

Class 11 Physical Education NCERT Solutions

Step-by-step answers for the 2026-27 NCERT Health and Physical Education textbook

Chapter 6: Yoga and its Relevance in the Modern Times

This chapter explains the meaning, history, schools, guidelines and wellness value of yoga. The solutions below answer every assessment item from the NCERT chapter.

Also see for this chapter: [Revision Notes](#)

Assessment

Long Answer Questions

Q 6.1 Write the meaning of yoga and its relevance in day-to-day life.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Write meaning plus relevance. Do not stop after the Sanskrit root.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- It brings harmony between body and mind.
- It supports physical, mental, emotional, social and spiritual growth.
- It reduces stress and helps students handle home, school and playground pressure.
- It builds discipline through regular practice.

Final Answer: Yoga means union, from the Sanskrit root yuj. It joins body, mind and inner awareness. In day-to-day life, yoga improves flexibility, posture, breathing, concentration, emotional balance and self-control.

EXPERT'S SOLUTION : Aarav Mehta, M.P.Ed, University of Delhi

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Yoga means union, from the Sanskrit root yuj. It joins body, mind and inner awareness. In day-to-day life, yoga improves flexibility, posture, breathing, concentration, emotional balance and self-control.

Q 6.2 Write about the history and development of yoga.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Use a timeline style answer for history questions.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- Indus Valley seals show early yogic postures.
- The Vedas and Upanishads refer to yoga and self-realisation.
- The Bhagavad Gita explains Karma, Jnana and Bhakti Yoga.
- Patanjali codified eight limbs of yoga.
- Hatha Yoga texts developed daily health practices.

Final Answer: Yoga is an ancient Indian system linked with the Vedas, Upanishads, epics, Buddhism, Jainism and later Hatha Yoga texts. Patanjali organised it as Ashtanga Yoga, and modern teachers carried it to the public.

EXPERT'S SOLUTION : Ritika Sharma, M.Sc Yoga, LNIPE Gwalior

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Yoga is an ancient Indian system linked with the Vedas, Upanishads, epics, Buddhism, Jainism and later Hatha Yoga texts. Patanjali organised it as Ashtanga Yoga, and modern teachers carried it to the public.

Q 6.3 Mention the guiding principles of yoga.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Divide this answer into before, during and after practice.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- Before practice: keep body, mind and surroundings clean.
- During practice: move slowly with breath awareness.
- Do not strain beyond capacity.
- Consult an expert in chronic illness, cardiac problems, pregnancy or menstruation.
- After practice: bathe or eat only after a suitable gap.

Final Answer: The guiding principles of yoga are cleanliness, empty stomach practice, a calm place, comfortable clothes, slow movement, nasal breathing, regularity, practice within capacity and rest in shavasana after the session.

EXPERT'S SOLUTION : Kavya Nair, M.P.Ed, Kannur University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The guiding principles of yoga are cleanliness, empty stomach practice, a calm place, comfortable clothes, slow movement, nasal breathing, regularity, practice within capacity and rest in shavasana after the session.

Q 6.4 Write the role of asana in wellness.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Asana is not only stretching. Link it with overall wellness.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- They keep joints and muscles active.
- They improve coordination and balance.
- They prepare the body for pranayama and meditation.
- They help students relax after physical or mental stress.

Final Answer: Asanas help wellness by improving posture, flexibility, strength, balance, circulation and relaxation. They also reduce stiffness and support better body awareness.

EXPERT'S SOLUTION : Sahil Verma, M.A. Yoga, Patanjali University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Asanas help wellness by improving posture, flexibility, strength, balance, circulation and relaxation. They also reduce stiffness and support better body awareness.

Q 6.5 Write the role of pranayama in wellness.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Always define pranayama through breath control.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- Puraka means inhalation.
- Rechaka means exhalation.
- Kumbhaka means holding the breath.
- Regular practice helps mental calmness and better control over breathing.

