



Muniraj

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 of Physical Education Degree Examination – July 2022
II Semester**

Class: I B.P. Ed.

Time : 3 Hours
Max. Marks : 100

21BPDC08 Yoga Education

Course Outcomes:

- CO1: Understand the basic Concepts of Yoga
CO2: Apply the principles of Yoga to live healthy and active life style.
CO3: Promote the awareness of health through yoga
CO4: Analyse the techniques and of body posture to bring out healthy change.
CO5: Develop the knowledge through practice, participate and organize.

Part A 10 x 1 = 10
Choose the Correct Answer

1. _____ is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. CO2 K2
a. Aerobics b. Stretching
c. Muscle building d. Yoga
2. The stem of yoga that is called as 'Yoga of action' is _____ yoga. CO1 K1
a. Raja b. Jnana
c. Karma d. Bakthi
3. In yoga _____ is translated as "collection or concentration of the mind". CO2 K3
a. Asana b. Dharana
c. Dhyana d. Samadhi
4. Pranayama is the practice of CO1 K2
a. Physical agility b. Mental straining
c. Breath control d. Fitness
5. _____ is the introverted, lunar nadi and corresponds to the left hand side of the body and the right hand side of the brain. CO3 K3
a. Ida nadi b. Valanadi
c. Pingalanadi d. Nernadi
6. This is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object. CO4 K2
a. Suryanamaskar b. Sampoorasana
c. Meditation d. Kriyas
7. These are positions of the body that have some kind of influence on the energies of the body or mind. CO3 K3
a. Asanas b. Mudras
c. Bhandas d. Niyamas
8. Techniques can help to cope with everyday stress and with stress related to various health problems such as heart disease and pain are termed as CO4 K2
a. Relaxation b. Stress
c. Physical straining d. Emotional imbalances

9. Fruits and Vegetables comes under which type of diet CO4 K2
 a. Rajasic b. Tamasic
 c. Satvic d. All the above
10. The kriya which cleans the intestine is CO4 K2
 a. Dhouthi b. Nouli
 c. Trataka d. Neti

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Present a brief sketch about the place of Yoga in Early Upanishads. CO2 K2
 (or)
- 11.b. Briefly explain the meaning of yoga with its definitions. CO4 K4
12. a. Briefly explain bhakthi yoga and karma yoga. CO2 K3
 (or)
12. b. Explain the classification and benefits of asanas. CO4 K4
13. a. Explain the concept and components of pranayama. CO1 K2
 (or)
13. b. Explain the benefits of mudras. CO2 K3
14. a. Write short notes on classification of meditative techniques in yoga. CO4 K5
 (or)
14. b. Define relaxation with its classification. CO4 K4
15. a. Explain the influence of yoga on health. CO5 K3
 (or)
- 15.b. Briefly explain the yoga therapy. CO4 K5

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Elucidate the aims and objectives of Yoga and its relevance. CO2 K2
 (or)
- 16.b. Describe the need and importance of Yoga in physical education and sports. CO2 K3
- 17.a. Explain the eight limbs of Yoga. CO3 K3
 (or)
- 17.b. Describe the system of yoga in the Bhagavad-Gita. CO5 K4
- 18.a. Write short notes on the techniques of bhandas and their benefits. CO2 K3
 (or)
- 18.b. Write short notes on the varieties of Pranayama and their benefits. CO3 K4
- 19.a. Analyze the influence of meditative posture on various systems of the body. CO4 K4
 (or)
- 19.b. Distinguish between Yoga and Physical exercises. CO4 K5
- 20.a. Briefly explain the yogic diet. CO5 K3
 (or)
- 20.b. Explain the types and techniques of kriyas. CO4 K5
