

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

CLASS: XI

SUBJECT: PHYSICAL EDUCATION

MM: 10

TOPIC: YOGA & PHYSICAL EDUCATION & SPORTS FOR CWSN

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

MCQ Based (100% marks for correct answers)

1. How many Yamas have been outlined in Ashtang Yoga?
 - a) 4
 - b) 3
 - c) 5
 - a) 6
2. _____ is a very good Kriya to get rid of nasal allergy.
 - a) Vastradhauti
 - b) Dhandadhauti
 - c) Neti
 - d) Kapalbhata
3. World Disability Day is celebrated on:
 - a) 2nd April
 - b) 4th Oct
 - c) 21st June
 - d) 3rd December
4. Which of the following is not a Physical Disability?
 - a) Injury to spinal cord
 - b) Injury neck
 - c) Loss of limbs
 - d) Attention Deficit Disorder
5. In which category would you place a person with intellectual disability if he has a IQ level between 50-55?
 - a) Mild
 - b) Moderate
 - c) Severe
 - d) Profound

Answer the following questions

6. Explain what etiquette should one keep in mind while communicating with a person with special needs?
(Hint: List of at least 10 etiquettes to be followed by one while dealing with CWSN)
7. Discuss the elements of Yoga in details.
(Hint: Explanation of Ashtanga Yoga)

Note: Submit your assignment to your respective subject teacher before 25th of July 2024 positively. Its mandatory to submit the assignment.