



BK BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
SENIOR SECONDARY| CO-ED DAY CUM BOYS' RESIDENTIAL SCHOOL

MID-TERM EXAMINATION 2023-24

PHYSICAL EDUCATION (048)

MARKING SCHEME



Class : XI Sci/Com/Hum

Date : 13/10/2023

Admission No:


Duration: 3 Hrs

Max. Marks: 70

Roll No. :

Section-A

Section A consists of Multiple Choice Type questions of 1 mark each

- In which year, the International Olympic Committee was formed? (1)
a. 1886 b. 1890 c. 1892 **d. 1894**
- Given below are the two statements labelled Assertion (A) and Reason (R). (1)
Assertion (A): Now a days, people have become more health conscious.
Reason (R): People want to develop immunity so that they may not fall prey to diseases.
In the context of above two statements, which one of the following is correct?
a. **Both (A) and (R) are true and (R) is the correct explanation of (A).**
b. Both (A) and (R) are true, but (R) is not the correct explanation of (A).
c. (A) is true, but (R) is false.
d. (A) is false, but (R) is true.
- Dhyana is a process of complete constancy of _____. (1)
a. **Mind** b. Soul c. Limbs d. Heart
- Name the category of disability which can be difficult for others to recognize/acknowledge. (1)
a. Physical Disabilities **b. Hidden Disabilities**
c. Cognitive Disabilities d. Intellectual Disabilities
- Identify the corrective asana in the image given. (1)

a. Tadasana b. Balasana **c. Trikonasana** d. Dhanurasana
- Which one of the following components is not included in Khelo India Programme? (1)
a. Playfield development
b. Talent search and development
c. Sports for women
d. To organize Cricket Competitions
- ABC Public School celebrated World Disability Day in his school and organized a quiz competition; there was a question that when is World Disability Day celebrated? (1)
Select the right answer from the options given below _____.
a. 2nd April b. 21st June c. 29th August **d. 3rd December**
- What is the other name of sudhi kriyas? (1)
a. Asanas **b. Shatkarmas** c. Trataka d. Kapalbhati

9. Suppose you are appointed as D.P.E in a school on the basis of your qualification as D.P.Ed, which one of the following classes you can teach? (1)
- a. I to V b. VI to VIII **c. I to VIII** d. I to X

10. _____ connect to students with special needs to ensure they have support services. (1)
- a. **Counsellors**
 b. Special Educators
 c. Physiotherapists
 d. Occupational Therapist

11. Occupational therapists are also known as _____ (1)
- a. Physical Education Teacher
 b. Special Educators
c. Counsellor
 d. Physiotherapists

12. Match List-I with List-II and select the correct answer from the code given below: (1)

(p)	Flexibility	(i)	Rhythm ability
(q)	Speed	(ii)	Percentage of lean body mass
(r)	Body composition	(iii)	To perform movements of same pattern at a faster rate
(s)	Coordinative ability	(iv)	Range of movements of joints

Codes:

- | | | | | |
|-----------|-----------|------------|-----------|----------|
| | (p) | (q) | (r) | (s) |
| a. | i | ii | iii | iv |
| b. | ii | i | iv | iii |
| c. | iv | iii | i | ii |
| d. | iv | iii | ii | i |

13. What is the meaning of 'Fortius'? (1)
- a. Faster b. Bigger c. Higher **d. Stronger**

14. What is the aim of physical education? (1)
- a. Physical Development
 b. Mental Development
c. Wholesome Development
 d. Social Development

15. How many colors are there in Olympic flag? (1)
- a. 4 **b. 5** c. 6 d. 7

16. When an athlete performs pull ups what type of strength is required? (1)
- a. Explosive Strength
b. Dynamic Strength
 c. Static Strength
 d. None of these

17. Identify the following: (1)



- a. Nauli b. Neti` c. Basti **d. Dhouti**

18. Which is the component of wellness in the following? (1)
- Nutritional wellness
 - Physical wellness
 - Social wellness
 - All of the above**