Final Answer: Pranayama is the control and regulation of breath. It supports wellness by improving lung function, calming the nervous system, improving concentration and reducing anxiety.

EXPERT'S SOLUTION : Neha Singh, M.P.Ed, Banaras Hindu University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Pranayama is the control and regulation of breath. It supports wellness by improving lung function, calming the nervous system, improving concentration and reducing anxiety.

Q 6.6 Write the role of shodhana a kriyas in wellness.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

The word shodhana means cleansing, so keep the answer around purification.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- Neti cleans the nasal passage.
- Dhauti cleans the digestive tract.
- Kapalbhathi cleanses the frontal brain region through forceful exhalation.
- Agnisar improves abdominal activity.

Final Answer: Shodhana kriyas are cleansing practices. They help wellness by removing impurities from body passages, improving breathing comfort, supporting digestion and preparing the body for higher yogic practices.

EXPERT'S SOLUTION : *Ishan Rao, M.Sc Sports Science, University of Hyderabad*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Shodhana kriyas are cleansing practices. They help wellness by removing impurities from body passages, improving breathing comfort, supporting digestion and preparing the body for higher yogic practices.

Q 6.7 What is kapalbhati? Write its technique and benefits.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Kapal means skull or forehead. Bhati means shine.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- Sit in a comfortable meditative posture.
- Keep spine, neck and head straight.
- Inhale normally, then exhale forcefully by contracting the abdomen.
- Let inhalation happen naturally after each exhalation.
- Practise slowly and stop if there is discomfort.

Final Answer: Kapalbhathi is a yogic cleansing practice in which exhalation is forceful and inhalation is passive. It clears the respiratory passage, improves abdominal activity and refreshes the mind.

EXPERT'S SOLUTION : Meera Joshi, M.A. Physical Education, Panjab University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Kapalbhathi is a yogic cleansing practice in which exhalation is forceful and inhalation is passive. It clears the respiratory passage, improves abdominal activity and refreshes the mind.

Q 6.8 Explain the concept of puraka, rechaka, and kumbhaka.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Write the three terms in the same order as the question.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- Puraka fills the lungs with air.
- Rechaka releases air from the lungs.
- Kumbhaka holds breath either after inhalation or after exhalation.

- Together, they train control over breathing rhythm.

Final Answer: Puraka is inhalation, rechaka is exhalation and kumbhaka is retention of breath. These three actions form the base of pranayama practice.

EXPERT'S SOLUTION : Dev Malhotra, M.P.Ed, Punjabi University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Puraka is inhalation, rechaka is exhalation and kumbhaka is retention of breath. These three actions form the base of pranayama practice.

Q 6.9 Write the benefits of dhyana.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Dhyana answers should include both mind and body benefits.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

- It gives mental calmness.
- It improves attention and self-awareness.
- It reduces anxiety and restlessness.
- It supports better emotional balance.

Final Answer: Dhyana, or meditation, calms mental activity and activates relaxation responses in the body. It helps control blood pressure, normalise heart rate, reduce anxiety and improve concentration.

EXPERT'S SOLUTION : Ananya Kapoor, M.Sc Yoga Therapy, S-VYASA Bengaluru

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Dhyana, or meditation, calms mental activity and activates relaxation responses in the body. It helps control blood pressure, normalise heart rate, reduce anxiety and improve concentration.

Short Answer Questions

Q 6.10 What is Karma yoga?

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Karma Yoga is the path of action. It teaches a person to perform duty with skill and without attachment to the result.

EXPERT'S SOLUTION : Rohan Batra, M.P.Ed, Amity University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Karma Yoga is the path of action. It teaches a person to perform duty with skill and without attachment to the result.

Q 6.11 What is Jnana yoga?

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Jnana Yoga is the path of knowledge. It uses intellect and discrimination to understand the real self and remove ignorance.

EXPERT'S SOLUTION : Priya Menon, M.A. Yoga, Kerala University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Jnana Yoga is the path of knowledge. It uses intellect and discrimination to understand the real self and remove ignorance.

