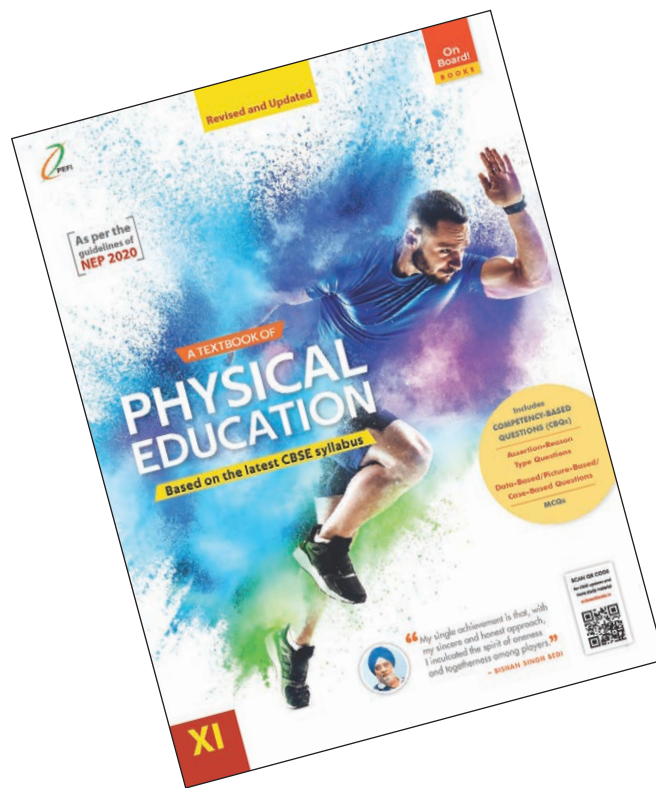


TEACHER'S HANDBOOK

A TEXTBOOK OF PHYSICAL EDUCATION Book 11



An imprint of Ratna Sagar P. Ltd.

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CHAPTER 1
CHANGING TRENDS AND CAREER IN
PHYSICAL EDUCATION

P. 25–30

A. Objective Type/Multiple-Choice Questions

I. Multiple-Choice Questions

1. What is the primary goal of physical education?

- (a) Increase productivity
- (b) Decrease productivity
- (c) Improve academic scores
- (d) Improve professional relationships

Ans. (a) Increase productivity

2. What kind of a system do sports and games rely on and why?

- (a) Two systems for coordination
- (b) Two systems for balance
- (c) Two systems for concentration
- (d) Two systems for endurance

Ans. (a) Two systems for coordination

3. When was the Central Advisory Board of Physical Education established?

- (a) 1947 (b) 1948
- (c) 1950 (d) 1956

Ans. (c) 1950

4. What was the objective of the Coaching Scheme introduced by Rajkumari Amrit Kaur?

- (a) To establish National Institute of Sports
- (b) To encourage Indian youth to participate in games and sports
- (c) To streamline coaching programs in India
- (d) To liaison between Government and National Sports Federations

Ans. (c) To streamline coaching programs in India

5. Which event motivated Indian youth to participate in games and sports at the international level?

- (a) First College of Physical Education
- (b) National Physical Efficiency Drive
- (c) Asian Games
- (d) Sports Talent Search Scheme

Ans. (c) Asian Games

6. What was the purpose of the Rural Sports tournament scheme introduced by the government?

- (a) To promote indigenous physical activities

(b) To evaluate the physical fitness status of peoples in India

(c) To involve rural youth and spot natural talent in different sports

(d) To enhance women participation in sports

Ans. (c) To involve rural youth and spot natural talent in different sports

7. Where Lakshmi Bai National Institute of Physical Education (LNIFE) is situated?

- (a) New Delhi (b) Patiala
- (c) Bhubaneswar (d) Gwalior

Ans. (d) Gwalior

8. Central Government Physical Education Committees was set-up in 1948, which is also known as?

- (a) Tara Chand Committee
- (b) Rajkumari Amrit Kaur Committee
- (c) Tara Prasad Committee
- (d) NIS Committee

Ans. (a) Tara Chand Committee

9. SAI Stands for

- (a) Sports Appointment of India
- (b) Sports Academic of India
- (c) Sports Authority of India
- (d) Sports Accreditation of India

Ans. (c) Sports Authority of India

10. Which of the following tournaments, is played on clay courts?

- (a) Australian Open (b) French Open
- (c) US Open (d) The Wimbledon

Ans. (b) French Open

11. Which of the following career options is associated with physical education?

- (a) Sports marketing
- (b) Sports administration
- (c) Professional sportsperson
- (d) All of these

Ans. (d) All of these

12. For those who have a strong passion for the camera, is a career option.

- (a) Sports journalism
- (b) Sports photography
- (c) Sports broadcasting
- (d) Sports marketing

Ans. (b) Sports photography

13. Which technology is used in the picture given alongside?

- (a) GATE
(b) GPS
(c) Speedometer
(d) VAR



Ans. (d) VAR

14. Khelo-India is an initiative of the

- (a) Government of Delhi
(b) Government of UP
(c) Government of India
(d) Government of Maharashtra

Ans. (c) Government of India

15. Khelo-India would cover most talented and deserving young athletes every year.

- (a) 1000 (b) 2000
(c) 3000 (d) 4000

Ans. (a) 1000

16. Khelo-India strives to promote

- (a) 'Sports for one' as well as 'Sports for all'
(b) 'Sports for all' as well as 'Sports for excellence'
(c) 'Sports for one' as well as 'Sports for many'
(d) 'Sports for development' as well as 'Sports for excellence'

Ans. (b) 'Sports for all' as well as 'Sports for excellence'

17. How much annual scholarship shall each selected athlete receive under the Khelo-India Scheme for eight consecutive years?

- (a) Two lakhs (b) Five lakhs
(c) Three lakhs (d) Eight lakhs

Ans. (b) Five lakhs

18. When was the Fit-India Movement launched?

- (a) 29 August 2013 (b) 29 August 2016
(c) 29 August 2019 (d) 29 August 2021

Ans. (c) 29 August 2019

19. There is a picture given alongside. This is the logo of

- (a) Khelo-India Program.
(b) Fit-India Program.
(c) Khel-India Program.
(d) Fitness India Program.



Ans. (a) Khelo-India Program.

II. Match the following:

List I – Acronym

List II – Full-form

- | | |
|----------|---|
| (a) PU | (1) National Testing Agency |
| (b) SAI | (2) National Council of Teacher Education |
| (c) NCTE | (3) Polyurethane |
| (d) NTA | (4) Sports Authority of India |

Select the correct set of options:

- (a) (i)—(3), (ii)—(4), (iii)—(2), (iv)—(1)
(b) (i)—(2), (ii)—(4), (iii)—(1), (iv)—(3)
(c) (i)—(1), (ii)—(2), (iii)—(3), (iv)—(4)
(d) (i)—(4), (ii)—(3), (iii)—(2), (iv)—(1)

Ans. (a) (i)—(3), (ii)—(4), (iii)—(2), (iv)—(1)

III. Assertion-Reason Type Questions: CBQ

Given below are the two statements labelled Assertion (A) and Reason (R).

A: Sports and games are an integral part of human culture and social interactions.

R: A number of sports events and games are played around the world.

In the context of the two statements given above, which one of the following is correct?

- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans. (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).

IV. Data-Based Questions: CBQ

The following pie-chart depicts the number of people engaged in various career options related to physical education:

The number of people engaged in various career options related to physical education



On the basis of the pie-chart given above, answer the following questions:

- Which is the most popular profession?
 - Being a coach
 - Being an umpire
 - Being a professional player
 - Being a journalist
- Which profession shows minimum engagement?
 - Journalism
 - Coaching
 - Administration
 - Medicine
- A school, college or academy can be a possible place of work for
 - Sports Teachers/Coaches
 - Sports Administrators
 - Sports Doctors/Physicians
 - All of these

Ans. 1. (c) being a professional player;
2. (a) Journalism; 3. (d) All of these

V. Picture-Based Questions:

CBQ

Identify the professions in sports:



Ans. 1. Sports Coaching; 2. Umpiring;
3. Sports Photography; 4. Sports Medicine

VI. Case-Based Questions:

CBQ

- A school did not have sports periods as part of its curriculum.

On the basis of the case given, answer the following questions:

- Which skills will most likely be missing in the students of such a school?
- If the school creates a sports department in future, what sort of employees will it require?
- is an important objective of physical education.
- A and Physical Education Program must be an integral part of school curriculums.

Ans. (a) Teamwork and cooperation

- Sports doctor and Coach
- Economic development
- well-structured; well-implemented

- Look at the following figures and answer these questions.



- What does Figure A depict? Write one of its objectives.
- What does Figure B depict? Write one of its objectives.
- There were initially disciplines under Figure A Program.
- Figure B Program was launched on by the Prime Minister of India.

Ans. (a) Khelo–India Program, Community Coaching Development

- Fit-India Program, To promote fitness as easy, fun and free.
- 16
- 29 August 2019

B. Very Short Answer Type Questions

- Define physical education.

Ans. Physical education is education through physical activities for the development of the total personality of child to its fullness and perfection in body, mind and spirit.

2. What is the primary aim of physical education?

Ans. The primary aim of physical education is to make every child physically, mentally and emotionally fit and also to develop in her/him such personal and social qualities as will help her/him to live happily with others and build him up as a good citizen.

3. When was the National Institute of Sports (NIS) established?

Ans. NIS was established in 1961.

4. What was the objective of the National Fitness Corps?

Ans. The objective of the National Fitness Corps was to make youth physically strong.

5. What was the objective of the Rural Sports tournament scheme?

Ans. The objective of the Rural Sports tournament scheme was to involve rural youth and spot natural talent in different sports.

6. Give a list of career options in physical education.

Ans. Teaching, Coaching, Personal Trainer, Professional sportsperson, Sports officiating and umpiring, Sports administration.

7. What are some diploma courses in physical education that you can take up in India?

Ans. Diploma courses in Physical education are for a duration of two years after class 12 in any stream. Diploma in Aerobics, Yoga Teacher Training, Yoga & Physical Education, Yoga, Physical Education, Special Olympics and Fitness are some courses.

8. What is the duration of a certificate course in physical education in India?

Ans. Certificate courses in physical education in India can be taken for a duration of one year after the student has passed 12th in any stream.

9. Give examples of at least two skills needed to become a coach.

Ans. Communication skills, Empathy, Work ethics, Leadership qualities, Time management abilities.

10. Mention two objectives of Khelo-India Program.

Ans. (i) Play Field Development
(ii) Community Coaching Development

11. How many sports disciplines are covered under Khelo-India Program? Mention any two.

Ans. 25 sports; Athletics and Badminton

12. What is the fitness mantra of Fit-India Program?

Ans. Fit-India Mission encourages people to become part of Fit-India Movement by including at least 30–60 minutes of physical activities in their day-to-day lives.

C. Short Answer Type-I Questions

1. Mention the different categories of the broad objective of physical education.

Ans. The different categories of the broad objective of physical education include organic aspect, neuromuscular aspect, mental aspect, emotional and social aspects of development.

2. What was the purpose of the Central Advisory Board of Physical Education?

Ans. The purpose of the Central Advisory Board of Physical Education was to advise the government regarding physical education issues and introduce Physical Education Subject as Compulsory subject at elementary, middle and senior secondary level.

3. What was the objective of the Coaching Scheme introduced by Rajkumari Amrit Kaur?

Ans. The objective of the Coaching Scheme was to streamline coaching program in India and produce qualified coaches in different games and sports.

4. Mention the three courses for physical education teachers for schools in India recognised by the NCTE.

Ans. (i) Diploma in Physical Education (DPED)
(ii) Bachelor of Physical Education (BPEd)
(iii) Master of Physical Education (MPEd)

5. Write briefly about the coaching career in physical education.

Ans. Refer to pages 19-20 of the book.

6. What are the different kinds of job opportunities available under sports administration?

Ans. Chief Administrator in schools and colleges, Directors of Sports, District Sports Officers, etc.

7. Why do celebrities, models and sportspersons hire a personal trainer?

Ans. Celebrities, models and sportspersons are under constant pressure to appear fit and fabulous under the glare of cameras and the public eye or on the playground. And they often have a strict regime to follow. Almost every celebrity out there has their own personal trainer to help guide them with their training sessions.

8. Mention any two career options in physical education.

Ans. Teaching and personal trainer (Refer P-18-19)

9. What is Hawk-Eye Technology?

Ans. Hawk-Eye System employs six to seven very powerful cameras which are fixed at various positions of the stadium to track and get the clear view of the ball from different angles in games like cricket, football, tennis, etc. This powerful and strong combination ensures that no shot is missed to be tracked by it. It also provides 3-D animation of the path of the ball.

10. Briefly write about any two features of Khelo-India Program.

Ans. (i) The Program aims to promote 20 universities across the country as centres of sporting excellence, which would enable talented sportspersons to pursue both studies as well as sports.

(ii) The Program also aims at creating an active population with healthy lifestyle.

11. Write any two objectives of Fit-India Program.

Ans. (i) To encourage indigenous sports.

(ii) To make fitness reach every school, college/ university, panchayat/village, etc.

12. What is the goal of Fit-India Program?

Ans. The goal of Fit-India is to change people's habits and encourage them to adopt a more physically active lifestyle.

