

B. C. M. School
Basant Avenue Dugri Ludhiana
XI Physical Education

- Q1. What do you mean by Adaptive physical Education?
- Q2. Briefly discuss about Paralympic Games?
- Q3. Write briefly about Deaflympics?
- Q4. Explain in detail about Special Olympic Bharat?
- Q5. Name some organizations that are promoting Adaptive sports?
- Q6. Describe the yogic Kriyas?
- Q7. write a short note on Samadhi?
- Q8. Write a short note on meditation?
- Q9. Explain Pranayama and it's types?
- Q10. Write precautions of Padmasana?