Section-B

Section B consists of 6 questions of 2 marks each

19. Discuss about Olympic Symbol. (2)
- Ans: There are five Olympic rings which are also referred to as the Olympic symbols. These rings are interlocked. The colors blue, black and red are at the top and the yellow and green are at the bottom. They are interlinked to symbolize the universality of Olympism. At least one of these five colors (or the white background color) appears on the flag of every competing nation.
- The rings represent five regions (continents) of the world involved in the Olympic Games: Europe, Asia, Africa, America, Australia.
20. How to perform Pavanmuktasana explain the procedure? (2)
- Ans: This asana is performed in the lying posture. Lie flat on the back and keep the legs straight then take deep breaths. Inhale slowly and lift the legs, then bend the knees and bring them upwards to the chest until the thighs touch the stomach. Hug the knees, lock the fingers and place the nose tip between the knees. Exhale slowly and come back to the original position.
21. What is the role of special educators in any institution? (2)
- Ans: A special educator or education teacher often has students with varying learning, mental, physical and emotional abilities.
- ❖ They may assist students with special needs in the areas of physical skills, learning through play, communication, improving social and emotional skills.
 - ❖ Special educators' main responsibility is to assess their students cognitive abilities.
 - ❖ They also create and apply curricula and activities to meet the requirements of students with special needs.
22. Mention the two objectives of physical education. (2)
- Ans: Two Objectives of physical education are:
- Physical Development:**
- Proper growth and development.
 - Proper functioning of various systems of the body.
 - Development of skills through better neuromuscular coordination.
- Emotional Development:**
- Development of healthy interests and attitudes.
 - Satisfaction and channelizing of emotions.
 - Removing worry, tension, etc., through participation in sports.
23. Mention the components of wellness. (2)
- Ans: There are many components of wellness:
- Emotional Wellness
 - Environmental Wellness
 - Financial Wellness
 - Intellectual Wellness
 - Occupational Wellness
 - Physical Wellness
 - Social Wellness
 - Spiritual Wellness

24. Identify the below given images of symbols/logos of various games and write their names: (2)

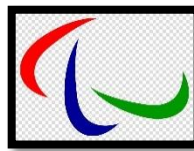
Ans:



a.



b.



c.



d.

- Olympic Symbol
- Asian Games
- Paralympic Games
- Special Olympics

Section-C

Section C consists of 6 questions of 3 marks each

25. Define measurement in physical education. (3)

Ans: Meaning of Measurement: Measurement is the use of tests and techniques to collect information or data about a specific skill or fitness level of an individual. For Example: there are various tests, such as Millers, Wall-Volley Test, Johnsons, Basketball Ability test, AAPHERD, Physical Best and Fitness Gram, etc. The following definitions can help us to understand the meaning of measurement.

26. Elaborate the objectives of Olympic Game. (3)

Ans: The objectives of the Olympic Games are:

- To promote global unity and sporting spirit.
- To develop the spirit of patriotism and brotherhood in the players.
- To pay attention towards physical education and games in all countries.
- To develop the personality, character, and health among the youths.

27. On the basis of the image answer the given question: (3)



- Congenital** Disability is occurred from birth.
- In **hearing** disability individual had a problem in hearing.
- Carpel palsy is an example of **congenital**.

28. What is flexibility? Discuss the various types of flexibility in brief. (3)

Ans: Flexibility is a necessary component for physical fitness. Flexibility is the range of movements of joints. An individual, who has proper Flexibility, can perform his/her work very easily. Such people seem to be attractive. Usually, they tend to have good personality. Flexibility is not only a significant factor in sports but also equally significant for an individual in his/her daily life.

Flexibility is of two types, which are as follows:

- Passive Flexibility:** It is the ability to perform movement with greater range using external help. For example, doing a stretching movement with the help of a partner. This flexibility is generally dependent on the anatomy of the joint and extensibility of the muscles and ligaments.