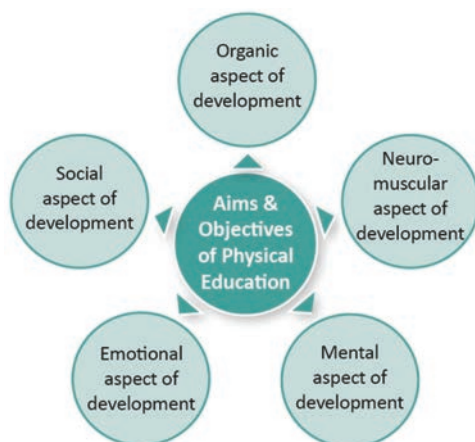
13. What is the fitness pledge of Fit-India Program?

Ans. "I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation."

D. Short Answer Type-II Questions

1. Create a mind map depicting the aims and objectives of physical education.

Ans.



2. Why is physical education important for youth? Give any three reasons.

Ans. Physical education is important for the youth for the following three reasons:

(i) Physical activities like jogging, walking, engaging in various sports help in maintaining correct posture and strengthening of the internal organs and muscles.

(ii) Physical education classes help the youths fruitfully employ their leisure time.

(iii) Many sporting activities function on certain social values like team spirit, fair play, cooperation and respect. These make the youths positive and mature.

3. How is physical education different from academic classroom-based education?

Ans. Physical education activities serve as a good outlet for students' surplus energy, reduce their anxiety and may bring them closer to their peers. Moreover, students get an opportunity to leave the classrooms and textbooks for a while and refresh their body and mind.

4. When and where was the first College of Physical Education established?

Ans. The first College of Physical Education was established in 1957 as Lakshmibai College of Physical Education (LCPE) at Gwalior, Madhya Pradesh.

5. What was the objective of the National Plan of Physical Education and Recreation?

Ans. The objective of the National Plan of Physical Education and Recreation was to promote indigenous physical activities in India.

6. What was the objective of the National Sports championship for women?

Ans. The objective of the National Sports championship for women was to enhance women participation in sports.

7. Write in brief about different wearable gears.

Ans. Sports gears are mostly worn to ensure basic safety related to the game/sport. Sports injury is the only limitation for the players to sustain their sports performance. So, all the respective sports have their minimum requirement of wearing sports gears as laid down in their regulations. Few common sports gears used are: Batting/kiping gloves, pads, helmets/ head gears used in various sports, shin/abdominal guards, caps used in various joints knee caps, etc.

8. What are the basic educational qualifications required for pursuing a serious career in physical education in India?

Ans. After passing class 12th with any stream, a student can pursue various certificate and diploma courses. Apart from these, other courses like degree courses, postgraduate courses and advanced courses are also available.

9. What are the duties involved in teaching physical education?

Ans. Teaching physical education is a science in its own right, entailing a number of duties such as:

- training students in gymnastics, callisthenics and other physical activities
- coaching the students in specific sports
- organising sporting events
- maintaining sports equipment, gymnasiums, fields, pools, etc.

10. Make a table listing the various objectives of Khelo-India Program and Fit-India Program.

Ans. Objectives of Khelo-India Program

- (i) Play Field Development
- (ii) Community Coaching Development
- (iii) State Level Khelo-India Centres
- (iv) Annual Sports Competition
- (v) Talent Search and Development

Objectives of Fit-India Program

- (i) To promote fitness as easy, fun and free.
- (ii) To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- (iii) To encourage indigenous sports.
- (iv) To make fitness reach every school, college/ university, panchayat/village, etc.
- (v) To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

11. What is the Khelo-India Program?

Ans. The Khelo-India is a national Program for the development of sports. It is an initiative of the Government of India to strengthen the sports ecosystem by encouraging mass participation and promotion of excellence. This Program has been introduced to revive the sports culture in India at the grassroot level by building a strong framework for all sports in India. It will provide

a national level platform to the grassroot level talents.

12. Name the schemes that have been merged and revamped as Khelo-India Scheme.

Ans. Being approved by the Union Cabinet, Khelo-India Program has been revamped after the merger of Rajiv Gandhi Khel Abhiyan (RGKA), Urban Sports Infrastructure Scheme (USIS) and National Sports Talent Search Scheme (NSTSS).

13. What are the different objectives of Fit-India Program? Mention any three.

Ans. Refer to Answer of Question 10.

E. Long Answer Type Questions

1. What are the various aspects of development achieved through physical education? Explain in detail.

Ans. The various aspects of development achieved through physical education are given below:

- (i) **Organic aspect of development:** The first step of physical education is to establish physical fitness through regular exercise to strengthen the internal organs and muscles.
- (ii) **Neuromuscular aspect of development:** Neuromuscular aspect of physical education enhances their relationship, in addition to gradually decreasing fatigue and providing mental satisfaction.
- (iii) **Mental aspect of development:** Sports and games require mental alertness and concentration. The players learn how to face tough challenges and find within themselves a sense of self-reliance.
- (iv) **Emotional aspect of development:** Physical education activities serve as a good outlet for teenagers' surplus energy, reduce their anxiety and may bring them closer to their peers.
- (v) **Social aspect of development:** One of the most positive outcomes of physical education is the growth of social skills, although this may not be immediately visible. It is human nature to seek the society of fellow human beings, no matter how well we can act alone.

2. Discuss the various initiatives taken by the Government of India to promote physical education and sports in India after independence.

Ans. After getting independence in 1947, the Government of India took various initiatives

to promote physical education and sports in India. Some of the important initiatives are: establishment of the Central Government Physical Education Committee in 1948, setting up of the Central Advisory Board of Physical Education in 1950, introduction of Physical Education Subject as Compulsory subject at elementary, middle and senior secondary level, preparation of the National Plan of Physical Education and Recreation in 1956 to promote indigenous physical activities, establishment of the National Institute of Sports in 1961 to produce qualified coaches in different games and sports, establishment of the All India Council of Sports in 1954 to liaison between Government and National Sports Federations in order to assist in financial matters, introduction of the Sports Talent Search Scheme in 1970–71 to promote sportspersons of state and National level, and launch of the National Sports championship for women in 1975 to enhance women participation in sports. These initiatives have played a significant role in promoting physical education and sports in India.

3. What are the changing trends in sports in terms of playing surfaces?

Ans. Refer to pages 14-15 of the book.

4. Describe in detail about the changing trends in sports in terms of technological advancements.

Ans. Refer to page 16 of the book.

5. Classify various playing surfaces in sports.

Ans. Refer to page 12, Table 1.1 Different types of playing surfaces for outdoor and indoor sports of the book.

6. Make a table listing out the different courses available in physical education.

Ans. Refer to pages 17-18 of the book.

7. Discuss in detail about any five careers options available in physical education.

Ans. Refer to pages 17-20 of the textbook.

8. Write any five objectives of Khelo-India Program.

Ans. The objectives of Khelo-India Program are as follows:

- (i) Play Field Development
- (ii) Community Coaching Development
- (iii) State Level Khelo-India Centres
- (iv) Annual Sports Competition
- (v) Talent Search and Development

(vi) Utilisation and Creation/Upgradation of Sports Infrastructure

(vii) Support to National/Regional/State Sports Academics

(viii) Physical Fitness of School Children (any five)

9. What are the features of Khelo-India Program? Write about any five.

Ans. Features of Khelo-India Program are given below.

(i) This Program/scheme will be implemented by the Central Government machinery and 100 per cent of the funds will be provided by the central government.

(ii) A Pan Indian Sports Scholarship scheme, which would cover 1,000 most talented and deserving young athletes every year across selected sports disciplines. Initially, there are 16 disciplines. They are: Archery, Athletics, Badminton, Basketball, Boxing, Football, Gymnastics, Hockey, Judo, Kabaddi, Kho-Kho, Shooting, Swimming, Volleyball, Weightlifting and Wrestling.

(iii) Each selected athlete under the scheme shall receive an annual scholarship worth five lakh rupees for eight consecutive years.

(iv) A long-term athlete development pathway would be made available to gifted and talented youngsters to excel in competitive sports and will create a pool of highly competitive athletes who can compete to win at the global platform.

(v) The Program aims to promote 20 universities across the country as hubs of sporting excellence, which would enable talented sportspersons to pursue both studies as well as sports.

(vi) The Program also aims at creating an active population with healthy lifestyle.

(vii) The Program would cover about 20 crore children in the age group of 10–18 under a massive national physical fitness drive, which will not only measure the physical fitness of all children in the age group, but also support their fitness related activities. (any five)

10. What is Fit-India Program? How is it important for rural players of India?

Ans. The Fit India Program is a government initiative launched by the Ministry of Youth Affairs and Sports in India in 2019. The program aims to

encourage people to incorporate physical activity and sports into their daily lives and promote a culture of fitness across the country. The initiative intends to inspire citizens to adopt an active lifestyle by creating awareness about the benefits of regular exercise, a healthy diet, and the importance of mental well-being.

For rural players in India, the Fit-India Program is particularly important as it provides them with access to resources and opportunities that may not have been available to them previously. The program seeks to reach people in every corner of the country and aims to provide them with the necessary infrastructure, equipment, and guidance to promote fitness and sports. It also aims to create awareness about traditional Indian games and encourage their revival, which can have a positive impact on rural players who may have grown up playing these games.

Through the Fit-India Program, rural players can benefit from the various schemes and initiatives that are offered, such as the construction of sports infrastructure, the promotion of indigenous games, the training of coaches, and the provision of financial assistance to individuals and institutions that promote fitness and sports. The program also aims to create a network of community-based fitness programs that can reach people at the grassroots level and help them adopt a healthy lifestyle.

Overall, the Fit-India Program is important for rural players in India as it provides them with opportunities to participate in sports and fitness activities, which can have a positive impact on their physical and mental well-being. Additionally, the program can help in creating a culture of fitness in rural areas and promote the development of sports infrastructure and talent.

11. Make a list of objectives, fitness pledge and fitness mantra of Fit-India Program.

Ans. Objectives of Fit-India Program:

- (i) To promote physical activity and sports in every corner of the country.
- (ii) To create awareness about the benefits of regular exercise, a healthy diet, and the importance of mental well-being.
- (iii) To encourage citizens to adopt an active lifestyle.
- (iv) To provide necessary infrastructure, equipment, and guidance to promote fitness and sports.
- (v) To revive traditional Indian games and promote their importance.
- (vi) To promote the development of sports infrastructure and talent in the country.
- (vii) To create a network of community-based fitness programs that can reach people at the grassroots level.

Fitness Pledge of Fit-India Program:

"I pledge to make fitness an integral part of my daily routine. I will take the stairs instead of the elevator. I will cycle or walk short distances instead of taking a vehicle. I will take up a sport or physical activity that I enjoy. I will encourage my family, friends, and colleagues to join me on this journey towards a fit India."

Fitness Mantra of Fit-India Program:

"Fitness is not just about physical strength, but also mental well-being. It is a way of life that can help us lead a healthier, happier, and more fulfilling life. Let us make fitness a part of our daily routine and inspire others to do the same."

CHAPTER 2
OLYMPISM VALUE EDUCATION

P. 44–48

A. Objective Type/ Multiple-Choice Questions

I. Multiple-Choice Questions

1. Which of the following values are a part of Olympic values?
- (a) Friendship and Solidarity
 - (b) Peace and Equality
 - (c) Fair Play
 - (d) All of these

Ans. (d) All of these

2. Which of the following is the Olympic symbol?



Ans. (d)

3. According to the UNESCO Charter, what is the fundamental right of every human being?
- (a) Access to education
 - (b) Access to healthcare
 - (c) Access to physical education and sport
 - (d) Access to food and water

Ans. (c) Access to physical education and sport

4. Which of the following is not one of the core educational values of the Olympic Values Education?
- (a) Joy of effort
 - (b) Fair play
 - (c) Respect for others
 - (d) Freedom of choice

Ans. (d) Freedom of choice

5. What is the goal of the Olympic Charter?
- (a) To promote peace and respect for others
 - (b) To create a new society in which there is acceptance and respect for people of all races
 - (c) To contribute to building a peaceful and better world through educating youth through sport
 - (d) To provide daily opportunities for children and youth to participate in physical activity

Ans. (c) To contribute to building a peaceful and better world through educating youth through sport

6. What can the concept of fair play lead to?

- (a) The development and reinforcement of similar behaviour in one's everyday life
- (b) The development of bad memories
- (c) The reinforcement of negative attitudes and behaviour towards the community
- (d) The promotion of unethical practices as a way to solve conflicts

Ans. (b) The development and reinforcement of similar behaviour in one's everyday life

7. Where can the ruins of the birthplace of Olympic Games be found?

- (a) Florence, Italy
- (b) Paris, France
- (c) Olympia, Greece
- (d) Berlin, Germany

Ans. (c) Olympia, Greece

8. What was the other name of the Olympic Truce?

- (a) Ekecheiria
- (b) Elecheiria
- (c) Elkcheiria
- (d) Emcheiria

Ans. (a) Ekecheiria

9. When were the first modern Olympics held?

- (a) 1982
- (b) 1882
- (c) 1896
- (d) 1892

Ans. (c) 1896

10. When did women participate in the games for the first time?

- (a) 1900
- (b) 1880
- (c) 1904
- (d) 1888

Ans. (d) 1900

11. Who composed the Olympic Anthem?

- (a) Rabindranath Tagore
- (b) Spiro Samara
- (c) Kostis Palamas
- (d) George Bernard Shaw

Ans. (a) Spiro Samara

12. Which of these sports forms an event at the Winter Olympics?

- (a) Judo
- (b) Luge
- (c) Handball
- (d) Water Polo

Ans. (b) Luge

13. In which country were the first Summer Olympics held?

- (a) France
- (b) USA
- (c) Greece
- (d) Great Britain

Ans. (c) Greece

14. At present, there are NOCs recognised by the IOC.

- (a) 106 (b) 206
(c) 260 (d) 306

Ans. (b) 206

15. There are international federations recognised by the IPC.

- (a) 6 (b) 9
(c) 10 (d) 17

Ans. (d) 17

16. Which of the following are the positions in the IOA board for which the elections are held?

- (a) President and Senior Vice President
(b) Secretary General and Treasurer
(c) One representative elected out of the Athletes Commission
(d) All of these

Ans. (d) All of these

17. In which year was the Indian Olympic Association created?

- (a) 1927 (b) 1947
(c) 1952 (d) 1964

Ans. (a) 1927

18. What is the name of the anti-doping foundation initiated by the International Olympic Committee to promote, coordinate and monitor the fight against drugs in sports?

