

8. How can yoga contribute in enhancing physical fitness? (2)
9. Write a short note on the Olympic Flag. (2)
10. Explain the concept of Pranayama. (2)
11. Illustrate the concept of fair play with sports examples (2)
12. Yogic concept considers health as a holistic way and sees the person as a whole. list down the five approaches. (2)
13. Define yogic kriyas. (2)

Section-C

14. The path of yoga is a flight of eight steps. Efficiency in yoga is attained through step by step process. These are also known as eight elements of yoga. They are for the individual to think about and ponder over with a rational mind, because yoga is not about mindlessly accepting externally imposed rules- it is about finding the truth for oneself and connecting with it. On the basis of your knowledge of elements of yoga answer the following questions:-
- a) Which is the first element of yoga? (1\2)
- b) Which is the last element of yoga? (1\2)
- c) The last three limbs of Ashtanga Yoga are the essential stages of meditation; name them. (1\2)
- d) Name the five yamas or code of conduct towards the outside world? (1\2)
- e) What is the meaning of Pranayama? (1)
15. Write a brief note on the origin and conduct of Ancient Olympics.

(OR)

How did the Modern Olympic games originate? (3)

*******ALL THE BEST*******