- b. **Active Flexibility:** It is the ability to perform movement with greater range without using external help, i.e. with the help of muscular force. For example, stretching with the help of muscular force alone.

It can be further divided into two categories:

- **Static Flexibility:** It is usually required by a sportsperson when he remains in a static position. For example, while driving, lying, sitting etc.
- **Dynamic Flexibility:** It is needed for carrying out movements over greater distances when an individual is in motion.

29. Explain Dhouti and Basti in detail.

(3)

Ans: **Dhouti:** The Kriya or shatkarma, which is done for purifying and cleaning the stomach, is called dhouti kriya. The word 'Dhouti' is originated from Sanskrit word. Dhout means to wash or clean. **There are following types of dhouti kriya:**

- a. Vaman Dhouti or Kunjal
- b. Vastra Dhouti
- c. Danda Dhouti
- d. Varisar Dhouti or Shankha prakshalana

a. **Vaman Dhouti or Kunjal:**

- ❖ Vaman dhouti is also called as gajkarni. It is called gajkarni because gaj, i.e., elephant drinks the water through its trunk and after that vomits easily.

Vaman dhouti is also called jal dhouti.

In this kriya, an individual drinks the water and fills the stomach completely.

Then he vomits it by which the food pipe along with stomach is thoroughly cleansed by the water.

In this process, kapha, pitta and other waste products are excreted.

Method:

- Take a glass of lukewarm water from the jug and start to drink it.
- Continue to drink the water until it feels that the stomach cannot hold any more or you desire to vomit.
- If you do not desire to vomit even after filling up your stomach completely, touch your small tongue by inserting your index finger and middle finger of your right hand and press your stomach with left hand.
- Before doing so bend forward approximately up to 90°.
- The water will start coming out in the form of vomiting. You should try to bring out the water continuously by touching both the fingers on small tongue.
- At the end, drink one more glass of lukewarm water and vomit it by following the above mentioned process.
- By doing so the stomach and food pipe become clean properly.

Benefits:

1. The stomach and the food pipe are cleansed properly.
2. All the waste products of stomach are excreted.
3. Body becomes agile and an individual feels light and fresh.
4. Hyper acidity and excess phlegm (mucus produced by the respiratory system) are controlled.
5. Vaman dhouti helps in various diseases, such as heart diseases, disorder of gas, phlegm disorder, bile disorder, constipation, asthma, jaundice, skin disease.

Basti:

The process of excreting the waste products of the body through the rectum by cleansing the intestine is called basti kriya.

Method:

- ❖ Stand up in clean water up to the level of navel. It is better to stand up in flowing river water.
- ❖ Place your hands on your knees by bending slightly forward.
- ❖ Expand the muscles of your anus and simultaneously perform Uddiyan Bandh.
- ❖ Perform nauli kriya in such a way that the water is drawn up into the bowels.
- ❖ After some time, expel the water through the anal passage.
- ❖ To perform this process easily, a small rubber tube may be inserted into the anus.

Benefits:

- ❖ It cleans the part of large intestine.
- ❖ The accumulated stool is excreted completely.
- ❖ It removes constipation.
- ❖ Mind remains fresh.
- ❖ It makes the body light and active.

30. Write down a brief note on 'Khelo India' Programme. (3)

Ans: To accomplish the above objectives, Khelo India programme has been divided into 12 verticals, namely:

1. State Level Khelo India Centres
2. Annual Sports Competitions
3. Talent Search and Development
4. Utilization and Upgradation of Sports
5. Support to National/Regional/State Sports Academics
6. Physical Fitness of School Children
7. Sports for Women
8. Promotion of Sports amongst People with Disabilities
9. Sports for Peace and Development
10. Promotion of Rural and Indigenous/Tribal Games
11. Community Coaching Development
12. Play Field Development

1. State Level Khelo India Centres:

At present 3865 Athletes (Boys-2465, Girls-1400) are being covered at 67 SAI Training Centres (STCs), including erstwhile Special Area Games (SAG) centres are funded under State Level Khelo India Centre (SLKIC) vertical of Khelo India Scheme.