- (a) International Drug Monitoring Agency (IDMA)
(b) World Anti-Drugs Council (WADC)
(c) International Doping Committee (IDC)
(d) World Anti-Doping Agency (WADA)

Ans. (d) World Anti-Doping Agency (WADA)

II. Match the following:

List I – Olympic Games Venue **List II – Year**

- | | |
|-------------|----------|
| (a) Antwerp | (1) 2000 |
| (b) Sydney | (2) 2012 |
| (c) London | (3) 1896 |
| (d) Athens | (4) 1920 |

Select the correct set of options:

- (a) (i)—(4), (ii)—(1), (iii)—(3), (iv)—(2)
(b) (i)—(2), (ii)—(4), (iii)—(1), (iv)—(3)
(c) (i)—(1), (ii)—(2), (iii)—(3), (iv)—(4)
(d) (i)—(4), (ii)—(3), (iii)—(2), (iv)—(1)

Ans. (a) (i)—(4), (ii)—(1), (iii)—(3), (iv)—(2)

III. Assertion-Reason Type Questions:

CBQ

Given below are the two statements labelled **Assertion (A)** and **Reason (R)**.

A: Olympic Games encourage the adoption of peace.

R: All individual differences are forgotten when participants arrive at the Games, and the event commences with mutual respect and harmony.

In the context of the two statements given above, which one of the following is correct?

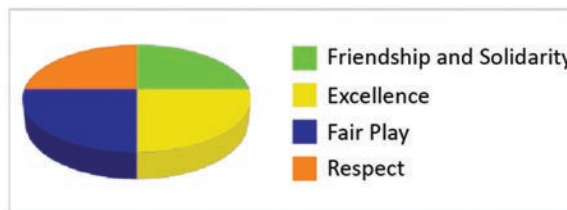
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

IV. Data-Based Questions:

CBQ

Given below is the depiction of equal importance of the values of Olympics:



On the basis of the pie-chart given above, answer the following questions:

- Congratulating the winner despite losing depicts which value?
 - Friendship and Solidarity
 - Respect
 - Excellence
 - Fair Play
- Which of the following values is represented by a dove above the Olympic symbol?
 - Friendship and Solidarity
 - Excellence
 - Respect
 - Fair Play
- Penalising a player for adopting any unfair means to win the games is an example of
 - Friendship and Solidarity

- (b) Respect
- (c) Excellence
- (d) Fair Play

Ans. 1. (c) Equality; 2. (a) Friendship and Solidarity;
3. (d) Fair Play

V. Picture-Based Questions:

CBQ

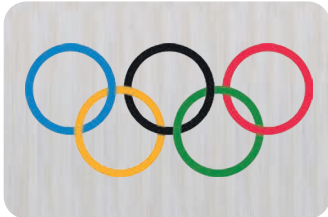
Identify the following pictures related to Olympic Games and write their description:

1.



.....

2.



.....

3.



.....

4.



.....

Ans. 1. Olympic Wreath – Award; 2. Olympic Rings – Symbol; 3. Olympic Torch – Ceremony; 4. Olympic Value – Truce Symbol – Friendship and Solidarity

VI. Case-Based Questions:

CBQ

1. Look at the following figure and answer these questions.



- (a) What do the five rings of the given flag represent?
- (b) The Olympic Flag was first hoisted in
- (c) What does the white background of the flag symbolise?
- (d) The Olympic symbol of five rings was designed by

Ans. (a) The five rings represent the five continents, i.e. Africa, America, Asia, Australia and Europe.
(b) The Olympic flag was first hoisted in 1920 at the Antwerp Games, Belgium.
(c) Peace
(d) Baron de Coubertin (Pierre de Coubertin)

2. The International Olympic Committee consists of President, Vice Presidents and the members of the Executive Board.

On the basis of the case given, answer the following questions:

- (a) The President will be elected for years.
- (b) VPs are elected for a term of four years.
- (c) When is the President eligible for a re-election?
- (d) Where is the IOC based in?

Ans. (a) 8 years
(b) 4
(c) Right after the expiry of his/her term.
(d) Lausanne, Switzerland

B. Very Short Answer Type Questions

1. What is Olympism?

Ans. Olympism is a philosophy of life. The word 'Olympism' refers to the philosophy of the Olympic Games.

2. What is the goal of Olympism?

Ans. The goal of Olympism is to help construct a more peaceful and better world by teaching kids through sport activities, which must be done without prejudice, and inculcating the Olympic spirit, which demands mutual understanding, solidarity and fair play.

3. What are the five educational values incorporated in the Olympic Values Education?

Ans. The five educational values incorporated in the Olympic Values Education are Joy of effort, Fair play, Respect for others, Pursuit of excellence, and Balance between body, will and mind.

4. How can sports help in promoting acceptance and respect for diversity?

Ans. Sports can help in promoting acceptance and respect for diversity by bringing people from different cultures together to work towards a common goal, which fosters understanding and acceptance of cultural differences.

5. When was the first recorded Olympic Games held in ancient Greece?

Ans. The first recorded Olympic Games were held in Greece in 776 BCE.

6. Name the venue of the ancient Olympics.

Ans. The name of the Venue of the ancient Olympic Games was a valley in Elis on the Peloponnese Peninsula.

7. What were the rules of the ancient Olympics?

Ans. The rules of the ancient Olympics were as under:

- Only freeborn Greek males could participate in the Games. However, athletes from the Roman Empire were later allowed to join.
- Slaves and convicts were banned.
- Women were not even allowed to enter the stadiums once they were married.
- Competitors had to stay in Olympia for one month and practice before the commencement of the Games. They also had to take an oath that they were already trained for ten months in their state before coming to Olympia. (*any one*)

8. Write down the oath taken by the participants in the modern Olympics.

Ans. The oath taken by the participants in the modern Olympics is as under: "In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

9. What would you say is the biggest single difference between the ancient and the modern Olympic rules when it comes to participation rules?

Ans. The biggest difference between the ancient and modern Olympic rules when it comes to participation rules is that previously no women whether married or unmarried could participate in Olympic Games and now all females can participate in Olympic Games if they are eligible.

10. Where is the torch of the modern Olympic Games originally lit before it is brought to the host city?

Ans. The torch of the modern Olympic Games, originally lit, before it is brought to the host city, is Olympia Village, Greece.

11. What does Olympic symbol represent?

Ans. Olympic Symbol represents to celebrate the – sporting friendship and cooperation between the people of all the five continents.

12. What is the motto of the modern Olympic Games?

Ans. The new Olympic motto in Latin words – *Citius, Altius, Fortius* – *Communiter* for Faster, Higher, Stronger – Together.

13. What do you understand by *Citius, Altius, Fortius* and *Communiter*?

Ans. The Latin words – *Citius, Altius, Fortius* – *Communiter* mean Faster, Higher, Stronger – Together.

14. In which years were the modern Olympic Games cancelled and why?

Ans. The Olympic Games were cancelled in the year 394 BCE by the Roman Emperor Theodosius as he did not favour "Pagan Practices".

15. Who composed Olympic Anthem?

Ans. Spiro Samara

16. Which are the three primary components of the Olympic Movement?

Ans. The IOC, International Sports Federations (IFs), and National Olympic Committees (NOCs) are the three primary components of the Olympic Movement.

17. Where is the headquarters of International Olympic Committee located?

Ans. The headquarters of International Olympic Committee is located at Lausanne, Switzerland.

C. Short Answer Type-I Questions

1. What is the Olympic oath?

Ans. "In the name of all the competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

2. What are the five educational values under the core Olympic values?

Ans. The five educational values under the core Olympic values are: Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, and Balance between Body, Will and Mind. These values aim to promote personal development and a positive attitude towards sports and life.

3. What is the focus of the modern Olympic Movement?

Ans. The focus of the modern Olympic Movement extends beyond sports, embracing cultures, artistic works, environmental awareness and education.

4. What did Pierre de Coubertin believe about learning?

Ans. Pierre de Coubertin believed that learning happened in the whole body, not just in the mind, and that physical learning took place in both body and mind but could not be done without will.

5. Where and when did the Olympics begin? What was the event and who won?

Ans. The ancient Olympic Games were first held in Olympia, Greece, in 776 BCE. The event was a one-day athletic competition that featured a single foot race, which was won by a cook from the city of Elis named Coroebus.

6. Mention any two rules of the ancient Olympics.

Ans. (i) Only freeborn Greek males could participate in the Games. However, athletes from the Roman Empire were later allowed to join.

(ii) Slaves and convicts were banned.

7. How did the modern Olympic Games begin?

Ans. The modern Olympic Games began in Athens, Greece in 1896, inspired by the ancient Olympics. The idea was proposed by French educator Baron de Coubertin, who believed in promoting international understanding and sportsmanship through athletics.

8. Mention any two rules of modern Olympics.

Ans. (i) They should be the citizen of a participating country by law.

(ii) Previously professionals were not allowed. This was eventually rectified.

9. Excellence is not only on the playground; it is also in the classroom. Comment.

Ans. This statement reflects the Olympic value of the pursuit of excellence, which encourages individuals to strive for their best in all aspects of life, including academics. The value of

excellence is not limited to athletic achievements but extends to personal growth, education and character development.

10. Mention the broad structure of the IOC.

Ans. The International Olympic Committee (IOC) is composed of the President, Vice Presidents, Executive Board, and Session, which is the supreme authority of the IOC. The IOC also includes commissions responsible for various aspects of the Olympic Games and the Olympic Movement.

11. Write any two functions of the IOC.

Ans. (i) To encourage and support the organisation, development and coordination of sports and sports competitions.
(ii) To ensure the regular celebration of the Olympic Games.

12. Why was IOA established?

Ans. To prepare aspiring and skilled sportspersons of the country for participation in the Olympic Games, the Indian Olympic Association (IOA), also known as Bharatiya Olympic Sangh, was established in 1927.

13. Write two main objectives of the IOA.

Ans. (i) To educate the public of the country as to the value of sports.
(ii) To guard and enforce the applicable rules in cooperation with National Sports Federations.

D. Short Answer Type-II Questions

1. What do you mean by Olympic values?

Ans. The Olympic Games are about spreading the spirit of friendship and solidarity among the people from various countries of the world.

2. Create a mind map showing the fundamental principles of Olympism.

Ans. Mind Map



3. What is the purpose of Olympic Movement?

Ans. The purpose of the Olympic Movement is to promote and spread the Olympic values of excellence, friendship, and respect across the world through the celebration of the Olympic Games and other initiatives. It aims to use sport as a means to promote social and cultural exchange and to build a better, more peaceful world.

4. Write about Respect in Olympic values.

Ans. Respect is one of the core Olympic values, promoting fair play and sportsmanship. It calls for mutual understanding and tolerance among individuals of different backgrounds and cultures. Respect extends beyond the playing field to the Olympic Movement's governance, anti-doping efforts, and environmental sustainability initiatives. It aims to create a better world through respect for diversity, integrity and human dignity.

5. How can you justify this statement — 'Respect lies in the heart of Olympism'?

Ans. Respect is one of the fundamental Olympic values that lies at the heart of Olympism. It is the foundation of the Olympic spirit, encouraging individuals to treat each other with fairness and dignity, on and off the playing field. The pursuit of excellence and the joy of effort are built on the foundation of mutual respect, which fosters a sense of belonging and unity among athletes, coaches, officials, and fans, creating a harmonious and peaceful Olympic community.

6. What is the role of sports in promoting respect for diversity?

Ans. Sports provide an opportunity for people from different cultures to come together and work towards a common goal, such as winning a game. Through this experience, individuals can learn to appreciate the worth of all people and cultures, irrespective of race, age, gender, and ability. This acceptance can help to promote peace and respect for diversity.

7. How does pursuit of excellence in sports benefit young people?

Ans. Pursuing excellence in sports can help young people make positive, healthy choices and strive to become the best that they can be in whatever they do. It provides an opportunity for players to make healthy choices in safe social and physical surroundings, while also developing skills and learning to work towards a goal. Additionally, participating in sports can help to build a balanced approach to life, which

includes mental, emotional, and physical well-being.

8. Write a brief note on the ancient Olympics.

Ans. The Olympic began in Ancient Greece thousands of years ago. It is difficult to determine when exactly they did begin. We only know about venue and that venue is – Olympic, a valley in Elis on the Peloponnese Peninsula. The first recorded Olympics were held in 776 BCE. The only event was a single footrace won by a cook named Coroebus.

9. Why did the ancient Olympic Games decline?

Ans. The Olympic Games reached their peak by 400 BCE and began to decline. The Olympic Games were abolished in 394 CE by the Roman Empire Theodossius I, who was Christian and did not favour pagan practice.

