

DELHI PUBLIC SCHOOL, JAMMU
SESSION 2024-25
ASSIGNMENT- Month (May)

CLASS: XI

SUBJECT: PHYSICAL EDUCATION

MM: 15

Topic: Changing Trends & Career in Physical Education

Based on your understanding of the above topic, answer the following questions.

MCQ Based (100% marks for correct answers) (5)

1. . Yoga helps to:
(a) Improve concentration (b) Cleanse respiratory organs
(c) Reduce tension (d) All of the above
2. . Elements of Yoga can be explained in terms of:
(a) Ashtanga Yoga (b) Neti
(c) Yama (d) Kapalabhati
3. Which out of these is not a sport in winter Olympics?
(a) Skiing (b) Speed Skating
(c) Long jump (d) Snowboarding

4.

5. Match List-I with List-II and select the correct answer from the code given below:

List-I	List-II
A. Neti Kriya	(I) includes quick, active exhalation and inhalation
B. Kapalabhati Kriya	(II) breathing technique which involves hissing leading to a cooling effect upon the whole body
C. Sheetkari Pranayama	(III) process of cleaning and purifying the nasal passage
D. Bhastrika Pranayama	(IV) breathing technique for purifying the frontal region of brain

Option	Code	Code	Code	Code
	A	B	C	D
a)	iv	li	I	iii
b)	I	li	lii	iv
c)	lii	lv	li	i
d)	li	I	lv	lii

B. Long answer type Questions. Do any two (5X2)

1. **Write down in details about International Olympic Committee.**
(Hint: explain in detail about the international olympic committee)
2. **Describe the various elements of 'Yama'.**
(Hint: Explain the five elements of yama:- Ahimsa, Satya, Asteya, Bramcharya, Non Coveting)
3. **What do understand by Tratak Kriya? Give its benefits.**
(Hint: mention in detail Tratak Kriya meaning, Techniques and benefits)

Note: Submit your assignment to your respective subject teacher before 25th of May 2024 positively.