## Physical Education Class 12 Important Questions Chapter 3 Yoga and Lifestyle

**1 Mark Questions**  
Question 1.  
Define yoga.  
Question 2.  
Briefly write about Asana.  
Question 3.  
Write any two benefits of Vajrasana in obesity.

Question 4.  
Explain the contraindication of Hashana.  
Question 5.  
Discuss the two contraindications of Trikonasana.

Question 6.  
What do you understand by the Ardha Matsyendrasana?  
Question 7.  
Discuss any two benefits of.  
Paschimottasana.

Question 8.  
Write any two benefits of Pawanmuktasana.

Question 9.  
Write any two benefits of the Gomukhasana.

Question 10.  
State two contraindication of Tadasana. :

**3 Marks Questions**  
Question 11.  
Explain Yoga and Asana.  
Question 12.  
State the benefits and contraindications of Bhujangasana in the context of diabetes.

Question 13.  
Explain the procedure of Pawanmuktasana.

Question 14.  
Explain the procedures of Paschimottasana.

Question 15.  
Write detail about the benefits of Hastasana.

Question 16.  
State the contraindication of Gomukhasana and Bhujangasana.

Question 17.  
Discuss the procedure of Tadasana for back pain.

Question 18.  
Explain the benefits and contraindications of Vakrasana.

**5 Marks Questions**  
Question 19.  
Elaborate the benefits of asanas of Sukasana, Tadasana and Shalabhasana.

Question 20  
Explain the contraindications of Trikonasana, Ardha, Matsyendrasana and Bhujangasana.

Question 21.  
What are the procedure of Tadasana, Pawanmuktasana and Ardha Chakrasana?

Question 22.  
Elucidate the benefits and contraindication of Vakrasana and Vajrasana. Benefits of Vakrasana  
(i) Why yoga is important for happy life?  
(ii) How did yoga help to develop our personality?