10. How were the ancient Olympics a period of peace?

Ans. Olympic Games played a vital role for peace by an agent of friendship and solidarity and encouraged the adoption of peace. The Olympic Games encourage to forget all the individual differences. The event commences with mutual respect and harmony.

11. Make a table to bring out the similarities and differences between the ancient Olympics and the modern Olympics?

Ans. The similarities between the ceremonies of the ancient Olympic and modern Olympics is that:

- (i) A torch is lit;
- (ii) The flag is hoisted. (*Refer to P-33*)

12. What are the objectives of the Olympic Games?

Ans. Baron de Coubertin said of the Olympic Games: "Why did I restore the Olympic Games? To enable and strengthen sports, to ensure their independence and duration and thus to enable them better to fulfil the educational role incumbent upon them in the modern world."

The Objectives of the Olympic Games are thus:

- The development of team spirit, sense of loyalty, and honour not only among sportsperson but also among humanity beyond the realm of sports.
- To promote competitive sports and preserve them for future generations.
- To bring international communities closer and call for peace and harmony by getting rid of divisions of caste, creed, colour, race and religion.

- To highlight the importance of physical education and the positive impact it has on the youth's character and personality development.

13. What do you understand by *Citius, Altius* and *Fortius – Communiter*?

Ans. We understand by these Latin words *Citius, Altius* and *Fortius – Communiter* to celebrate the spiring friendship and cooperation between the people of all the five continents together.

The Olympic motto of three Latin words – *Citius, Altius, Fortius – Communiter* for Faster, Higher, Stronger – Together; is carved under the emblem

14. What is the significance of the design on the Olympic Flag?

Ans. The Olympic Flag was created in 1913 at the suggestion of the Baron de Coubertin. Olympic Flag is made of white silk and contains five interlocking rings / circles in five colours representing five continents of the world viz. America, Europe, Australia, Asia, and Africa.

The five rings have different colours: Yellow, Red, Blue, Green and Black. The Interlocking of rings/circles symbolizes cooperation and friendship between the people of all five continents.

15. Write briefly on Baron de Coubertin and how he helped bring the Olympics back to life.

Ans. Baron de Coubertin, a Parisian, is considered the pioneer for injecting the life into the Olympics. He found the games as an agent to work for international peace. He called a meeting of various countries in 1893. The countries included the Greece, Italy and Spain. In the meeting he talked about his endeavour. Then he called the second meeting on 16 June 1894 in Paris. In this meeting 75 representatives of 13 countries participated and resolved that; "Sports competition should be held every four years on the line of the Greek Olympic Games and every nation should be invited to participate." The first modern Olympic was organized in 1896. Athens hosted it and nine countries competed.

16. Write in brief about International Olympic Committee (IOC).

Ans. The International Olympic Committee is an international, non-profit, non-governmental organization and the governing authority of the modern Olympic Games. It is based in Lausanne, Switzerland.

The IOC was founded by Pierre de Coubertin on 23 June, 1894 with Demetrio Vikelas as its first President. Its membership consists of 105 active members and 32 honorary members. It organizes the summer and winter Olympic Games every four years. The structure of the IOC may be represented as under:

President: Elected by members for a term of eight years. She/he can be re-elected after the expiry of the term.

The Vice Presidents: Four VPs are elected by the members for a term of four years. They can also be re-elected after the term finishes.

Executive Board: It consists of the President, VPs, and ten other members elected by an IOC session through secret ballot with a simple majority declaring the chosen members. This Board is responsible for the administration of the IOC.

17. Write a note on Indian Olympic Association.

Ans. The Indian Olympic Association also known as Bhartiya Olympic Sangh was established in 1927 by Sir Dorabji Tata and A.G. Noehren as President and General Secretary. The former resigned in 1928 and the post was taken up by Maharaja Bhupinder Singh. It is a non-profit and non-governmental organization. It has its headquarters located at New Delhi. The official year of the IOA lasts from 1 April to 31 March. With the approval of the General Assembly the members consist of National Sports Federation whose sports are included in the Programs of the Olympic Games or the Commonwealth Games or Asian Games. To appoint:

- President
- Senior Vice Presidents
- Eight Vice Presidents
- Secretary General
- Treasurer
- Six Joint Secretaries
- Ten Executive Council members
- One representative elected out of the Athletes Commission, elections are held once every four years.

One male and one female athlete who have participated in the Olympic Games and fulfil the eligibility criteria of the guide lines; State and Union Territories Olympic Association; Service Sports Control Board, and the National Federation of Kho-Kho.

E. Long Answer Type Questions

1. What role do the Olympic Values Education play in the holistic development of individuals?

Ans. The Olympic Values Education is based on the Olympic philosophy that learning takes place through the balanced development of body and mind. The core values, including Joy of effort, Fair play, Respect for others, Pursuit of excellence, and Balance between body, will and mind, are aimed at promoting the holistic development of individuals. These values promote physical fitness, emotional well-being, and intellectual growth, and help individuals to make positive, healthy choices in their lives. The pursuit of excellence encourages individuals to strive to become the best that they can be in whatever they do, while respect for others fosters understanding and acceptance of diversity. Fair play helps individuals to develop positive attitudes and behaviour, while the balance between body, will, and mind promotes a healthy and balanced approach to life. Overall, the Olympic Values Education plays an important role in promoting the holistic development of individuals, and can help to create a peaceful and better world through educating youth through sport.

2. Discuss the ancient Olympic Games.

Ans. The Olympic Games began in Ancient Greece thousands of years ago. When exactly the Olympics began is not known, but the venue is known where the Olympics were held and it is at Olympia, a valley in Elis on the Peloponnese

Peninsula. The first recorded Olympics were held in 776 BCE. The only event was a single footrace, won by a cook named Coroebus.

With the passage of time other events like: the hoplitodrome, chariot races, pentathlon consisting of five events like: Jumping, Javelin, Sprint, Discuss, Wrestling and Pankration of boxing and wrestling where a player could be declared or lay unconscious in the arena, were eventually added. The Olympic Games were actually just one of four ancient PanHellenic Games held at two or four year intervals, but they were more prestigious than the other three – the Pythian, Nemean and Isthmian Games.

3. Write an essay on the modern Olympics.

Ans. The modern Olympics, which began in 1896, are a global sporting event that bring together athletes from around the world to compete in various sports. Inspired by the ancient Olympics, the modern Olympics are held every four years

and showcase the highest levels of athletic achievement.

The modern Olympics have grown to become more than just a sporting event. They promote international understanding, friendship, and fair play. The Olympic values of excellence, respect, and friendship serve as a guide for athletes, coaches, and fans to foster a culture of sportsmanship and mutual respect.

In addition to the Summer Olympics, the Winter Olympics were introduced in 1924, featuring cold-weather sports such as skiing and ice skating. The Paralympic Games, which began in 1960, provide an opportunity for athletes with disabilities to showcase their abilities in a competitive setting.

Overall, the modern Olympics have become a symbol of unity and peace, showcasing the power of sport to bring people together from all corners of the world.

4. Write short notes on

- (a) the Olympic ceremony.
- (b) Olympic values.

Ans. (a) **The Olympic ceremony:** Olympic ceremony begins with the burning of the torch in Olympic village, Greece. This torch is then brought to the host city. The participants of each country conduct a march past, with the Greek troupe taking the lead and athletes from the host country take up the rear. An assortment of culture and entertainment Program is shown in the stadium, after which the Olympic Flag is hoisted and the flame lit by torch. The leader of the host city then declares the commencement of the Games.

The Olympic Games are closed with an assembly of all participants. They gather at the Stadium as a group.

Three flags are then hoisted. First, the Greek flag to the tune of the Greek national anthem; Second the host country's flag with its national anthem and third, the flag of the country hosting the next games, to the tune of its national anthem.

The president of the IOC expresses words of gratitude to the organizers and the participants and formally closes the games.

The Olympic flag is handed over to the mayor of the city, who keeps it safe till the next Games. The flame is finally extinguished.

(b) Olympic values: The Olympic Games are about spreading the spirit of friendship and solidarity among the people from various countries of the world. It is not only the players but also nations come together to participate in these games, leaving aside whatever political or any other differences they might have. Its endorsement of peace is reflected in its Olympic Truce Movement and in its logo: a dove drawn above the Olympic Symbol, therefore, IOC does not need to send out spondophoroi.

5. Enumerate the main functions of the IOC.

Ans. The main functions of IOC are:

- To encourage and support the promotions of ethics in sports as well as education of youth through sports and to dedicate its efforts to ensure that, in sports the spirit of fair play prevails and violence is banned.
- To encourage and support the organization, development and coordination of sports and sports competitions.
- To ensure the regular celebration of the Olympic Games.
- To cooperate with competent public or private organizations and authorities in the endeavour to place sports at the service of humanity and thereby to promote peace.
- To take action in order to strengthen the unity and to protect the independence of the Olympic Movement.

6. Write in detail about the objectives of the IOA.

Ans. The main objectives of the IOA are as under:

- Development and promotion of the Olympic movement.
- Promotion and encouragement of the physical, moral and cultural education of the young people of the nation so that their character can be developed.
- Provision of the Olympic Charter, the Olympic movement, the World Anti-Doping Code and to abide by the decisions of the International Olympic Committee.
- To enforce and defend the exclusive right of the IOC and Association to the use of the Olympic properties to the Olympic Charter.
- To certify the eligibility of competitors from India for such international competitions that require such certificates.

- To act as the channel of communication between National Sports Federation and the Government of India for financial or other assistance to the Federation.
- To have full and complete jurisdiction over all matters pertaining to the designation of the city in relation to hosting the Olympic Games in India.
- To resist in the realm of sports all pressure of any kind whether of a political, legal, racial, religious or economic.

7. Make a table to show the differences between IOC and IOA.

Ans. The differences between IOC and IOA can be enumerated as under:

	International Olympic Committee (IOC)		Indian Olympic Association (IOA)
a.	IOC is an international organization.	a.	It is a National organization.
b.	It is based in Lausanne, Switzerland.	b.	It was established in 1927.
c.	It was founded by Pierre de Coubertin.	c.	It is known as Bhartiya Olympic Sangh also.
d.	It was founded on 23 June, 1894.	d.	Its first president was Sir Dorabji Tata.
e.	Its first President was Demetrios Vikelas.	e.	Its headquarters are located in New Delhi.
f.	It organizes the youth Olympic Games.	f.	The official year of the IOA is 1 April to 31 March.
g.	It is made up of IFSSs and 15 representatives of the NOCs.	g.	It has to take the approval of the General Assembly which is fixing its members from different sports organizations.
h.	It has the President, 4 VPs, and an executive consisting of the President, VPs, and ten other members elected by an IOC session through secret ballot with a simple majority declaring the chosen members.	h.	It consists of one President, Senior VP, 8 VPs, Secretary General, 6 Joint Secretaries, 10 Executive Council members, one representative elected out of the Athletes.
i.	The board is responsible for the administration of the IOC.		

CHAPTER 3

YOGA

P. 59–64

A. Objective Type/ Multiple-Choice Questions

I. Multiple-Choice Questions

1. On which date is the International Yoga Day celebrated every year?

- (a) 15 August (b) 21 June
(c) 26 January (d) 21 July

Ans. (b) 21 June

2. How many limbs of yoga are there?

- (a) 5 (b) 7
(c) 8 (d) 13

Ans. (c) 8

3. Which of the following is not a meditative asana?

- (a) Vajrasana (b) Padmasana
(c) Shavasana (d) Gomukhasana

Ans. (c) Shavasana

4. Which famous yogic book was written by Maharishi Patanjali?

- (a) *Yoga Sutra* (b) *Yoga Manjari*
(c) *Ashtanga Yoga* (d) *Samaveda*

Ans. (a) *Yoga Sutra*

5. The origin of yoga can be traced back to

- (a) post-Vedic Indian traditions – around fourth and fifth centuries BCE
(b) pre-Vedic Indian traditions – around fourth and fifth centuries BCE
(c) post-Vedic Indian traditions – around sixth and fifth centuries BCE
(d) pre-Vedic Indian traditions – around sixth and fifth centuries BCE

Ans. (d) pre-Vedic Indian traditions – around sixth and fifth centuries BCE

6. What is the goal of yoga?

- (a) To help us utilise the mind and body to achieve an awareness of ourselves as a unit.
(b) To help us utilise the breath and body to achieve an awareness of ourselves as a unit.
(c) To help us utilise the breath and mind to achieve an awareness of ourselves as a unit.
(d) To help us utilise the mind and physique to

achieve an awareness of ourselves as a unit.

Ans. (b) To help us utilise the breath and body to achieve an awareness of ourselves as a unit.

7. Asanas refers to while Pranayama refers to

- (a) physical exercises; breathing exercises and control of breath
(b) body postures; breathing exercises and control of prana (internal energy)
(c) body movements; mind exercises and control of brain
(d) control of the senses; union with the divine

Ans. (b) body postures; breathing exercises and control of prana (internal energy)

8. What is the difference between Dhyana and Samadhi?

- (a) Dhyana is devotion, meditation on the divine will, whereas, samadhi is union with the divine.
(b) Dhyana is union with the divine, whereas, samadhi is devotion, meditation on the divine will.
(c) Dhyana is concentration and cultivating inner perceptual awareness, whereas, samadhi is union with the divine.
(d) Dhyana is union with the divine, whereas, samadhi is concentration and cultivating inner perceptual awareness.

Ans. (a) Dhyana is devotion, meditation on the divine will, whereas, samadhi is union with the divine.

