tract |

i- (1)-(d), (2)-(a), (3)-(b), (4)-(c) ii- (1)-(b), (2)-(c), (3)-(d), (4)-(a)

iii- (1)-(a), (2)-(c), (3)-(b), (4)-(d) iv- (1)-(a) (2)-(d), (3)-(b), (4)-(c)

Question 41 Read the following two statements, which are labelled Assertion (A) and Reason (R).

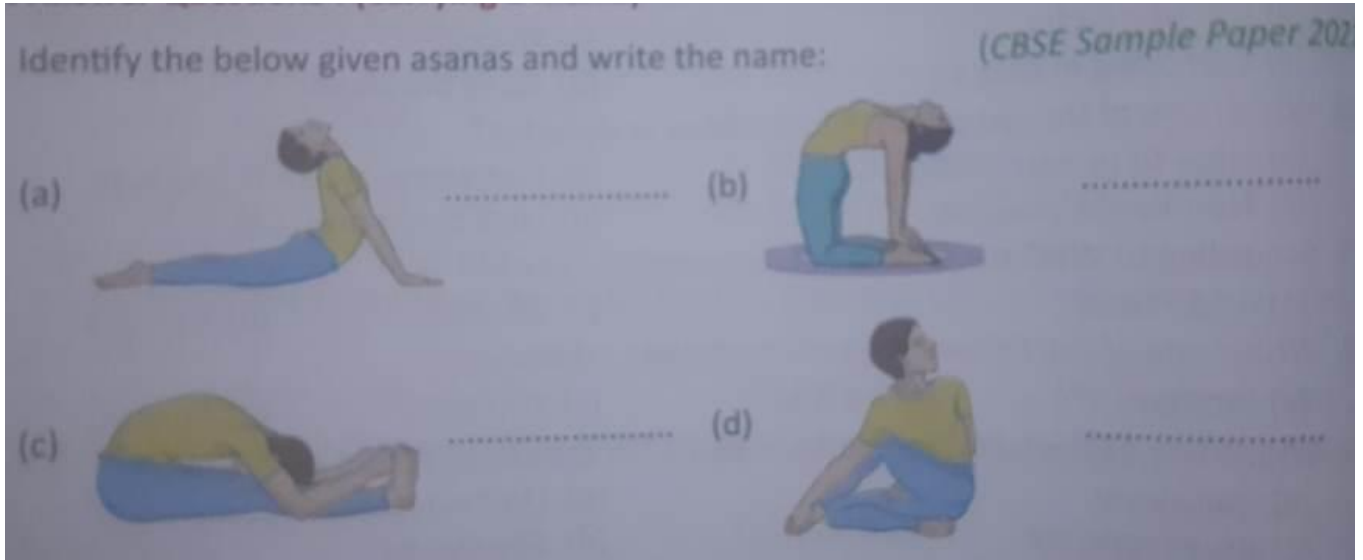
Assertion (A): Obesity and its management should be known to every citizen of India.

Reason (R): Obesity is one of the main causes of heart attack.

