



Murugan

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

Continuous Internal Assessment Test II – April 2023
IV SEMESTER

Class : II BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

21BPEC14 – Science of Yoga

Course Outcomes:

At the end of the course, students will:

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

6x1=6

Choose the correct answer

1. The meaning of the word Nadi is _____.
a. Channel b. Breath c. Flow d. Energy CO2K1
2. Antarya Kumbaka is _____.
a. Exhalation b. Inhalation c. Retention d. Meditation CO2K2
3. Mudra is _____.
a. Therapy b. Gesture c. Movement d. Diet CO3K2
4. The food consists of natural and Unprocessed is _____.
a. Tamasic b. Rajasik c. Kriya d. Satvic CO3K3
5. Meditation that involves staring at a single point is _____.
a. Power b. Trataka c. Focus d. Concentration CO4K3
6. The abdominal lock upto the diaphragm is ____ bandha.
a. Jalendra b. Moola c. Uddiyana d. Dhouti CO4K5

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Write about the concept of Yoga. (or) CO2K2
7. b. What are the types of Nadis. CO2K3
- 8.a. Write the advantages of Meditation. (or) CO3K3
- 8.b. What are the types of breathing? CO4K4
- 9.a. Write about the benefits of asanas. (or) CO4K5
- 9.b. Write about Trataka. CO5K5

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Enumerate the components of Pranayama (or) CO2K2
- 10.b. Explain the varieties of Pranayama CO2K3
11. a. Discuss about Neti and Dhouthi (or) CO4K2
- 11.b. What is Bandha and explain its types. CO3K3
12. a. Explain about the asanas to reduce obesity and stress (or) CO4K4
12. b. Explain in detail about Yogic diet CO4K5

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Staff in-charge: Dr.S.Akilandeswari