9. What is pratyahara?

- (a) Profound contemplation without distraction
(b) The sixth limb of Ashtanga Yoga
(c) The highest limb in Ashtanga Yoga
(d) Gaining mastery over external sensory pleasures

Ans. (d) Gaining mastery over external sensory pleasures

10. This is the initial step of deep concentration or Samadhi.

- (a) Pratyahara
(b) Dhyana
(c) Dharana
(d) Samadhi

Ans. (c) Dharana

11. This means deep thinking without distraction.

- (a) Dhyana (b) Pratyahara
(c) Samadhi (d) Dharana

Ans. (a) Dhyana

12. This is the highest limb in *Ashtanga Yoga*—in which a person experiences oneness with the universe.

- (a) Pratyahara (b) Samadhi
(c) Dharana (d) Dhyana

Ans. (b) Samadhi

13. How many yogic kriyas are there?

- (a) Six (b) Five
(c) Four (d) Seven

Ans. (a) Six

14. This kriya helps in nasal cleansing.

- (a) Vasti (b) Neti
(c) Nauli (d) Dhauti

Ans. (b) Neti

15. This kriya leads to the radiance of the head.

- (a) Kapalbhata (b) Trataka
(c) Vasti (d) Neti

Ans. (a) Kapalbhata

16. This kriya improves the power of concentration and cures poor vision.

- (a) Vasti (b) Nauli
(c) Neti (d) Trataka

Ans. (d) Trataka

17. This kriya cleanses the large intestine.

- (a) Vasti (b) Kapalbhata
(c) Dhauti (d) Neti

Ans. (a) Vasti

18. The figure shows



- (a) Suryabhedhi pranayama
(b) Sheetkari pranayama
(c) Bhramari pranayama
(d) Sheetli pranayama

Ans. (c) Bhramari pranayama

19. What is stress according to medical science?

- (a) A specific response of the body to nonspecific demands
(b) A mental illness
(c) A physical ailment
(d) A result of external factors

Ans. (a) A specific response of the body to nonspecific demands

20. What does Yoga consider as a holistic way of health?

- (a) Only physical well-being
(b) Only mental well-being
(c) Both physical and mental well-being
(d) Spiritual well-being

Ans. (c) Both physical and mental well-being

21. What is the Yogic concept of Ahara?

- (a) Right conduct
(b) Right thinking
(c) Food and wellness
(d) Recreation and wellness

Ans. (c) Food and wellness

II. Match the following:

Match list – I with list – II and select the correct answer from the code given below:

List I—Limb of Yoga List II—Meaning

- (a) Pranayama (1) Union with the Divine
(b) Pratyahara (2) Meditation on the Divine Will
(c) Dhyana (3) Control of the senses
(d) Samadhi (4) Breathing exercise

Select the correct set of options:

- (a) (i)–(4), (ii)–(1), (iii)–(3), (iv)–(2)
(b) (i)–(2), (ii)–(4), (iii)–(3), (iv)–(1)
(c) (i)–(3), (ii)–(2), (iii)–(4), (iv)–(1)
(d) (i)–(4), (ii)–(3), (iii)–(2), (iv)–(1)

Ans. (d) (i)–(4), (ii)–(3), (iii)–(2), (iv)–(1)

III. Assertion-Reason Type Questions:

CBQ

Given below are the two statements labelled Assertion (A) and Reason (R).

A: Stress and anxiety can be reduced by regular practice of yoga.

R: Practising breathing techniques drives away insomnia to a large extent.

In the context of the two statements given above, which one of the following is correct?

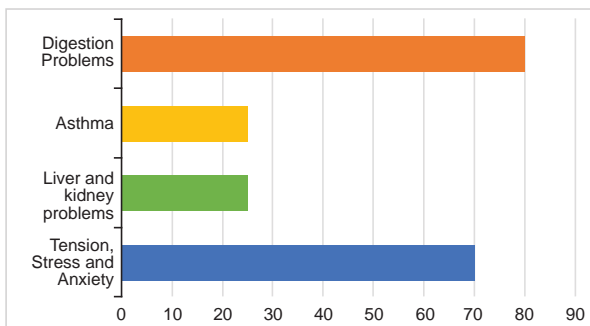
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (c) (A) is true, but (R) is false.
- (d) (A) is false, but (R) is true.

Ans. (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).

IV. Data-Based Questions:

CBQ

Given below is a data collected from a locality identifying the common ailments:



On the basis of the chart given above, answer the following questions:

1. Which pranayama can help in reducing digestion problems?
 - (a) Suryabhedhi
 - (b) Ujjayi
 - (c) Sheetli
 - (d) Plavini
2. Which pranayama will help in curing asthma?
 - (a) Kapalbhathi
 - (b) Bhastrika
 - (c) Ujjayi
 - (d) Sheetkari
3. Which pranayama helps in relieving tension, stress and anxiety?
 - (a) Bhastrika
 - (b) Suryabhedhi
 - (c) Bhramari
 - (d) Plavini
4. This pranayama enhances the functions of liver and kidneys.
 - (a) Ujjayi
 - (b) Sheetkari
 - (c) Sheetli
 - (d) Kapalbhathi

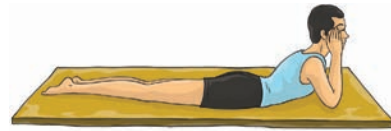
Ans. 1. (a) Suryabhedhi;
 2. (c) Ujjayi;
 3. (c) Bhramari;
 4. (d) Kapalbhathi

V. Picture-Based Questions:

CBQ

Identify the following sanas/kriyas/pranayama:

1.



2.



3.



4.



Ans. 1. Makarasana; 2. Bhramari Pranayama; 3. Jal Neti Kriya; 4. Shirshasana

VI. Case-Based Questions:

CBQ

1. An expert has been called to demonstrate different yogic kriyas in a school campus and also train the students.

On the basis of the case given, answer the following questions:

- (a) Which of the kriyas will be taught to children for training the eyes and mind?
- (b) The expert tells the students to perform nauli regularly. What are the benefits of nauli?
- (c) kriya will help in cases of sinusitis.
- (d) is a method of churning or shaking the belly to stimulate the intestines, strengthen the liver and ease the processes of digestion and ejection.

Ans. (a) Trataka; (b) Strengthens liver; (c) Neti; (d) Nauli
 2. The yoga teacher of a school tells students that the goal of yoga is to help one utilise the breath and body to achieve an awareness of oneself and connect with others to create one whole. In this context, he introduces eight limbs of yoga.

Now answer the following questions.

- (a) Which are the five sub-disciplines of yama?
- (b) and are the sub-disciplines of niyama.
- (c) means gaining mastery over external sensory pleasures.
- (d) Which is the highest limb in *Ashtanga Yoga* — The final stage in which a person experiences oneness with the universe?

Ans. (a) Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha; (b) Saucha and Santosha; (c) Pratyahara; (d) Samadhi.

B. Very Short Answer Type Questions

1. Mention two importance of yoga.

Ans. (i) Yoga promotes physical and mental well-being by improving flexibility, strength and balance while reducing stress and anxiety.
(ii) It enhances self-awareness and mindfulness, allowing individuals to cultivate a deeper connection between their mind, body and spirit, leading to overall holistic health.

2. How does yoga help in maintaining correct body posture?

Ans. Yoga helps maintain correct body posture by strengthening the core muscles, improving flexibility and aligning the spine. It promotes awareness of body alignment and encourages the practice of proper posture both on and off the yoga mat.

3. How does yoga instil moral and ethical values in practitioners?

Ans. Yoga instils moral and ethical values by promoting self-discipline, compassion and mindfulness. Through practices like self-reflection, non-violence (ahimsa) and truthfulness (*satya*), practitioners develop a deeper understanding of themselves and their interactions with others, fostering a more virtuous and ethical approach to life.

4. Write the names of any four limbs of yoga.

Ans. The four limbs of yoga are:

- (i) Yama (Universal Morality and ethics)
- (ii) Niyama (Personal rules)
- (iii) Asana (Yogic postures and positions)
- (iv) Pranayama (Breathing exercises)

5. Which sub-discipline of yama preaches non-violence? How?

Ans. The sub-discipline of yama that preaches non-violence is called 'Ahimsa'. It promotes refraining

from causing harm or violence to oneself or others, cultivating compassion, kindness, and respect for all living beings through thoughts, words and actions.

6. Differentiate between yama and niyama.

Ans. Yama refers to the ethical principles or restraints in yoga, guiding practitioners in how to interact with the external world. Niyama, on the other hand, pertains to personal observances and disciplines, focusing on self-discipline and inner purification to cultivate a positive internal state.

7. What is tapa?

Ans. Tapa is the disciplined use of the energy produced by the body by applying it to fruitful physical tasks and activities. A healthy diet, correct body posture, energetic exercise – all these are part of the rule of tapa.

8. What are the three constituents of pranayama?

Ans. The three constituents of pranayama are:

- (i) **Puraka:** Inhalation or the process of taking in breath.
- (ii) **Kumbhaka:** Breath retention or the pause between inhalation and exhalation.
- (iii) **Rechaka:** Exhalation or the process of releasing breath.

9. Which is the initial step of *Samadhi*?

Ans. The initial step of *Samadhi*, the state of profound meditation and self-realisation in yoga, is known as *Dharana*. *Dharana* refers to the concentration and focus of the mind on a single point or object, preparing the practitioner for deeper states of meditation.

10. What are the two kinds of *Samadhi*?

Ans. There are two kinds of *samadhi*: *samprajnata samadhi*, also called *savikalpa samadhi* and *sabija samadhi*, in which the meditation is supported by an external object.

The second is *asamprajnata samadhi*, also called *nirvikalpa samadhi* and *nirbija samadhi*, in which meditation is carried out without focusing on an object.

11. Mention the different types of yogic kriyas.

Ans. Yogic kriyas encompass various purification practices in yoga. Some types include *Neti* (nasal cleansing), *Kapalabhati* (detox breath), *Dhauti* (cleansing of the digestive tract), *Nauli* (abdominal massage) and *Vasti* (colon cleansing).

12. Which yogic kriya leads to breathe detoxification?

Ans. *Kapalabhati* leads to breathe detoxification.

13. What is dhauti? What are its different types?

Ans. Dhauti is the cleansing the internal parts of the body such as the digestive tract, the chest, the mouth, and the rectum. Types of dhauti include jala dhauti which uses warm saline water, sutra dhauti which uses a sterilised piece of cotton, and vatsara dhauti which uses breathing techniques.

14. What is nauli? What are its benefits?

Ans. Nauli is a method of churning or shaking the belly to stimulate the intestines, strengthen the liver and ease the processes of digestion and ejection.

15. What are the physical signs of an overworked body?

Ans. The physical signs of an overworked body can include high blood pressure, high blood sugar, digestive disorders, back pain and many others.

16. What are the five approaches to manage a healthy lifestyle according to the Yogic concept?

Ans. The five approaches to manage a healthy lifestyle according to the Yogic concept are Ahara, Vihara, Achara, Vichara and Vyavahara.

C. Short Answer Type-I Questions

1. What is the meaning of yoga?

Ans. The term 'yoga' originates from the Sanskrit word 'yuj', which means to unite or join. In a broader sense, yoga signifies the union of the individual self with the universal consciousness or the state of harmony and balance within oneself. It encompasses physical, mental and spiritual practices aimed at fostering self-realisation, inner peace, and a holistic connection between mind, body and spirit.

2. What are the eight limbs of yoga?

Ans. The eight limbs of yoga are:

- (i) Yama (Universal Morality and ethics)
- (ii) Niyama (Personal rules)
- (iii) Asana (Yogic postures and positions)
- (iv) Pranayama (Breathing exercises)
- (v) Pratyahara (withdrawal from the senses)
- (vi) Dharana (concentration)
- (vii) Dhyana (meditation)
- (viii) Samadhi (enlightenment)

3. Mention any two benefits of practising the eight limbs of yoga.

Ans. Practising the eight limbs of yoga offers numerous benefits. Two key benefits are:

- (i) **Enhanced self-awareness:** The practices foster self-reflection, mindfulness and

introspection, leading to a deeper understanding of one's thoughts, emotions and behaviours.

- (ii) **Inner peace and harmony:** The combined practice of the eight limbs cultivates mental and emotional well-being, reduces stress, and promotes a sense of balance, tranquility and overall inner harmony.

4. What are the sub-disciplines of yama? Explain any two.

Ans. The sub-disciplines of yama are Ahimsa, Satya, Asteya, Brahmcharya and Aparigraha. The two sub-disciplines are as follows:

- (i) **Ahimsa:** It emphasises non-violence and compassion towards all living beings. Practitioners refrain from causing harm or violence in thoughts, words and actions, promoting peace and harmony.

- (ii) **Satya:** Satya represents truthfulness and honesty. It encourages individuals to speak and act truthfully, fostering authenticity, trust and integrity. Practicing satya involves aligning one's words and actions with what is true and just.

5. Briefly explain (a) ahimsa and (b) asteya.

Ans. (a) **Ahimsa:** Ahimsa means 'non-violence'. To observe ahimsa is to show kindness towards all living beings and avoid causing harm to any; to be kind, friendly and accepting. This is only possible when negative emotions like anger, jealousy, cruelty, and hatred are erased from one's mental makeup. Ahimsa is thus an outlook full of bravery, sympathy and courage.

- (b) **Asteya:** Asteya means to 'not steal'. Why does theft occur? Either to acquire necessities that cannot be obtained by honest means, or to satisfy greed. In either case, theft goes against the other principles of yama, since it is a dishonest and cruel act. The better alternative is to live according to one's means or work and earn so that there is no need to prevent others from having what is rightfully theirs.

