

**National Institute of Open Schooling
Senior Secondary Course
Lesson 21: Pranayam
Worksheet-21**

- Q.1- Explain the components of Pranayam.
- Q.2- List the different Types of Pranayam.
- Q.3- How to perform nadi shodhan. List the steps.
- Q.4- Explain the benefits of Bhramari Pranayam
- Q.5- How pranayam practice leads to meditation and Samadhi. Explain.