2. Annual Sports Competitions:

Khelo India will be the basic platform to showcase sporting skills and accordingly become a platform for talent spotting and providing development pathways for gifted and talented children to achieve excellence. The Central Government will organize National level competitions, i.e., Khelo India National School Games and Khelo India National University Game.

3. Talent Search And Development:

Under this scheme players from 16 priority sports are selected at various levels of participation. For selection of talented players, a High-Powered Committee is constituted by SAI.

All selected players under this scheme are given the chance to join SAI, National Sports Academies or other top academies in the country along with annual financial assistance of Rs. 5 Lakhs for 8 years based on their performance.

4. Utilization And Upgradation Of Sports:

Majority of the schools, colleges and even Universities in the country lack proper playgrounds as well as sporting infrastructure. Efforts will be made to utilize the existing available sports infrastructure all over the country especially those under the control of Central Government/State Governments.

5. Support To National/Regional/State Sports Academics:

Throughout the nation, sports academies both public and private are identified for need-based support. Financial aid is also provided to the identified academies for their operation and maintenance.

6. Physical Fitness Of School Children:

Under Khelo India the component of physical fitness of school going children is given due emphasis. National Level Physical Fitness parameters will be developed for each region. An assessment kit which is easy to administer will be provided to each school to evaluate physical fitness of all students.

7. Sports For Women:

All the components of the Khelo India Scheme are gender neutral and afford equal opportunities to women for participating in sporting activities and development of sports. In addition, this vertical is especially devoted to holding annual national competitions for women.

8. Promotion Of Sports Amongst People With Disabilities:

Financial assistance will be provided to States/UTs and SAI for creation of specialist sports infrastructure for persons with special needs. Funds provided under this head will also be used for classification of players, equipment, training and preparation of teams for Paralympic Games and disciplines and competitions

9. Sports For Peace And Development:

Under this vertical the Government of India provides a special package to J&K for enhancing sports facilities in the State. To ensure optimal utilization of the infrastructure, soft support in terms of coaches, equipment, consumables, technical support, competition etc.

10. Promotion Of Rural And Indigenous/Tribal Games:

In order to showcase and encourage children and youth to take up rural and indigenous/tribal games, annual competitions are organized under the Khelo India Scheme.

11. Community Coaching Development:

In this vertical, community coaches will be provided and coaching infrastructure developed across the country, based on a cascading model. From among the pool of existing Physical Education Teachers (PETs), about 2000 will be identified and will be trained as master trainers each year.

12. Play Field Development:

One-time funding of up to 50 Lakhs will be provided to States/UTs for developing, managing, equipping and maintaining playing field and sports infrastructure development and open spaces for public use by the Ministry of Youth Affairs and Sports, Government of India.

(Any 03)

Section-D

Section D consists of 3 case based questions of 4 marks each

31. Rahul is a class 11 student who is passionate about physical education. He wants to pursue a career in the field but is unsure about the changing trends. He approaches you for guidance. How would you explain the changing trends in physical education and the potential career opportunities available? (4)



- a. Integrates of **Integration of technology in fitness activities** the following represents a changing trend in physical education.
- b. **Physical Education Teacher** is a potential career opportunity in physical education.
- c. To provide **appropriate support and accommodations** is important for physical education teachers to have an understanding of various disabilities.
- d. They are also responsible for coaching different **games** and sports.
32. The World Health Organization (WHO) published the International Classification of Functioning, Disability and Health. The ICF provides a standard language for classifying body function and structure, activity, participation levels, and conditions in the world around us that influence health. This description helps to assess the health, functioning, activities, and factors in the environment that either help or create barriers for people to fully participate in society. (4)



On the basis of the given image, fill the given blanks:

- a. Intellectual disability is also known as **cognitive** disability.
- b. **Physical** Disability is related to the functioning of the body.
- c. In Intellectual disability the IQ level of an individual is **70 or below**.
- d. Sleep disorders are also considered as **Physical Disability**.