6. What are the sub-disciplines of niyama? Explain any two.

Ans. The sub-disciplines of niyama are Saucha (Cleanliness or purity), Santosha (Contentment), Tapa (Discipline or austerity), Swadhyaya (Self-study or self-reflection) and Ishwara Pranidhana (Surrender to a higher power or devotion to the divine).

Two are mentioned below:

- (i) **Saucha:** It is about purity and cleanliness, both externally and internally. It involves maintaining cleanliness of the body, mind and surroundings, and practicing purity in thoughts, speech and actions.
- (ii) **Santosha:** It is contentment and finding joy in the present moment. It is the practice of accepting oneself and one's circumstances with gratitude, cultivating a sense of inner satisfaction and peace, regardless of external circumstances.

7. What are the similarities between 'aparigraha' and 'santosha'?

Ans. Both aparigraha and santosha are concepts in yoga philosophy that promote a positive mind-set and contentment:

- (i) **Aparigraha:** It emphasises non-possessiveness and non-greed, encouraging individuals to let go of attachments to material possessions, desires and expectations.
- (ii) **Santosha:** It is contentment, finding joy in the present moment and being satisfied with what one has, without constantly seeking external validation or longing for more. Both promote inner peace and a mind-set of gratitude.

8. What is the difference between dharana, dhyana and samadhi?

Ans. Dharana, dhyana and samadhi are progressive stages of meditation:

- (i) **Dharana:** Dharana is the stage of concentration, where the practitioner focuses the mind on a single point, object or mantra, developing unwavering attention and mental stability.
- (ii) **Dhyana:** Dhyana is the stage of meditation or sustained contemplation. It is a state of uninterrupted flow of awareness, where the meditator becomes fully absorbed in the object of meditation, transcending the distractions of the external world.
- (iii) **Samadhi:** Samadhi is the ultimate stage of meditation, representing a state of deep absorption and oneness. In this state, the meditator experiences a merging of the individual self with the object of meditation, leading to transcendence of the ego and profound realization of unity and interconnectedness with the divine or universal consciousness.

9. What are the different yogic kriyas? Explain any two in detail.

Ans. Yogic kriyas are purification practices in yoga. They are neti, Kapalabhati, Trataka, Dhauti, Vasti and Nauli.

Two examples are:

- (i) **Neti:** It is a nasal cleansing technique. It involves pouring lukewarm saline water into one nostril, allowing it to flow out through the other nostril, clearing the nasal passages and removing excess mucus. Neti helps maintain nasal hygiene, alleviates sinus issues, and promotes respiratory health.
- (ii) **Trataka:** It is a concentrated gazing practice. It involves fixing the gaze on a specific object, such as a candle flame or a symbol, without blinking or moving the eyes. Trataka enhances concentration, improves eye health, and calms the mind, making it beneficial for meditation and developing focus.

10. Rakhi wants to cleanse her nasal passage for making respiration easier, preventing infection and ensuring personal hygiene. What would you suggest her? Why?

Ans. I would suggest Rakhi to practice the yogic kriya called Neti. It is a nasal cleansing technique that involves pouring lukewarm saline water into one nostril and allowing it to flow out through the other nostril. This practice helps cleanse the nasal passages, remove excess mucus and maintain nasal hygiene. It can aid in making respiration easier, prevent nasal infections and promote overall respiratory health, ensuring personal hygiene in that area.

11. What does Yoga align?

Ans. Yoga aligns the body, mind and intellect level.

12. What does relaxation help control?

Ans. Relaxation helps control anxiety, hypertension, and other discomforts of the mind and body.

D. Short Answer Type-II Questions

1. Create a mind map showing the importance of yoga in modern life.

Ans. Refer to pages 50-51 of the book and create mind map on their own.

2. What does yama comprise of?

Ans. Refer to pages 51-52 of the book.

3. What does niyama comprise of?

Ans. Refer to page 52 of the book.

4. Write briefly about asteya.

Ans. Asteya is a concept that falls under Yama and yoga ethics, translating to "non-stealing" or

“non-taking.” It encourages individuals to refrain from stealing in any form, whether it is physical objects, ideas or energy. Practicing *asteya* involves cultivating honesty, integrity and respect for others’ possessions, thoughts, and efforts. It promotes a mindset of abundance and gratitude while discouraging greed and exploitation.

5. Write briefly about *aparigraha*.

Ans. *Aparigraha* is a principle in yoga philosophy advocating non-possessiveness or non-greediness. It encourages individuals to limit their desire for material possessions, attachments and accumulation of wealth. By practicing *aparigraha*, one aims to live a simple, minimalist lifestyle, freeing oneself from the burden of excessive possessions and fostering contentment, inner peace, and detachment from worldly desires.

6. Explain *santosha* and *tapa*.

Ans. *Santosha*, a concept in yoga philosophy, embodies contentment and satisfaction with one’s current circumstances, promoting inner peace and gratitude.

Tapa refers to austerity or self-discipline, encouraging individuals to endure hardships willingly for spiritual growth. Together, *Santosha* teaches acceptance and joy in the present moment, while *Tapa* cultivates resilience and determination, fostering personal development and transformation on the yogic path.

7. Write the constituents of *pranayama*.

Ans. Refer to page 54 of the book.

8. Write short notes on: *samadhi*, *dharana*, *pratyahara* and *dhyana*.

Ans.

- **Samadhi:** It is the highest limb in *Ashtanga Yoga* – the final stage in which a person experiences oneness with the universe.

There are two types of samadhi: one as *samprajnata samadhi* also called *savikalpa samadhi* and the other *asamprajnata samadhi* also called as *nirvikalpa samadhi*.

- **Dharana:** It is sixth limb of *Ashtanga Yoga*, translated as concentration or single focus. It is the initial step of deep concentration or *Samadhi*, where the object being focused upon is held in the mind without consciousness wavering from it. The focal point can be at the centre of the head of the navel.

- **Pratyahara:** *Ahara* means food or anything we take into ourselves from the outside.

Prati stands for against or away. *Pratyahara*, therefore, literally means ‘control of *ahara*’, or gaining mastery over sensory pleasures.

Its primary function is the withdrawal from or control over sensory impressions, releasing the mind’s external influences. It strengthens the mind’s power of immunity and brings it close to divinity by avoiding sensory distractions of sound, beauty, smell, touch, etc.

- **Dhyana:** It is known as meditation. It means profound contemplation without distraction. Here the practitioner trains the mind to remain fixed at a single external point in a continuous flow. The concentration is so strong that no sensory perception or intrusion can break it. In this way, the practitioner approaches spiritual liberation and bliss.

9. Discuss at least three types of *asanas* for concentration.

Ans. The three types of *asanas* for concentration are as under:

- **Padmasana (lotus pose):** A cross-legged sitting yoga posture which can calm the mind and fight physical ailments. Four mudras (hand gestures) can be used in *padmasana*: *chin mudra*, *chinmayi mudra*, *adi mudra* and *brahma mudra*.

- **Swastikasana (ankle lock pose):** Also known as the auspicious pose, *swastikasana* is a simple sitting posture with the ankles locked against each other. It can bring relief from muscle pain.

- **Vajrasana (thunderbolt pose):** Performed by sitting on the knees with a straight posture and upward spine. It is known to stimulate digestion and liver function.

10. Differentiate between Relaxative *Asanas* and Cultural *Asanas*.

Ans. The differences between Relaxative *asanas* and Cultural *asanas* are as under:

Relaxative asanas: These *asanas* are designed in such a manner that there is no need to contract the muscles. Its aim is to remove fatigue and relax an individual physically and mentally. For example, we take a few relaxative *asanas* here:

Shashankasana, *Shavasana*, etc.

Cultural asanas: These are exercise poses that imitate various aspects of God in the form of animals and divine beings. It has three stages: coming into the position, holding the position

and releasing oneself from the position. It also has different types like: Shalabhasana (locust pose), Halasana (plow pose), Matsyasana (fish pose) and Shirshasana (headstand pose).

11. Write short notes on any three yogic kriyas.

Ans. Three yogic kriyas can be described as under:

- **Neti (Nasal cleansing):** It is important to keep our nasal clean for making respiration easier, maintaining personal hygiene and preventing infection. It can be done in two ways like Sutra neti and Jal neti.
- **Nauli (Abdominal message):** It is a method of churning or sacking the body to stimulate the intestines, strengthen the liver and ease the process of digestion and ejection.
- **Vasti (Colon cleansing):** Like an enema, vasti also cleans the large intestine. It achieves this with the suction of water or air through the rectum.

12. What are the benefits of doing kapalbhathi?

Ans. Refer to page 55 of the book.

13. What are the benefits of doing trataka?

Ans. Refer to page 56 of the book.

14. Write briefly about kriya that helps in internal cleansing.

Ans. Dhauti - Refer to page 56 of the book.

15. Make a table on various yogic kriyas and their benefits.

Ans. Table

Yogic Kriyas	Benefits
Neti	Cleanses nasal passages, removes excess mucus, promotes respiratory health, prevents nasal infections, ensures nasal hygiene.
Kapalbhathi	Improves lung capacity, enhances respiratory function, strengthens abdominal muscles, detoxifies the body, increases mental alertness and clarity.
Trataka	Enhances concentration, improves focus and memory, calms the mind, relieves eye strain, enhances eye health and vision.
Dhauti	Cleanses the digestive system, improves digestion, eliminates toxins from the stomach, helps in overcoming digestive disorders.

Vasti	Aids in colon cleansing, relieves constipation, detoxifies the body, promotes healthy bowel movements, improves overall digestive health.
Nauli	Stimulates abdominal organs, strengthens abdominal muscles, improves digestion, tones the digestive system, massages and activates the internal organs.

16. What are the three components of Vihara?

Ans. The three components of Vihara are relaxation, recreation and relationships.

17. What is the Yogic breathing practice that revitalises the body and helps to control the mind?

Ans. The Yogic breathing practice that revitalises the body and helps to control the mind is Pranayamas.

E. Long Answer Type Questions

1. Write a brief note on the eight limbs of yoga.

Ans. The eight limbs of yoga are:

- **Yama:** Universal morality and ethics comprising ahimsa, satya, asteya, brahmacharya and aparigraha.
- **Niyama:** Personal rules, comprising saucha, tapa, swadhyaya, and ishwara pranidhana.
- **Asanas:** It means body posture.
- **Pranayam:** It is the breathing exercises and control of prana.
- **Pratyahara:** It means the control of senses.
- **Dharana:** It means concentration and cultivating inner peace and awareness.
- **Dhyana:** It is the devotion, meditation on the divine will.
- **Samadhi:** It means the union with the divine.

2. Write in detail on: (a) yama and (b) niyama.

Ans. (a) **Yama:** It is the first form of Yoga. It has the following five sub-disciplines:

- **Ahimsa:** One of the most recognized terms in Indian cultural history. It means nonviolence.
- **Satya:** It means the truth. This highlights the importance of truthfulness.
- **Asteya:** It means to 'not steal' or non-stealing of anything whether money, material, ideas, speeches or writings, etc.

- **Brahmacharya:** It is denouncement of excessive sexual desire and lust rather than abstinence from sexual activity which is necessary for protection.
 - **Aparigraha:** It is the hoarding of wealth for self-interest. It enables us to be satisfied with what we have or get.
- (b) **Niyama:** It is being performed to eliminate wrong, harmful or disturbing behaviour. We have five types of niyamas like:
- Saucha which focuses on the importance of having a clean body and mind which can be realised by practising asanas and pranayamas.
 - **Santosh:** Like aparigraha, santosh upholds modesty, as a virtue which can bring us contentment of mind.
 - **Tapa:** It is called for a discipline use of the energy produced by the body by applying it to fruitful physical tasks and activities.
 - **Swadhyaya:** 'swa' means 'self', adhyaya' means 'study'. It is, therefore, thoughtful reflection on oneself and one's actions.
 - **Ishwara pranidhana:** Proximity with the Divine will save us from going astray.

3. Describe asana and its benefits in detail.

Ans. Refer to pages 52-53 of the book.

4. Make a table differentiating between different types of pranayama and their benefits.

Ans. Table

Pranayama Type	Description	Benefits
Suryabhedhi Pranayama	Alternative breathing increasing bile flow, digestion; reduces phlegm, gas, purifies blood	Improved digestion, body warmth, blood purification
Ujjayi Pranayama	Sound breath sharpens mind, generates body heat, reduces heart attack risk, aids respiratory diseases	Mental clarity, internal heat, respiratory support, reduced heart attack risk

Sheetkari Pranayama	Hissing breath, inhale through open mouth, exhale through nose, lowers body temperature, blood pressure, enhances digestion, stress relief	Body cooling, reduced blood pressure, improved digestion, stress relief
Sheetli Pranayama	Cooling breath, inhale through rolled tongue, exhale through nose, cools nervous system, endocrine glands	Nervous system cooling, endocrine system regulation
Bhastrika Pranayama	Breath of fire, involves belly in respiration, enhances metabolism, digestion	Improved metabolism, digestion; not suitable for pregnant women, hypertensive individuals
Plavini Pranayama	Floating pranayama, crosses legs, balances on hands, increases blood circulation	Improved blood circulation; requires expert supervision
Anuloma-Viloma Pranayama	Nadi Shodhana, improves focus, concentration, blood circulation, removes body waste	Enhanced focus, concentration, blood circulation, detoxification
Bhramari Pranayama	Bee breath, closing ears, eyes, nose, exhaling with sound of Indian bee (bhramari), relieves tension, anxiety, migraines, headaches, lowers BP	Stress relief, anxiety reduction, headache/migraine relief, reduced blood pressure

5. Describe the benefits of (a) pratyahara and (b) pranayama.

Ans. Refer to page 54 of the book.