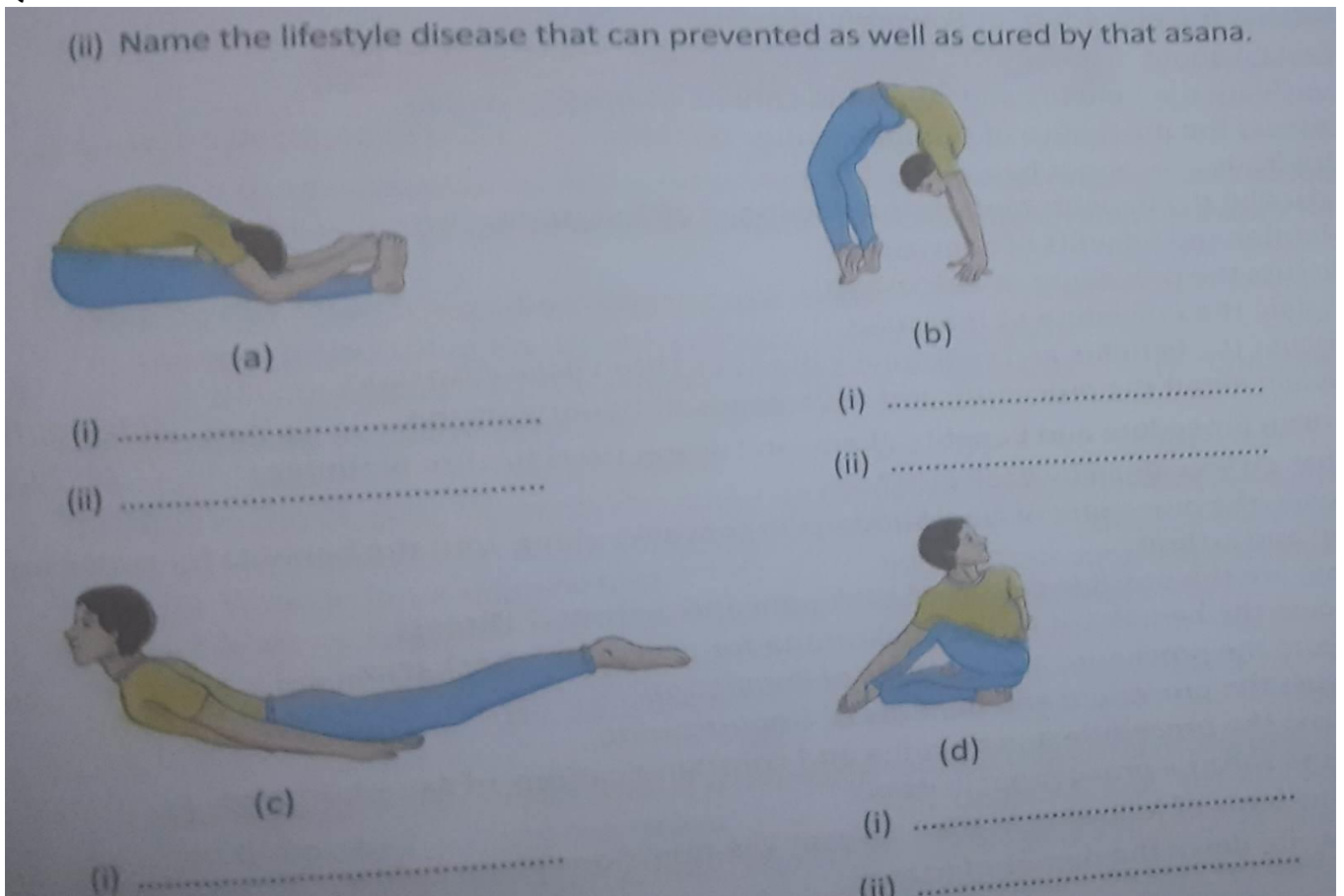
(In the context of above two statements, which one of the following is correct?)

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
 (c) (A) is true, but (R) is false.
 (d) (A) is false, but (R) is true.

Question 42



Question 43



Case-study

Q. 1 Neeti along with her father was regular at District Park in early morning. She realized that most of the children are obese. She along with her few classmates wanted to help those children. She discussed with her

physical education teacher and the Principal of the school. School decided to organize awareness rally for the neighborhood.

- A. Obesity causes
- (a) Underweight
 - (b) Diabetes
 - (c) Back pain
 - (d) Both b & c
- B. Which of the following Asana (posture) is not used for curing obesity.
- (a) Ardhamatsyendrasana
 - (b) Vajrasana
 - (c) Parvatasana
 - (d) Trikonasana
- B. Choose the Asana which is used for curing obesity
- (a) Sukhasana
 - (b) Shavasana
 - (c) Vajrasana
 - (d) Shalabhasana

Q. 2 Raman is a student of class VIII and is suffering from Obesity. During a recent medical check-up at school, he was advised to practice yoga and participate in sports activities for curing it. He consulted the yoga instructor at the school for further guidance.