OR

Down syndrome is an example of **cognitive disability**.

33. Kriya Yoga is also a process of physical detox that rejuvenates the internal organs and purifies the blood. This serves to free up the life force within the body. It is an effective technique that works directly with the source of growth - the spiritual energy deep in our spines. (4)



On the basis of the given image, fill the given blanks:

- Puraka refers to **inhalation**.
- Kumbhaka is further classified into **two** parts.
- Jal Neti helps to purify and clean the **nasal passage**.
- Kapabhati is comes under the **yogickriyas or satkriyas**.

OR

Basti is the technique of washing and toning the large intestine.

Section-E

Section E consists of 4 questions of 5 marks each

34. Describe the organisational step-up of the International Olympic Committee. (5)

Ans: **International Olympic Committee:**

- The International Olympic Committee (IOC) is the governing body of the modern Olympic Games. It is committed to support and promote participation in sports throughout the world.
 - The International Olympic Committee (IOC) has its headquarters in Lausanne, Switzerland.
 - It was created by Pierre Baron de Coubertin on 23rd June, 1894.
 - Greek Demitrios Vikelas was its first president.
 - Its membership consists of 105 active members and 32 honorary members.
- The IOC organizes the modern Olympic Games held in summer and winter, every four years.
 - The first Summer Olympic Games by the International Committee were held in Athens, Greece, in 1896.
 - The first Winter Olympic Games were held in Chamonix, France, in 1922.
 - Until 1992, both summer and Winter Olympic Games were held in the same year. After that the IOC changed the Winter Olympic Games to the even years between summer games, to help space the planning of the two events two years apart from one another.
 - Since 2010, the IOC has started to organize the summer and winter Youth Olympics. The first Summer Youth Olympics were held in Singapore in 2010, whereas the first Winter Youth Olympics were held in Innsbruck in 2012.

PRESIDENT:

The president of the IOC is elected by its members. The president is elected for a term of eight years. After the expiry of his term, he/she can be re-elected. The current IOC president is Thomas Bach.

VICE-PRESIDENTS

In the IOC, four vice-presidents are elected. These officials are also elected by members of the committee. They are elected for a term of four years. They can be reappointed if members of the committee desire so.

EXECUTIVE BOARD

The IOC Executive Board consists of the president, four vice-presidents and ten other members. All the members of the IOC Executive Board are elected by the IOC session (all the members of IOC from various countries) in a secret ballot, by a majority of vote cast. The IOC executive board assumes the general overall responsibility for the administration of the IOC and the management of its affairs.

Main Functions of the IOC:

- ❖ The place where the Olympics will be organized is decided by this committee. The right to decide the days on which the games will be held also rests with this committee.
- ❖ For conducting the competition and general programmes for the Olympics, fundamental rules and regulations are set up by this committee.
- ❖ It also encourages and supports the promotion of ethics in sports as well as education of youth through sports.
- ❖ It also ensures the regular conduct of the Olympic Games.
- ❖ It takes action in order to strengthen the unity and to protect the independence of the Olympic movement.
- ❖ It also acts against any form of discrimination affecting the Olympic movement.
- ❖ It encourages and supports the promotion of women in sports at all levels.
- ❖ It leads the fight against doping in sports.
- ❖ It encourages the development of sports for all.
- ❖ It opposes any political or commercial abuse of sports and athletes.

National Olympic Committees (NOCs):

- ❖ A National Olympic Committee (NOC) is a national constituent of the worldwide Olympic movement.
- ❖ There are 206 National Olympic Committees in the world. Out of these 193 belong to member states of the United Nations. There are also 10 dependent territories with recognized NOCs.
- ❖ All the National Olympic Committees are recognized by the International Olympic Committee.
- ❖ The IOC organizes summer Olympic Games and winter Olympic Games in which all the IOC-recognized NOCs can participate.
- ❖ Each continent also organizes its own championships for their members.