6. Discuss how shat karma can cleanse the human body.

Ans. Refer to pages 55-56 of the book.

7. What are the eight types of pranayama? Discuss.

Ans. Refer to pages 56-57 of the book.

8. Explain how Yoga helps in stress management.

Ans. Yoga helps in stress management by aligning the body, mind and intellect level through self-

realisation of inner awareness. Yogic asanas stretch and tone every muscle and joint of the body, as well as the spine, organs, and nerves, keeping the entire system in radiant health. By releasing physical and mental tension, a person liberates a vast amount of energy. Pranayamas revitalise the body and help to control the mind, leaving the person calm and refreshed. Relaxation helps control anxiety, hypertension and other discomforts of the mind and body. Yoga considers health as a holistic way and sees the person as a whole. The five approaches to manage any healthy lifestyle and emerge victorious are Ahara, Vihara, Achara, Vichara and Vyavahara.

CHAPTER 4
PHYSICAL EDUCATION AND SPORTS FOR
CHILDREN WITH SPECIAL NEEDS

P. 74–78

A. Objective Type/ Multiple-Choice Questions

I. Multiple-Choice Questions

1. In which of the following areas can the disability not be seen?

- (a) Physical (b) Financial
(c) Mental (d) Cognitive

Ans. (b) Financial

2. When did the Government of India pass RPWD Act to give an effect to the United Nations Convention on the Rights of Person with Disabilities?

- (a) 20 December 2016
(b) 27 December 2016
(c) 27 December 2015
(d) 20 December 2015

Ans. (b) 27 December 2016

3. Which day every year is celebrated as World Disability Day?

- (a) December 3 (b) December 4
(c) December 5 (d) December 6

Ans. (a) December 3

4. If the IQ of a child is between she/he is considered to have mild intellectual disability.

- (a) 35 and 55 (b) 20 and 40
(c) 10 and 20 (d) 55 and 75

Ans. (d) 55 and 75

5. If the IQ of a child is between, then the child is in the category of moderate intellectual disability.

- (a) 35 and 55 (b) 20 and 40
(c) 10 and 20 (d) 55 and 75

Ans. (a) 35 and 55

6. A child falls in the severe intellectual disability category if the IQ is between

- (a) 35 and 55 (b) 20 and 40
(c) 10 and 20 (d) 55 and 75

Ans. (b) 20 and 40

7. For a child to be considered in the severe intellectual disability category, his/her IQ has to be below what value?

- (a) 70 (b) 55
(c) 30 (d) 15

Ans. (c) 30

8. A child with intellectual disability will show limitations in which of the following areas?

- (a) Conceptual skills (b) Social skills
(c) Practical skills (d) All of these

Ans. (d) All of these

9. Which of the following is not a cause of physical disability?

- (a) Cold and fever
(b) Genetic disorder
(c) Spinal injury
(d) Muscle dystrophy

Ans. (a) Cold and fever

10. How can physical disabilities be diagnosed?

- (a) Through observation of child's development
(b) Behaviour and physical performance
(c) Understanding of the mental state
(d) Only through (a) and (b)

Ans. (d) Only through (a) and (b)

11. Which of the following is a gene anomaly?

- (a) Spina bifida
(b) Down syndrome
(c) Fragile X syndrome
(d) All of these

Ans. (d) All of these

12. Which of the following is not due to vitamin deficiency?

- (a) Night blindness
(b) Filaria
(c) Osteomalacia
(d) Functional disability

Ans. (d) Functional disability

13. What is the name for the condition under which a person has difficulty in comprehending written text, spelling and writing accurately?

- (a) Spina bifida (b) Epilepsy
(c) Dyslexia (d) Arthritis

Ans. (c) Dyslexia

14. Which of the following does not broadly define disability?
- Blindness and low-vision
 - Leprosy-cured
 - Mental retardation and illness
 - Leukoderma-cured
- Ans.** (d) Leukoderma-cured
15. What is the meaning of etiquette with regards to CWSN?
- Code of conduct for disabled people
 - Acceptable behaviour in society with good manners and code of conduct
 - Rules for physical contact with disabled people
 - None of these
- Ans.** (b) Acceptable behaviour in society with good manners and code of conduct
16. What should we do before extending aid to a person with special needs?
- Assume they need our help
 - Get their consent
 - Show excessive concern
 - None of these
- Ans.** (b) Get their consent
17. What is the first step in showing disability etiquette?
- Speaking in sign language
 - Using outdated terms like 'handicapped' and 'retarded'
 - Using language like 'person with blindness/blind person/visually impaired person'
 - None of these
- Ans.** (c) Using language like 'person with blindness/blind person/visually impaired person'
18. A physiotherapist is usually well-versed in related disciplines such as
- anatomy, physiology, biomechanics, kinesiology and neuroscience
 - psychology, anatomy, biomechanics, kinesiology and neurology
 - anatomy, physiology, psychology, kinesiology and neurology
 - psychology, anatomy, biomechanics, physiology and neurology
- Ans.** (a) anatomy, physiology, biomechanics, kinesiology and neuroscience

19. Which of these professionals working for children with special needs is mainly responsible for improvement in instructional methods, such as modification of the classroom equipment and facilities?
- Physical education teacher
 - Speech language pathologist
 - Occupational therapist
 - Physiotherapist
- Ans.** (c) Occupational therapist
20. Which professional works with CWSN to evaluate their existing skill sets and potential to design a suitable instructional method and alter general education lessons to make these accessible to them?
- Counsellor
 - Physiotherapist
 - Special educator
 - Speech therapist
- Ans.** (c) Special educator

II. Match the following:

List I – IQ Range List II – Intellectual Disability

- | | |
|---------------|--------------|
| (a) 55 and 75 | (1) Moderate |
| (b) 35 and 55 | (2) Profound |
| (c) 20 and 40 | (3) Mild |
| (d) Below 25 | (4) Severe |

Select the correct set of options:

- (i)–(4), (ii)–(1), (iii)–(3), (iv)–(2)
- (i)–(3), (ii)–(1), (iii)–(4), (iv)–(2)
- (i)–(3), (ii)–(2), (iii)–(4), (iv)–(1)
- (i)–(4), (ii)–(3), (iii)–(2), (iv)–(1)

Ans. (b) (i)–(3), (ii)–(1), (iii)–(4), (iv)–(2)

III. Assertion-Reason Type Questions: CBQ

Given below are the two statements labelled Assertion (A) and Reason (R).

A: Physical education is recognised as an indispensable portion of the school curriculum because of its many faceted benefits.

R: It helps students attain physical, emotional, mental and social prowess.

In the context of the two statements given above, which one of the following is correct?

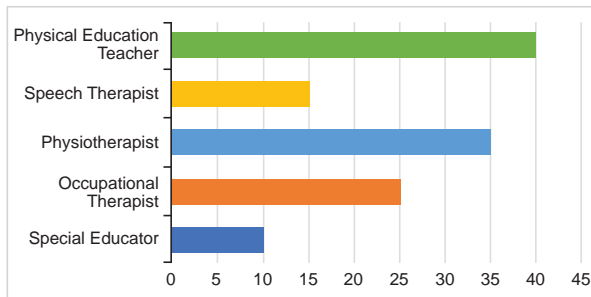
- (a) Both (A) and (R) are true and (R) is the correct explanation of (A).
 (b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
 (c) (A) is true, but (R) is false.
 (d) (A) is false, but (R) is true.

Ans. (a) Both (A) and (R) are true and (R) is the correct explanation of (A).

IV. Data-Based Questions:

CBQ

The data collected from a country about the kind of professions related to physical education and well-being preferred by people is given below:



On the basis of the chart given, answer the following questions:

- What would a Special Educator be required to do?
 - Make considerations for cultural and environmental factors
 - Teach basic literacy and communication skills
 - Evaluate and adapt existing curriculum
 - None of the above
- Which is the most popular profession?
 - Special educator
 - Physical education teacher
 - Speech therapist
 - Physiotherapist
- A professional who helps students perfect their fine motor and visual skills, as well as take care of themselves is a
 - occupational therapist.
 - physical education teacher.
 - speech therapist.
 - physiotherapist.

Ans. 1. (b) Teach basic literacy and communication skills; 2. (d) Physiotherapist; 3. (a) Occupational therapist

V. Picture-Based Questions:

CBQ

Identify the following occupations:

1.



.....

2.



.....

3.



.....

4.



.....

Ans. 1. Physical Education Teacher; 2. Physiotherapist; 3. Speech Therapist; 4. Special Educator

VI. Case-Based Questions:

CBQ

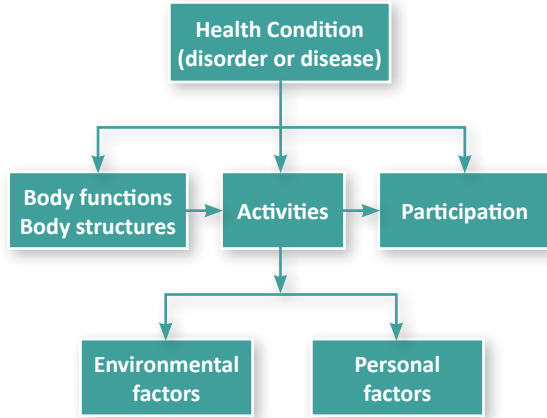
- A person is well-versed in anatomy, physiology, biomechanics, kinesiology and neuroscience.

On the basis of the case given, answer the following questions:

- What would be the possible occupation of the person described above?
- The above professional is needed for
- Which role will such a person play?
- The above professional will help students gain control of fundamental skills.

Ans. (a) Physiotherapist
 (b) Medical consultation and observation
 (c) Designs programs and activities that involve promotion of balance, strength and coordination
 (d) motor

2. Look at the diagram given and answer the following questions.



- What does the given flow chart depict?
- This diagram was given by
- How many types of disability are there?
- Genetic disorder and muscle dystrophy are the causes of

Ans. (a) depicts the model of disability.

- International Classification of Functioning
- 21 types
- physical disability

B. Very Short Answer Type Questions

- Define disability.

Ans. Disability is the inability or incompetency in performing any functional work by the body.

- When is the World Disability Day celebrated every year?

Ans. Every year December 3 is celebrated as World Disability Day.

- What is disorder?

Ans. A disorder is an illness or a dysfunctional factor that affects the physiology and/or psychology of an individual.

- How many types of disorder are there?

Ans. Mainly there are two types of disorder – functional and psychological.

- What are the types of disability?

Ans. Intellectual disability and physical disability.

- What is the IQ of a child with moderate intellectual disability?

Ans. Between 35 and 55.

- What is the IQ of a child with profound intellectual disability?

Ans. Below 25.

- Mention any two causes of physical disability.

Ans. Genetic disorder and muscle dystrophy.

- What was the result of the Bhopal Gas Tragedy of 1984?

Ans. The Bhopal Gas Tragedy of 1984 produced long-term health effects that included neurological disabilities like impairment of memory and motor skills and inability to grow in children.

- What is PTSD? What is its significance?

Ans. PTSD is Post Traumatic Stress Disorder. It is a mental health condition that can develop after experiencing or witnessing a traumatic event. It is significant as it can severely impact a person's well-being, causing distressing symptoms like flashbacks, nightmares, anxiety and emotional disturbances.

- What does disability etiquette mean?

Ans. Disability etiquette means the way in which you can make a person with special needs comfortable in their own world.

- What should we do while speaking to a person with speech impairment?

Ans. We should ask short questions rather than long explanations.

- Mention two objectives of adaptive physical education.

Ans. Two objectives of adaptive physical education are as follows:

- develop fundamental motor skills and patterns of students with disabilities, such as running, throwing, catching, etc.
- help students to improve their balance, coordination and posture.

- Mention two principles of adaptive physical education.

Ans. Two principles of adaptive physical education:

- It is important to have a thorough knowledge of motor behaviours and development patterns of the different kinds of disabilities, and how people with these disabilities differ from their abled counterparts. Additionally, the trainers should also be aware of the neurological basis of these behaviours and patterns.
- Routine medical check-up should be conducted not only for pure health benefits, but also to monitor the progress of the students and assess the effectiveness of the programmes.

15. What are the soft skills required for the occupation special education counsellor?

Ans. Empathy, patience, communication, active listening, adaptability, collaboration, problem-solving, flexibility and cultural sensitivity are essential soft skills for a special education counsellor.

16. Mention one significant role of occupational therapist.

Ans. One significant role of an occupational therapist is to help individuals of all ages improve their functional abilities and independence in daily activities, such as self-care, work, and leisure, through assessment, intervention and environmental modifications.

17. Which disciplines is a physiotherapist well-versed in?

Ans. Physiotherapists are well-versed in disciplines such as anatomy, physiology, kinesiology, biomechanics, neurology and exercise science. They utilise this knowledge to assess, diagnose and treat musculoskeletal, neurological, and cardiopulmonary conditions, aiming to enhance movement, function and overall well-being.

18. What types of students do special educators work with?

Ans. Special educators work with a diverse range of students, including those with learning disabilities, developmental delays, behavioural challenges and communication disorders. They work with students with learning, mental, emotional and physical disabilities.

C. Short Answer Type-I Questions

1. What is disability? Give an example.

Ans. Disability refers to a condition or impairment that limits a person's ability to perform certain tasks or activities. It can be physical, cognitive, sensory or emotional in nature. For example, a person with a physical disability such as paralysis may experience limited mobility and require assistive devices, modifications or support to engage in daily activities or navigate their environment effectively.

