

**ODM PUBLIC SCHOOL, BHUBANESWAR**  
**PHYSICAL EDUCATION**  
**CLASS – XII (Class Test-16-2-22)**

**Short answer type questions. (Attempt any 3) “Duration-15 minutes”**

[Note- As per Question No 1, remain questions are to be done by the students which are based on Split marking]

1. Briefly explain the administration of Bhujangasana along with its  
contraindications and draw a stick diagram. (2+1+1)
  
2. Define hypertension and explain the methods to prevent and manage  
hypertension.
  
3. Write down the benefits and contraindications of Savasana, (any two).
  
4. State any one benefits and contraindication of Parvatasana.