Functions of (NOCs):

- ❖ The NOCs carry out different functions in their respective countries for the development of Sports at all levels
- ❖ These Committees are also responsible for sending a delegation of athletes to the Olympic Games and in Youth Olympic Games.
- ❖ These committees send their officials for Olympic Games.
- ❖ These committees make their efforts to stop doping in sports.
- ❖ They encourage and support initiatives to blend sports with culture and education.
- ❖ They adopt and implement world Anti-Doping code.
- ❖ They take action against any form of discrimination and violence in sports.

International Sports Federations (IFS):

- ❖ The International Federations of Sports have the responsibility and duty of managing and monitoring the everyday running of the world's various sports disciplines.
- ❖ Each International Federation governs its sports at world level and ensures its promotion and development.
- ❖ These federations are non-governmental organizations recognized by the International Olympic Committee.
- ❖ There are various IFS such as International Association of Athletic Federations (IAAF), Federation de Football Internationale (FIFA), Federation de Basketball Amateur (FIBA) AND FIVB.

- They must have an anti-doping policy.
- They must stage regular world and continental championships.
- They must be committed to youth development.
- They must have robust and independent governance structures.
- They must assume the responsibility for the control and direction of their sports at the Olympic Games.

The Organizing Committees for the Olympic Games (OCOGs):

- ❖ The Organizing Committees for the Olympic Games are responsible for the practical Organization of the Games.
 - ❖ Their task is really enormous.
 - ❖ From the moment when the city is selected to host the Games, there are only seven years left to put in place all the necessary arrangements.
 - ❖ Based on the proposed plans, the Organizing Committee must create or update the competition venues, stadiums, training halls and Olympic village.
 - ❖ It must also provide all the organizational infrastructure necessary for the smooth running of the Games.
- To perform these jobs efficiently, the OCOGs work closely with the IFS.
 - It also has to put in place efficient transport system and medical services for everyone, from athletes to spectators.
 - It's another mission is to create a cultural programme, concerts, plays, ballets and exhibitions during the Olympic Games.
 - An Olympic flag of larger dimension must fly for the entire duration of Olympic Games in the main stadium.
 - The main task of the OCOG is to compile the official report of the Games.

35. What do you mean by disability? Discuss the types of disability. (5)

Ans: Disability limits and restricts the activities of a person and obstructs in the normal functions such as physical movements. It is an impairment that may be developmental, intellectual, mental physical, etc.

There are three types of disabilities:

a. Cognitive Disability: This refers to a neurological disorder that creates hindrance or obstruction for an individual to store, process and produce information. This ability can affect an individual's capability to read, speak, write and compute.

SYMPTOMS:

- **Memory Disorder:** An individual with cognitive disability may have memory disorder because of which he/she can have difficulty to remembering things they heard, saw or said to others sometime earlier.
- **Hyperactivity:** An individual with cognitive disability may not have attention for a long period. He/she finds it difficult to stay at one place.
- **Dyslexia:** An individual with cognitive disability may exhibit dyslexia. It means that he/she may have difficulty in writing, reading, speaking, etc.

b. Intellectual Disability: It is a disability characterized by significant limitations in intellectual functioning and in adaptive behavior. This is different from cognitive because cognitive is a broad concept while it is a disability that is specific in nature. It begins before the age of 18.

SYMPTOMS:

- An individual may have limitations in their thought process, communication, learning, problem solving and judgment.
- An individual might have social disabilities such as behavior, emotions and thinking that are related to the psychiatric disability.

- c. **Physical Disability:** Physical disability is related to the physical functioning of the body parts including the sense organs.