2. Explain briefly the different types of disability.

Ans. There are various types of disabilities. But two main types are mentioned below:

- (i) Intellectual disability refers to limitations in intellectual functioning and adaptive behaviour. It impacts cognitive abilities, problem-solving, learning and social skills. People with intellectual disabilities may

require support in areas like communication and independent living.

- (ii) Physical disability involves limitations in mobility, dexterity, or physical functioning. It can be caused by conditions such as paralysis, amputation or muscular dystrophy. Physical disabilities may necessitate assistive devices, modifications to the environment or mobility aids to enhance independence and accessibility.

3. How is intellectual disability characterised as mild, moderate, severe and profound?

Ans. Intellectual disability is categorized based on the severity of the impairment:

- (i) **Mild:** Individuals have an intellectual quotient (IQ) of 55-75. They may experience delays in academic and social skills but can often live independently with support.
- (ii) **Moderate:** IQ ranges from 35-55. Individuals may require support in daily tasks, have limited academic abilities, and benefit from supervised living arrangements and vocational training.
- (iii) **Severe:** IQ ranges from 20-40. Significant limitations in intellectual and adaptive functioning require extensive support and assistance in daily activities.
- (iv) **Profound:** Individuals have an IQ below 25, significant intellectual and adaptive impairments and often require round-the-clock support and care.

4. In which areas will a child with intellectual disability show limitation?

Ans. A child with intellectual disability will have limitations in the functioning of mental capacity such as learning, reasoning, problem-solving and IQ level.

5. What are the causes of physical disability?

Ans. Physical disabilities can have various causes:

- (i) **Genetics:** Anomalies in genes can cause disabilities such as spinal bifida (split spine) and muscular dystrophy, and intellectual disabilities like Down syndrome and Fragile X syndrome.

These are inherited at birth. However, diseases and overexposure to radiation may also bring about genetic abnormalities.

- (ii) **Hormonal Imbalances:** Disturbances in the function of the endocrine glands are also responsible for bringing about disabilities, both physical and mental.

(iii) **Poverty:** Many families live below the poverty line and go without two square meals a day. Their living conditions are poor and they do not have access to quality healthcare, safe drinking water, proper sanitation and wholesome nutrition. As such, they fall prey to many diseases and disabilities and pass them on to their offspring.

6. How do genetics and malnutrition cause physical disability?

Ans. Genetics can contribute to physical disabilities when there are inherited abnormalities or mutations in genes responsible for normal physical development. These genetic variations can affect the formation or functioning of body structures, leading to physical disabilities.

Malnutrition, especially during critical stages of growth and development, can result in inadequate nourishment and essential nutrient deficiencies. This can impair proper bone and muscle development, causing physical disabilities like stunted growth, skeletal deformities or muscle weakness.

7. Children were adversely affected by the Bhopal Gas Tragedy of 1984. How?

Ans. The Bhopal Gas Tragedy of 1984, caused by a gas leak from a pesticide plant, had severe repercussions on children. Exposure to toxic gases led to various health effects, including respiratory problems, eye injuries, neurological disorders and developmental delays. Children born to exposed parents faced a higher risk of congenital disabilities and birth defects. The tragedy left a lasting impact on the physical and cognitive well-being of the affected children.

8. What are some outdated terms that should not be used while addressing persons with disabilities?

Ans. Terms like 'handicapped', 'retarded', 'physically challenged', 'spastic', 'wheelchair-bound', 'cripple', 'psycho', 'mentally challenged', 'abnormal', 'the blind', 'dwarf', 'midget', 'epileptic', 'the deaf/dumb/mute', 'invalid', etc.

9. How should we introduce ourselves to people with visual impairment?

Ans. When meeting individuals with visual impairment, it is important to introduce oneself and anyone accompanying. Prioritise speaking first, ensuring clear communication. Describe the setting and offer assistance without being forceful. Maintaining specificity throughout interactions is crucial.

10. Mention any four objectives of adaptive physical education.

Ans. Refer to page 69 of the book.

11. Briefly write about any four principles of adaptive physical education.

Ans. Refer to page 70 of the book.

12. Briefly mention the roles and responsibilities of special education counsellor.

Ans. Refer to pages 70-71 of the book.

13. How can a physical education teacher improve the physical, social and emotional skills of CWSN?

Ans. Refer to page 72 of the book.

14. What are the roles and responsibilities of a speech therapist?

Ans. Refer to page 72 of the book.

D. Short Answer Type-II Questions

1. How do you define 'disability'? Explain with examples.

Ans. Disability is a term used to describe a physical, cognitive, sensory, or developmental condition that significantly impairs a person's ability to perform everyday tasks and participate fully in society. Examples include:

(i) **Physical Disability:** Paralysis, limb amputation, or mobility impairments affecting movement and coordination.

(ii) **Cognitive Disability:** Intellectual disabilities, learning disorders, or memory impairments affecting cognitive functions and learning abilities.

(iii) **Sensory Disability:** Blindness, deafness, or hearing/vision impairments that impact sensory perception.

(iv) **Developmental Disability:** Autism spectrum disorder, Down syndrome, or cerebral palsy affecting overall development and social interaction.

2. What is intellectual disability?

Ans. Intellectual disability is a neurodevelopmental disorder characterised by significant limitations in intellectual functioning and adaptive behaviour. It is typically diagnosed in childhood and affects cognitive abilities, problem-solving skills, learning and social functioning. Individuals with intellectual disability may experience challenges in areas such as communication, self-care, academic achievement and independent living. The severity of intellectual disability can vary,

ranging from mild to profound, and support and interventions are provided based on individual needs.

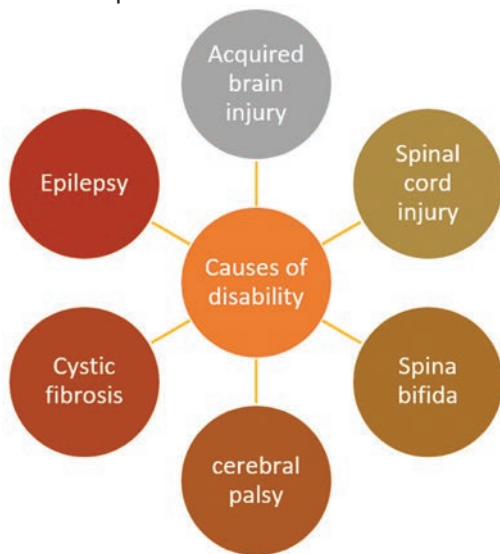
3. What are the causes of physical disability? Write about any two in detail.

Ans. Physical disabilities can have various causes. They are acquired brain injury spinal cord injury, spina bifida, cerebral palsy, cystic fibrosis, epilepsy, multiple sclerosis, etc.

- (i) Spina bifida is a neural tube defect occurring during early pregnancy when the spinal column does not close properly. It can lead to paralysis or weakness in the legs, bladder and bowel control issues and mobility challenges.
- (ii) Cerebral palsy results from brain damage before or shortly after birth, affecting muscle control and coordination. Causes include brain injury, infections, or oxygen deprivation. Both conditions can lead to significant physical disabilities and require specialised care and interventions.

4. Create a mind map on the various causes of disability.

Ans. Mind Map:



5. Why should we not use sign language while talking to a person with speech impairment?

Ans. Sign language might not effectively aid communication for individuals with speech impairment. This is because sign language relies heavily on visual cues, while speech impairment primarily affects verbal communication. Hence, alternative methods such as written communication or alternative communication systems may be more suitable.

6. What should we do while talking to people who use wheelchairs or crutches?

Ans. When conversing with individuals using wheelchairs or crutches, it is essential to maintain eye level rather than looking down. This fosters respectful interaction, acknowledging their presence and autonomy. Such a posture promotes equality and ensures a comfortable conversational atmosphere, fostering mutual respect and understanding.

7. What are the objectives of adapted physical education?

Ans. Refer to page 69 of the book.

8. How is physical education beneficial for students with disability?

Ans. Physical education provides numerous benefits for students with disabilities. It promotes physical fitness, improves motor skills and enhances overall health and well-being. It can also contribute to the development of social skills, self-confidence and teamwork. Adapted physical education programs cater to the specific needs of students with disabilities, offering modified activities, equipment, and strategies to ensure inclusivity and participation. These programs help students with disabilities improve their physical abilities, enjoy recreational activities and experience the joy of movement and physical achievement.

9. What are the obstacles faced in the implementation of adapted physical education in India?

Ans. The implementation of adapted physical education in India faces several obstacles. Limited awareness and understanding of inclusive education among educators and administrators hinder the development of appropriate programs. Insufficient training and resources for teachers to deliver adapted physical education, including lack of specialised equipment and facilities, pose challenges. Inadequate policy support and funding for inclusive education initiatives further impede progress. Additionally, societal attitudes and stigmas towards disabilities may contribute to the exclusion of students with disabilities from physical education opportunities, limiting their access to the benefits of inclusive physical education.

10. Make a table on the role of various professionals working with CWSN.

Ans. The following table explains the role of various professionals working with CWSN.

Professional	Role
Special Education Counsellor	Provides counselling and emotional support to CWSN, collaborates with families and educators to address social and emotional needs, and develops individualised support plans.
Occupational Therapist	Assesses and addresses fine motor skills, sensory integration and activities of daily living for CWSN. Provides therapy and recommendations for adaptive equipment and environmental modifications.
Physiotherapist	Assesses and treats physical disabilities, mobility issues, and gross motor skills in CWSN. Provides therapy, exercises, and recommendations for assistive devices.
Physical Education Teacher	Develops and implements adapted physical education programs, modifies activities to meet the needs of CWSN, and promotes physical fitness, motor skills and inclusive participation.
Speech Therapist	Evaluates and addresses speech, language, and communication difficulties in CWSN. Provides therapy and interventions to improve communication skills.
Special Educator	Provides individualised instruction and support, develops and implements individualised education plans, and adapts curriculum for CWSN.

E. Long Answer Type Questions

1. Describe the concept of disability and disorder in detail.

Ans. Refer to pages 65-66 of the book.

2. Make a table on the types of disability, its causes and its nature.

Ans. Refer to pages 66-67 of the book.

3. Elaborate on the nature of intellectual disability.

Ans. Refer to pages 66-67 of the book.

4. Discuss five causes of disability in detail.

Ans. Refer to pages 67-68 of the book.

5. What are the characteristics of physical disability?

Ans. Refer to page 67 of the book.

6. Explain the importance of sensitivity in disability etiquette.

Ans. Sensitivity is important in disability etiquette because people with special needs require empathy and encouragement to feel comfortable. The way we speak to them, establish physical contact, and show them empathy or encouragement should all be conducted with sensitivity. People with different kinds of impairments will certainly have a different type of mind-set but the rules to deal with them remain the same as generally we deal with anyone in the society. Therefore, sensitivity is key to creating a better understanding with differently abled persons.

7. Describe the objectives and principles of adaptive physical education.

Ans. Adapted physical education aims at to:

- Develop fundamental motor skills and patterns of students with disabilities, such as running, throwing, catching, etc.
- Help students to improve their balance coordination and posture.
- Bring about their participation in activities such as dance, aquatics and other sports.
- To make them realize healthy self-esteem through increased physical independence.
- Reduce health complications.

Principals of Adapted Physical education are as under:

- It is imperative to have thorough knowledge of motor behaviours and development patterns of the different kinds of disabilities and how people with these disabilities vary from their abled counterparts.
- The activities and programmes should be planned according to the interests of their students and after taking their specific needs into consideration.
- Routine medical check-up should be conducted not only for pure health benefits

but also to monitor the progress of the students and assess the effectiveness of the programmes.

- The rules governing physical education classes for abled students cannot be applied to their peers who have special needs.
- Apart from having sufficient knowledge and experience, the trainers should also have abundant patience, empathy and strong communication skills.

8. Write notes on how the following can help students with special needs:

- (a) Special Education Counsellor
- (b) Occupational Therapist
- (c) Special Educator
- (d) Physical Education Teacher
- (e) Physiotherapist
- (f) Speech Therapist

- Ans.**
- (a) The special education counsellor can look after the students and their well-being, taking into consideration the academic, vocational, social and psycho-logical factors. He can be helpful in deepening the connection between the students and their families, to expand their social skills, to provide guidance to hold sessions with the students, to communicate with students, etc.
 - (b) Occupational therapist can be helpful to students perfect their fine motor and visual skills, to aid the students in gaining correct hand-eye coordination, to assess the

abilities of the students and encourage them to participate in the activities of the class room.

- (c) Special educator can be helpful to a student in altering general education lessons to make it accessible according to the needs of the students, to help the students achieve academic success, to have literacy and communication skills.
- (d) Physical education teacher can be helpful to devise or setting in which students with special needs can perform exercise and activity, to cultivate and adapt existing curriculum, so that students with special needs can adjust, to plan and prepare the activities according to the needs of the students, to install a positive attitude in the students, to approach the students' needs on individual and group levels, to satisfy the emotional needs of the students.
- (e) Physiotherapist can be helpful to the students to achieve full physical functions.
He can help the students to gain control of fundamental motor skills, to promote balance, strength and coordination, to monitor and make adjustments to the programmes and activities of the students as require, etc.
- (f) A speech therapist, also known as Speech Language Pathologist (SLP) or speech pathologist, works with communicative and speech disorders, which may be speech and lingual issues, problems with swallowing and voice, cognitive communication, etc.