



WORKSHEET 01

STD: - XI

Sub: - Physical Education (048)

	Multiple Choice Question
1	Which one of the following is an elements of yoga? A) Parmatma B) Meditation C) Samadhi D) Neti
2	Which one of the following is not an example of yama? A) Truthfulness B) Non stealing C) Santosh D) Aparigraha
3	What do you mean by pratyahara? A) Process of self-control B) Concentration of mind B) Process of breathing D) Process of complete constancy of mind
4	Who develop eight elements of yoga in yogsutra? A) Patanjali B) Agam C) Swami Vivekanada D) Maharshi ved vyas
5	Who quoted "Checking the impulses of mind is yoga"? A) Agam B) Swami sampurnanada C) Patanjali D) Swami Vivekananda
6	Which programme has been introduced to revive the sports culture in India? A) Fit India B) Khelo India C) SAI D) IOA
7	In which year Khelo india programme was launched? A) 2015-16 B) 2016-17 C) 2017-18 D) 2018-19
8	Where will be the 2024 Olympic games were held? A) Paris B) Tokyo C) Athens D) Sydney
9	Who classifies social efficiency as an Objective of physical education? A) Leslie B) Hetherington C) Clarke D) Bookwalter
10	Who stopped ancient Olympic games? A) Hercules B) Theodosius C) Koronos D) Oenomaus
11	Who is the father of modern olympic games? A) Coubertin B) Didon C) Samaranch D) Thomas Bach
12	Where is the headquarter of international olympic committee? A) Switzerland B) Germany C) Bonn D) Paris
13	Who is the father of yoga? A) Agam B) Swami Vivekanand C) Baba Ramdev D) Patanjali
14	How many elements present in yogsutra? A) 6 B) 7 C) 8 D) 9
15	What do you mean by dharna? A) Process of self control B) Concentration of mind C) Process of breathing D) Process of complete constancy of mind