SYMPTOMS:

- It limits the physical functioning, movement, dexterity or stamina of an individual.
- It includes upper or lower limb loss, poor manual dexterity, hearing loss, disability in coordination with different organs of the body.
- Respiratory disorders, epilepsy, blindness and sleep disorders, which limits other facets of daily life.

36. Write down the importance of traditional games. (5)

Ans: Regional and traditional sports have always been important for the development of the individual and society. These games and sports gave a sense of belongingness and achievement to the people and are important for their physical and mental health. The importance of these games lies in the following areas:

- a. **Physical Aspect:** We all have heard the saying “Survival of the fittest”. From ancient times, there was always the need to be for t=being physically fit, whether it was because of the harsh climatic conditions, the need to search for food or the ability to fight against an opponent. These traditional games always gave humans the needed edge and made them physically fit to face any adversity.
- b. **Social Aspect:** Man is a social animal and has a constant need for companionship. Many games and sports were invented to give a general sense of purpose to thje individual, whereas some games were designed to promote social interaction and peer interaction. These games help kids from a very young age to enhance their social skills and help them form relationships.
- c. **Psychological Aspect:** Our ancestors understood very early on that physical activity is the path improving and fulfilling the psychological needs of an individual. Now we have data from many studies that show that physical activity is good fr enhancing self-confidence, self-esteem, motivation, personality and leadership skills. Traditional games gave a platform to human beings to showcase their talent and get that recognition from their peers and society which most individuals’ desire.
- d. **Emotional Aspect:** Emotional health is very important for any individual to sustain a healthy life. They can transfer the knowledge that they acquire by participating in traditional and regional games into their life. Being emotionally strong means that an individual can keep his nerves under control or stay focussed in very harsh conditions or situations.

37. What do you mean by Sutra Neti? Discuss its method, precautions and benefits. (5)

Ans: **Sutra Neti:** Sutra neti is made up of cotton thread. Its length is approximately 4.5cms. It is of varied breadth. In the beginning the thin neti should be used. Both the ends of neti should be wrapped but there should not be any wrap in the rest of the neti.

Essential articles: A sutra neti and a pot of lukewarm water.

Prior stage: Sit in kagasana

Method:

- Soften the sutra neti by drowning it properly in lukewarm water.
- Make one of the ends of sutra neti like an arch.
- Hold this end of the neti and try to insert it in the nostril in which breathing process is better.
- Continue the process of inserting neti slow and steadily until you feel the end of neti on the upper part of tongue. In the beginning it may be a tough job for you. You may sneeze too.
- Insert the middle finger and index finger into the mouth and hold that end of neti.

- After that pull the neti outward from the mouth then hold each end of the neti with different hands and pull it very gently and slowly backward and forward.
- The waste products of the nostril or nasal passage will also come out.
- After that put the sutra neti in lukewarm water and repeat the above mentioned process with the opposite nostril.
- After completing this process from both the nostrils, jal neti should be performed.
- Later Ghritt or Dugdha neti should be performed.

Precautions:

1. Sutra neti should be performed under the guidance of a yoga teacher in the preliminary stage.
2. In the beginning the thin sutra neti should be used or a rubber neti should be used.
3. No doubt, there is a problem while performing sutra neti for the first time so the practitioner should have enough patience. If one does not succeed on the first day, he should put his efforts again on the next day.
4. The breadth of sutra neti should be increased slowly.
5. Before using sutra neti, it should be sterilized definitely. So it should definitely be put at least in the boiled water.
6. After completing this process from both the nostrils, jal neti should be performed.
7. Later Ghritt or Dugdha neti should be performed.

Benefits:

1. It removes mucus (kapha) and other waste products accumulated in the nasal passages.
2. Generally, it also normalizes the outgrowth of bone of the nose.
3. It allows the air to flow properly without any obstruction. Oxygen starts reaching in enough amount into the lungs which helps in purification of blood.
4. The smelling power is also increased.
5. Enhances the sight of eyes.
6. The use of sutra neti is beneficial in cough, bad cold, etc.

*******All the Best*******