

BCM SCHOOL BASANT AVENUE DUGRI LDH
CLASS - XII
PHYSICAL EDUCATION ASSIGNMENT

- Q1. What is Yoga? Write down the importance of yoga.
- Q2. Write down the benefits of Asana for Lifestyle diseases.
- Q3. Explain Asthma. Write down the Asanas which can prevent Asthma.
- Q4. Explain Obesity. What are the causes of Obesity?
- Q5 : Write a short note on :-
- (a) Ardha chakrasana
 - (b) Vajarasana