



JYOTI PUBLIC SCHOOL, DHORKA

Holiday Homework

ASSIGNMENT, (2018-19)

SUB – PHYSICAL EDUCATION.

CLASS – 11th

****Being it is the most Suitable time to develop your knowledge and learn new things to improve your skills*

☆ Project Work:-

⇒ *Prepare a Project file on 'Yoga Education'.*

⇒ *Project sheets should not be exceed more than 15 pages.*

⇒ *Your Project work should be neat, creative, impressive and presentable.*

⇒ *While making your project file , you can use colorful Pictures , Sketches , Pens etc .*

⇒ *All the given details must be included in your file :-*

● *Cover page (School Name ,Topic , Student's Detail)*

● *Content*

● *Acknowledgement*

● *Introduction of Yoga*

● *History*

● *Meaning, Definition of Yoga*

● *Yoga as an Indian Heritage*

● *Meaning of Asana*

● *Types of Asana*

● *Write about any 5 Asanas in detail*

☆ *Method, Posture of Body*

☆ *Advantages*

● *Significance of Yoga in today's world*

● *Conclusion*

● *Bibliography*