



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 12b  
coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2024  
IV Semester

Class : II UG  
Major : Physical Education

Time: 3 Hours  
Max. Marks: 100

21BPEC14 Science Of Yoga

Course Outcomes:

1. Know the classical and theoretical foundations in the field of yoga.
2. Apply knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of yoga
3. Describe human anatomy, physiology and biomechanics, and the interrelationships between systems of the body
4. Analyze the ethical principles of health care and yoga codes of conduct; in depth knowledge of legal and regulatory issues
5. Develop the effective teaching methods by adapting to unique styles of teaching

Part-A

(10 x 1 = 10)

Choose the correct answer

1. Yoga is the true \_\_\_ of our will with will of God. CO1 K1  
a) Asana b) religion  
c) Union d) health
2. Asana means CO1 K1  
a) Posture b) Yoga  
c) Movement d) Work
3. The Healing technique of mudhra denotes CO1 K2  
a) Symbol b) Cover  
c) Clean d) Action
4. Kriya is technique for CO1 K2  
a) Cleansing b) Working  
c) Soothing d) Moving
5. Trataka is one of the \_\_\_\_\_ CO1 K3  
a) Action b) Kriya  
c) Direction d) Travel
6. Therapy stands for CO1 K3  
a) Treatment b) Breathing  
c) Meditation d) Closing
7. The person who mentally sick is one of the reason for CO1 K4  
a) Object b) Over weight  
c) Disease d) Stress
8. Kona denotes CO1 K4  
a) Angle b) Joint  
c) Tissue d) Bone
9. In yoga seer means CO1 K5  
a) Wheel b) Nerve  
c) Flesh d) Head
10. The term used for stomach is CO1 K5  
a) Eyes b) Bowels  
c) Nose d) Ears

Part-B

Answer the following

(5×6=30)

Answer should not exceed 400 words or two pages.

11. a) Trace the significance of asanas. CO1 K2  
(or)
11. b) Illustrate a short note on 'School of Yoga'. CO1 K2

12. a) Provide the mechanisms involved in performing of Chakrasana and Vrukhsasana . CO2 K3  
(or)
12. b) Trace the mechanisms involved and performing of Paschimottasana and Vakrasana CO2 K3
13. a) Compare the techniques of Shalabhasana and Dhanurasana. CO3 K4  
(or)
13. b) Contrast the techniques of Matsyasana and Uttanapadasana . CO3 K4
14. a) Justify the needs and importance of pranayama . CO4 K5  
(or)
14. b) Distinguish between the mechanism of Pingla Nadi and Sushumna Nadi . CO4 K5
15. a) Describe the needs and importance of Yogic diet : CO5 K6  
(or)
15. b) Propose the needs and importance of Kriyas . CO5 K6

**Part-C**

**5 X 12=60**

**Answer the following**

**Answer should not exceed 800 words or four pages.**

16. a) Discuss the Astanga yoga. CO1 K2  
(or)
16. b) Discover the Streams of yoga CO1 K2
17. a) List the advantages of surya namaskar . CO2 K3  
(or)
17. b) Provide the techniques of yogamudra, padmasana, parvathasana and ardhmatsyendrasana CO2 K3
18. a) Estimate the effects of relaxation techniques in human body. CO3 K4  
(or)
18. b) Describe the effects of Deep relaxation and Meditation techniques. CO3 K4
19. a) Predict the benefits of pranayama in daily life. CO4 K5  
(or)
19. b) Measure the benefits of Mudhras and Bhandas in daily life. CO4 K5
20. a) Express the effect Yogic diet (Rajasic, Tamasic, Sathvic) . CO5 K6  
(or)
20. b) Provide the benefits and limitations of asanas. CO5 K6

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