



Murugesu

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore-641 043, Tamil Nadu, India

Bachelor's Degree Examination - May 2022
IV Semester

Class : II UG
Major : Physical Education

Time : 3 Hours
Max. Marks: 100

18BPEC14 Science of Yoga

Part - A
Choose the Correct Answer

10X1=10

1. Yoga means ----- CO1K2
a. unite b. join c. merge d. all the above
2. How many steps in Raja yoga? CO2K4
a. 7 b. 8 c. 6 d. 5
3. Lotus pose is called as ----- CO3K5
a. padmasana b. sugasana c. vajrasana d. siddhasana
4. What is the meaning of Mitra? CO2K6
a. Teacher b. enemy c. friend d. None of the above
5. Bhujangasana is ----- Position CO3K3
a. Prone b. Supine c. Both d. None of the above
6. Matsy means ----- CO4K5
a. Bird b. Fish c. snake d. Mountain
7. Left nostril is called as ----- nadi CO2K1
a. Ida b. pingala c. susmna d. all the above
8. Practice of ----- Mudra balance the Water in our Body CO2K4
a. Vayu b. chinmaya c. chin d. Varuna
9. Vegetarian Food coming under ----- food CO3K2
a. Sathvic b. Rajasic c. Tamasic d. All the above
10. Cleaning our Nostril area through Water is ----- CO3K2
a. Dhouthi b. nauli c. Trataka d. Neti

Part B

5 x 6 = 30

**Answer the following Questions
Answer should not exceed 400 words or two pages**

- 11.(a) Explain the need and importance of Yoga. CO1K2
(or)
11. (b) Describe about Bhakthi Yoga. CO1K1
- 12.(a) Facilitate the Techniques and benefits of Chakrasana. CO2K2
(or)
12. (b) Explain the Techniques and benefits of Yoga Mudra. CO2K1
- 13.(a) Summarize about quick Relaxation technique and its benefits. CO3K4
(or)
13. (b) Illustrate about Savasana and its benefits. CO5K4
- 14.(a) Elaborate the three phases of pranayama. CO4K2
(or)
14. (b) Describe about Three types of Nadis. CO4K1
- 15.(a) Write down the causes and symptoms of Obesity. CO5K3
(or)
- 15.(b) Summarize the causes and symptoms of Stress. CO5K2

Part C

5 x 12 =60

**Answer the following Questions
Answer should not exceed 800 words or four pages.**

16. (a) Elaborate the eight steps of Astanga Yoga. CO1K4
(or)
- 16.(b) Illustrate the points to be borne in mind while doing yoga. CO1K2
- 17.(a) Draw a neat diagram of Surya namaskar and explain the techniques. CO2K4
(or)
- 17.(b) Draw a neat diagram of paschimotnasana and explain the techniques and its benefits. CO2K2
- 18.(a) Explain the techniques and benefits of Deep relaxation technique. CO3K5
(or)
- 18.(b) Describe the techniques and benefits of dhanurasana. CO3K5
- 19.(a) Elaborate the various types of nadis in our body and its function. CO4K2
(or)
- 19.(b) Illustrate any four types of Mudras with benefits. CO4K2
- 20.(a) Summarize the classification of Yogic food diet. CO5K2
(or)
- 20.(b) Facilitate the techniques and benefits of Jal neti&sutra neti. CO5K6
