

# INTERNATIONAL INDIAN SCHOOL BURAI DAH

## Worksheet for the Academic Year 2023-24

**CLASS: 12**

**SUBJECT; PHYSICAL EDUCATION**

**DATE; 21/08/2023**

**LESSON : CH-3 YOGA AS PREVENTING MEASURES FOR LIFESTYLE DISEASE**

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Q1. The normal blood pressure of an adult is considered ..... mmHg.

Q2. Type 1 and Type 2 are the two types of .....

Q3. Asthma is caused by

- a) Smoke    b) Genetics    c) Allergy    d) All the above

Q4. The other name of Bhujangasana.

Q5. Which one of the following asana is performed in sitting position?

- a) Chakrasana    b) Sukhasana    c) Bhujangasana    d) Tadasana

Q6. What is obesity?

Q7. What do you mean by diabetes?

Q8. Explain about asthma.

Q9. Briefly discuss about hypertension.

Q10. Discuss the procedure, benefits and contraindication of Dhanurasana and Arthamatseyendrasana.

Q11. Explain about any two asanas which are beneficial in preventing as well as curing asthma.

Q12. Write in detail about any two asanas for curing obesity.

Q13. Discuss about any two asanas for preventing as well as curing diabetes.