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WORKSHEET 02

STD: - XI

Sub: - Physical Education (048)

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	Write the answer of following questions.
1	Write about Olympic Flag.
2	Explain the procedure of Trataka shudhi kriya.
3	Write a note on Indian Olympic Association (IOA).
4	Explain all administration of fit India program test.
5	Explain importance of yoga.
6	Elaborate the objectives of physical education.
7	Who is the father of yoga? Explain “Yama” as elements of yoga.
8	Elaborate Khelo India programed in detail
9	Write in brief about International Olympic Committee (IOC).
10	Discuss the teaching careers in physical education.
11	Discuss the careers in communication media.
12	What is the pranayama? Discuss sheetali pranayama procedure and its benefits.