

Date:-August 12, 2020

MCQs of Chapter 3  
Class 12 Yoga & Lifestyle  
Physical Education

Q.13. \_\_\_\_\_ or the wheel pose, is called so because when the pose is assumed, it resembles a wheel.

(a) Chakrasana (b) Sukhasana

Q.14. \_\_\_\_\_ derives its name from Sanskrit words 'go' meaning cow, 'mukh' meaning face and 'asana' meaning pose.

(a) Gomukhasana (b) Chakrasana

Q.15. \_\_\_\_\_ or the mountain pose is a part of the sun salutation sequence.

(a) Pravatasana (b) Ardh Chakrasana

Q.16. \_\_\_\_\_ or the fish pose is one of the beginner's yoga poses.

(a) Matsyasana (b) Tadasana

Q.17. \_\_\_\_\_ or blood pressure is the pressure exerted on the walls of the arteries due to the blood flowing through them.

(a) Hypertension (b) Obesity

Q.18. \_\_\_\_\_ is also known as the mountain pose or palm tree pose.

(a) Tadasana (b) Shavasana

Q.20. \_\_\_\_\_ is derived from the Sanskrit word ardha meaning half, chakra meaning wheel and asana meaning pose.

(a) Ardh Chakrasana (b) Chakrasana

Q.21. \_\_\_\_\_ is also known as the corpse pose.

(a) Shavasana (b) Salabhasana

Q.22. \_\_\_\_\_ is a common problem in people of all age groups today, be it a child or an adult, male or female.

(a) Back pain (b) knee Pain

Q.23. \_\_\_\_\_ is the twisted pose.

(a) Vakrasana (b) Salabhasana

Q.24. \_\_\_\_\_ derives its name from the Sanskrit word 'salabh' which means grasshopper.

(a) Salabhasana (b) Sukhasana

Q.1. According to \_\_\_\_\_, "To sit in a comfortable position or posture for a long period is called asana."

- (a) Brahmopanishad (b) Patanjali

Q.2. \_\_\_\_\_ is defined as excessive accumulation of body fat.

- (a) Obesity (b) Thinness

Q.3. \_\_\_\_\_ is also called the diamond pose.

- (a) Vajrasana (b) Bhujangasana

Q.4. \_\_\_\_\_ is also called the upward salute or the upward hands pose.

- (a) Hastasana (b) Sukhasana

Q.5. \_\_\_\_\_ is also called the triangle pose.

- (a) Trikonasana (b) Bhujngasana

Q.6. \_\_\_\_\_ is also called the half lord of the fishes pose.

- (a) Ardh Matsyendrasana (b) Sukhasana

Q.7. \_\_\_\_\_ is a disease which is characterized by the presence of excessive sugar level in the blood stream.

- (a) Diabetes (b) Obesity

Q.8. \_\_\_\_\_ is also called the snake or cobra pose.

- (a) Bhujangasana (b) Chakrasana

Q.9. \_\_\_\_\_ is a seated forward bend pose.

- (a) Paschimottasana (b) sukhasana

Q.10. \_\_\_\_\_ is known as the wind or gas relieving pose.

- (a) Pawan muktasana (b) Patanjali

Q.11. \_\_\_\_\_ is a disease which affects the nasal passage and the lungs.

- (a) Asthma (b) diabetes

Q.12. \_\_\_\_\_ is also known as the simple easy or relaxing pose.

- (a) Sukhsana (b) Chakrasana