

Continuous Internal Assessment I – October 2020

Class : II BEd

Semester – III

Max Marks: 30

18BPDO02 – Generic Elective – Yoga and Stress Management

Course Outcomes:

- 1. Understand the basic Concepts of Yoga**
- 2. Apply the principles of Yoga to live healthy and active life style.**
- 3. Promote the awareness of health through yoga**
- 4. Analyse the techniques and of body posture to bring out healthy change.**
- 5. Develop the knowledge through practice, participate and organize**

PART – A

Circle the Correct Answer

6 x 1 = 6

1. Who compiled 'Yoga Sutra'? CO1 K1
- a) Patanjali b) Gherendra c) Svatmarama d) Vivekanada
2. Niyama means _____ CO3 K2
- a. General Discipline b. Self Discipline c. Brahmacharya d. Saucha
3. Which day is celebrated as 'International Day of Yoga'? CO4 K4
- a) June 20 b) June 21 c) June 22 d) June 23
4. The appropriate amount of time to wait after a meal before beginning a yoga practice is: CO1 K5
- a. 1 Hour b. 2 Hour c. 3 Hour d. 4 Hour
5. Kapalapathi cleanses the _____ CO3 K2
- a. Skull b. Nasal passages c. Stomach d. Small Intestine
6. The suitable asana for Meditation is _____. CO1 K5
- a. Swasthikasana b. Padmasana c. Sukhasana d. All the above

Part – B

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

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| 7. What are the benefits of Yoga? | CO2K6 |
| 8. Explain the role of Meditation in stress management | CO4 K5 |
| 9. List the safety measures to be followed while performing Yoga | CO1K4 |
| 10. Explain briefly about Raja Yoga? | CO3K1 |

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

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| 11. Explain about the Eight limbs of Yoga | CO2K4 |
| 12. Explain Pranayama and its different phases. | CO3 K4 |

PART – B

Answer the following

5 X 2 = 10

Answer should not exceed 600 words or two pages

1. Define Yoga CO3 K2
2. List the safety measures to be follow while performing Yoga CO2 K4
3. What are the benefits of Yoga? CO1K1
4. Explain the role of Mediation in stress management CO3 K4
5. Write the procedure to perform Padmasana with diagram. CO1 K2

PART – C

Answer the Following

3X 5 =15

1. Write the methods of performing Surya Namaskar CO3 K2
2. Explain about the Eight limbs of Yoga. CO1 K4
3. Explain Pranayama and it different phases CO3 K4

PART – D

- 1 a. Explain about Bandha and Mudra. (or) CO3 K2
b. Explain the impact of Yoga on Muscular system. CO5 K4