Based on this case answer the following questions:

- A. The yoga instructor at the school has asked Raman to perform
- (a) Bhujangasana
 - (b) Pawanmuktasana
 - (c) Vajrasana
 - (d) Chakrasana
- B. The BMI index for an Obese person is
- (a) <18.5
 - (b) 18.5-24.9
 - (c) >30
 - (d) >25
- C Due to the Obesity; Raman is also suffering from knock knees for which he is advised to
- (a) Walk on inner edge of foot
 - (b) Walk on outer edge of foot
 - (c) Walk on heels
 - (d) Walk on toes

Q.1.



1. The above pose can be identified as

(a) vajrasana (b) trikonasana (c) Chakrasana (d) padmasana

2. This asana is used to cure

(a) Obesity (b) diabetes (c) Knee pain (d) Asthma

3. Normal Blood pressure in an adult is _____

(a) 120/80mm (b) 140/90mm (c) 80/100mm (d) 100/80mm

4. This asana is contraindicated when a person is suffering with _____

(a) Knee pains (b) gastric problem (c) Sciatica (d) hernia

5. While performing this asana, breathing should be _____

(a) slower (b) faster (c) only inhale (d) only exhale

Q. 4 Mr. Shyam aged 50 years is recommended to practice the below asana as a therapeutic measure. He is a software engineer by occupation and spends a lot of time sitting at one place. He developed certain symptoms like frequent urge for urination, tiredness, excessive weight gain along with being anxious and gets easily irritated.



2. From the shape of the body in the given pose, it can be identified as _____

(a) gomukhasana (b) Bhujangasana (c) tadasana (d) vajrasana

2. Mr. Shyam is diagnosed with _____

(a) Only Diabetes (b) Both Diabetes & Hypertension

(c) Only hypertension (d) Asthma

3. Blood sugar levels are controlled by _____ hormone

(a) Thyroxin (b) Insulin (c) Pituitary (d) progesterone

4. This asana should be avoided by people suffering with _____

(a) Obesity (b) hernia (c) Diabetes (d) Hypertension

5. The disease of lung where airways are blocked or narrowed is _____

(a) Diabetes (b) Asthma (c) Obesity (d) hypertension

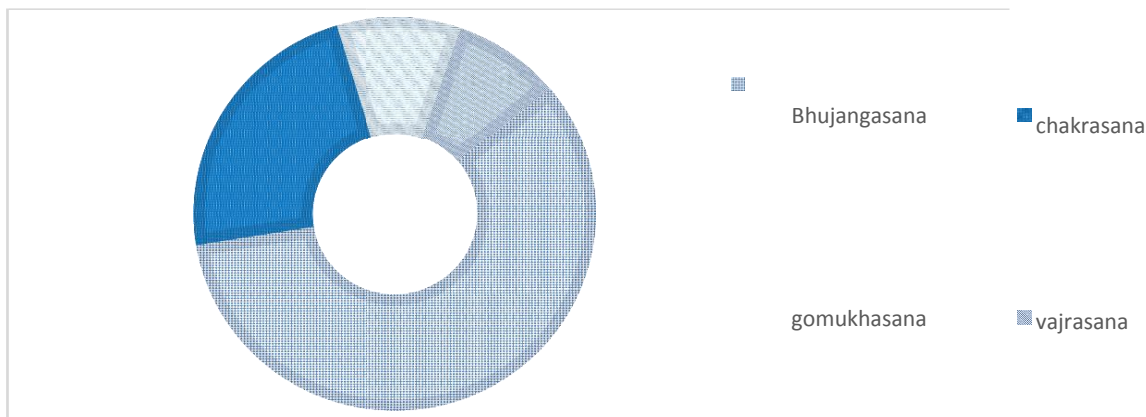
Q. 5 Geetha, the yoga teacher does regular yoga activities in her house with family. It helps to improve her family health. One day her neighbour, Sheela came to her house with her daughter. Sheela's daughter is 14-year-old, but has short height. Geetha advised her to do some asanas regularly to increase her height.

