

**BCM SCHOOL**  
**BASANT AVENUE, DUGRI, LUDHIANA**  
**XII (Physical Education Assignment)**  
**Chapter – Yoga & Lifestyle**

• **Answer the following.**

1. Explain the meaning of yoga.
2. Write the importance of asana.
3. What do you mean by Pawanmuktasana? Write about its two benefits.
4. Mention any three asanas to cure or prevent Hypertension.
5. What is BMI? Calculate the BMI of your own body.