

MOST IMPORTANT QUESTION

COURSE - 508

**Learning in Arts, Health & Physicals and Work Education at
Elementary Level**

BLOCK - 2

UNIT 11 GAME, SPORTS AND YOGA

1. What is the meaning of Yoga . describe the need and importance of Yoga . B- 2 , P –
116 ,117

(All page no are given from NIOS Dled study material)

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