- 1- Which asana can be advised by Geeta?
 (a) Tadasana (b) Bhujangasana (c) Sukhasana (d) Both a & b
- 2- Vajrasana helps to relieve from
 (a) Back pain (b) Constipation (c) Headache (d) Both a & b
- 3- Which asana can be used to cure obesity?
 (a) Pawanmuktasana (b) Matsyasana (c) Shavasana (d) Trikonasana

Q. 6 Ramya's mother was suffering from leg and back pain. She has undergone many treatments, but still, she is suffering from the problem. At last, she decided to meet a yoga instructor and discussed her problem. He prescribed some asanas.

- 1- Which of the following is suitable for her mother's problem?
 (a) Vakrasana (b) Shalabhasana
 (c) Tadasana (d) Ardhamatsyendrasana
- 2- Which of the following asana helps to prevent obesity?
 (a) Vajrasana (b) Chakrasana (c) Sukhasana (d) Matsyasana
- 3- Which among this is a sitting asana?
 (a) Ardhamatsyendrasana (b) Trikonasana
 (c) Ardha Chakrasana (d) Hastasana

Q. 7 Shruti, a yoga instructor at XYZ School conducted a survey on which is the favorite asana of students. She was able to make a pie chart on the basis of the data. On the basis of the following questions, she chart answer



- A. Which is the most famous asana?
- Bhujangasana
 - Chakrasana
 - Gomukhasana
 - Vajrasana
- B. Which amongst these is a lying asana?
- Vajrasana
 - Bhujangasana
 - Chakrasana
 - Gomukhasana
- C. Which amongst these is used to prevent Diabetes?
- Bhujangasana
 - Gomukhasana
 - Chakrasana
 - Vajrasana

Q. 8 Gunjan, a Yoga instructor at XYZ School was consulted by a student of class XI in relation to her over weight. The child wants to do asanas to reduce her weight.

- A. Gunjan has asked the child to practice _____
- Paschimottanasana
 - Gomukhasana
 - Chakrasana
 - Vajrasana
- B. While practicing this asana child should not be suffering from _____
- Joint pain
 - High BP
 - Scurvy
 - Constipation
- C. This asana is _____ asana.
- Standing
 - Relaxative
 - Meditative
 - Lying

Q. 9 It is a fact that blood pressure increases with the advancement of age. In yesteryears, hypertension used to be considered a middle-age problem but nowadays, youngsters also suffer from this problem due to their faulty lifestyles.



- World Hypertension Day is on of each year.
- The normal blood pressure of an adult is considered mmHg.
- The pressure between two heartbeats is called _____ blood pressure.
- pranayama helps to keep the body's temperature down as it's name means to cool the systems.

Very Short Answers/Short Answers/Long Answer Question

1. Mention the BMI ranges to identify a person's obesity level.
2. Mention any four causes of the Low Back Pain.
3. Mention any four allergic related causes of asthma.
4. What do you understand by diabetes disease? What are its types?
5. Discuss the asanas helpful for a person suffering from a hypertension. Write down the procedure and contraindications of Sarala Matsyasana in detail.
6. Differentiate between diastolic and systolic blood pressure. What is the measurement for hypertension as per blood pressure?
7. Describe the procedure, benefits and contraindications for Ardh Chakrasana, Bhujangasana and Uttan Mandukasana.
8. Describe the following asana and pranayama (procedure, benefits): Dhanurasana, Nadi Shodhan Pranayama.
9. What do you mean by diabetes? Write the procedure benefits & contraindications of any one asana for diabetes.

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