Q 6.12 What is Raja yoga?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Raja Yoga is the path of psychic control. It trains the mind and is linked with Patanjali's Ashtanga Yoga.

EXPERT'S SOLUTION : Kabir Sethi, M.Sc Sports Coaching, Punjabi University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Raja Yoga is the path of psychic control. It trains the mind and is linked with Patanjali's Ashtanga Yoga.

Q 6.13 Write the types of neti.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: The main types of neti are Jala Neti and Sutra Neti.

EXPERT'S SOLUTION : *Nandini Roy, M.P.Ed, Calcutta University*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The main types of neti are Jala Neti and Sutra Neti.

Q 6.14 Write the name of yogic practices.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Yogic practices include asana, pranayama, shodhana kriyas, bandha, mudra, dharana and dhyana.

EXPERT'S SOLUTION : Aditya Kulkarni, M.A. Physical Education, Pune University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Yogic practices include asana, pranayama, shodhana kriyas, bandha, mudra, dharana and dhyana.

Q 6.15 Write the root word of yoga.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: The root word of yoga is the Sanskrit word yuj, which means to join, yoke or unite.

EXPERT'S SOLUTION : Tanya Gill, M.Sc Yoga, Kurukshetra University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The root word of yoga is the Sanskrit word yuj, which means to join, yoke or unite.

Q 6.16 How many poses are present in surya namaskara?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Surya Namaskara has 12 poses.

EXPERT'S SOLUTION : Harsh Vardhan, M.P.Ed, Lovely Professional University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Surya Namaskara has 12 poses.

Q 6.17 Nath culture is related to which school of yoga?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Nath culture is related to the Hatha Yoga tradition.

EXPERT'S SOLUTION : Sanya Iyer, M.A. Yoga Education, Mumbai University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Nath culture is related to the Hatha Yoga tradition.

Q 6.18 Ashtanga yoga is related to which school of yoga?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Ashtanga Yoga is related to Raja Yoga and Maharishi Patanjali.

EXPERT'S SOLUTION : Vivek Chauhan, M.P.Ed, HNB Garhwal University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Ashtanga Yoga is related to Raja Yoga and Maharishi Patanjali.

Q 6.19 What is Nishkam karma?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Nishkama Karma means action done as duty without personal motive or expectation of result.

EXPERT'S SOLUTION : Aditi Jain, M.Sc Sports Science, Manipal University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Nishkama Karma means action done as duty without personal motive or expectation of result.

Q 6.20 What is Navdabhakti?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Navdabhakti means the nine forms of devotion in Bhakti Yoga: Shravan, Kirtan, Smaran, Padsevan, Archana, Vandana, Dasya, Sakhya and Atmanivedan.

EXPERT'S SOLUTION : Kunal Arora, M.A. Yoga, Gurukul Kangri University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Navdabhakti means the nine forms of devotion in Bhakti Yoga: Shravan, Kirtan, Smaran, Padsevan, Archana, Vandana, Dasya, Sakhya and Atmanivedan.

Q 6.21 What is Vihara?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Vihara means lifestyle or daily living habits, including rest, food routine, recreation and conduct.

EXPERT'S SOLUTION : *Mitali Bose, M.P.Ed, Jadavpur University*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Vihara means lifestyle or daily living habits, including rest, food routine, recreation and conduct.

Q 6.22 Which system is related to pranayama?**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Pranayama is mainly related to the respiratory system and also calms the nervous system.

EXPERT'S SOLUTION : Arjun Nair, M.Sc Exercise Science, Kannur University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Pranayama is mainly related to the respiratory system and also calms the nervous system.

Q 6.23 Name the practice which cleanse our nasal passage.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Short answers need the direct term and one explanation line.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: Neti is the practice that cleanses the nasal passage.

EXPERT'S SOLUTION : Shruti Saxena, M.A. Physical Education, Rajasthan University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: Neti is the practice that cleanses the nasal passage.

