

DELHI PUBLIC SCHOOL, JAMMU
SESSION 2021-22
ASSIGNMENT- Month (AUGUST)

CLASS : XII

SUBJECT : PHYSICAL EDUCATION

CHAPTER : 3: YOGA & LIFESTYLE

4: PHYSICAL EDUCATION & SPORTS FOR CWSN

TOPIC: YOGA, OCD, ADHD, HYPERTENSION, SPORTS PERSONS, INTELLECTUAL .

Based on your understanding of the E-Lectures-cum-PPT's, video link and other e- resources shared with you, answer the following questions.

Fill in the blanks:

1. Uncontrollable repetitive thoughts is a symptom of _____.
2. Pancreas organ helps in produce _____.
3. OCD stands for _____.
4. Blurry vision is a symptom of _____.
5. ADHD is the most commonly diagnosed mental disorder of _____.

Answer the following:

1. What are the causes of hypertension?
2. What do you mean by yoga? Outline the importance of yoga.
3. How is yoga beneficial for sports persons? Explain.
4. What do you mean by intellectual disability?
5. Differentiate between 'ADHD' and 'ASD' on the basis of their symptoms (any two)

You-tube link

1. <https://www.youtube.com/watch?v=s4hzZ7nbEMc&t=643s>
2. <https://www.youtube.com/watch?v=0hWTBtQUQxk&t=574s>

Note:

1. Send your answers to your respective subject teacher's email

	Class & Section	Name of Subject Teacher	Email Id
1.	XII A , F & H	Ms. Moninder Kour Bhatia	kourkuljeet769@gmail.com
2.	XII B,C	Mr. Romijeet Singh	rjshootingjmu@gmail.com
3.	XII E, G	Mr. Sandeep Singh	manhassandeep61@gmail.com

2. Students must mention their name, class/section and date in their assignments.
3. Your assignment will be marked for internal /Term assessments. Therefore, it is mandatory for you to submit it on time.