Fill in the Blanks

Q 6.24 Vedas have _____ types.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Write only the word or phrase in the blank during exams.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: The correct answer is four.

EXPERT'S SOLUTION : *Nikhil Reddy, M.P.Ed, Osmania University*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The correct answer is four.

Q 6.25 Uddiyana bandha is related to _____ region.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Write only the word or phrase in the blank during exams.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: The correct answer is abdominal.

EXPERT'S SOLUTION : *Pallavi Mishra, M.Sc Yoga Therapy, Patanjali University*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The correct answer is abdominal.

Q 6.26 Jalandhara bandha is related to _____ region.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Write only the word or phrase in the blank during exams.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: The correct answer is throat or neck.

EXPERT'S SOLUTION : Varun Khanna, M.P.Ed, Guru Nanak Dev University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The correct answer is throat or neck.

Q 6.27 In Kapalbhathi, the meaning of kapal is _____.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

Write only the word or phrase in the blank during exams.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: The correct answer is skull or forehead.

EXPERT'S SOLUTION : Rhea Thomas, M.A. Yoga, Christ University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: The correct answer is skull or forehead.

True or False

Q 6.28 Ujjayi is a practice of asana.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

 Revision cue

For true-false items, add one reason while revising.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: False. Ujjayi is a breathing practice linked with pranayama.

EXPERT'S SOLUTION : Mohit Yadav, M.Sc Sports Science, Delhi University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: False. Ujjayi is a breathing practice linked with pranayama.

Q 6.29 Surya Namaskar is a process of 12 asanas.

SOLUTION

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

For true-false items, add one reason while revising.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: True. Surya Namaskar is made of 12 poses.

EXPERT'S SOLUTION : *Simran Kaur, M.P.Ed, Panjab University*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: True. Surya Namaskar is made of 12 poses.

Q 6.30 Agnisar is related to water element of body.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

For true-false items, add one reason while revising.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: False. Agnisar is linked with abdominal activation and the fire element.

EXPERT'S SOLUTION : *Rahul Pillai, M.A. Physical Education, Calicut University*

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: False. Agnisar is linked with abdominal activation and the fire element.

Q 6.31 Jnana Yoga is a path of devotion.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

For true-false items, add one reason while revising.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: False. Jnana Yoga is the path of knowledge. Bhakti Yoga is the path of devotion.

EXPERT'S SOLUTION : Diya Agarwal, M.Sc Yoga, Dev Sanskriti University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: False. Jnana Yoga is the path of knowledge. Bhakti Yoga is the path of devotion.

Q 6.32 Kapalbhati is a pranayama.**SOLUTION**

Concept used. This answer uses the Class 11 Physical Education chapter on yoga and modern life.

Revision cue

For true-false items, add one reason while revising.

Step 1. Read the question and identify the exact yoga concept being asked.

Step 2. Recall the NCERT explanation, then arrange it in clear exam points.

Step 3. Add one line showing how the idea helps health, discipline or daily life.

Final Answer: False in this chapter context. NCERT places Kapalbhati under shodhana kriyas, or cleansing practices.

EXPERT'S SOLUTION : Ojas Deshpande, M.P.Ed, Mumbai University

Teaching angle. A strong Physical Education answer names the term first and then links it with wellness.

Step 1. Start with the definition or direct fact.

Step 2. Add the main points in the same order used in the textbook.

Step 3. Close with the health or lifestyle value of the practice.

This keeps the answer short enough for an exam, but complete enough for full marks.

Final Answer: False in this chapter context. NCERT places Kapalbhati under shodhana kriyas, or cleansing practices.

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Key Takeaways

- Yoga means union and harmony of body, mind and awareness.
- Patanjali, the Vedas, the Upanishads and Hatha Yoga texts shaped yoga traditions.
- Asana, pranayama, shodhana kriya and dhyana support daily wellness.
- Regular and careful practice matters more than forceful practice.

End of Assessment