



Maulana

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 I - October 2022

SEMESTER III

Class : II B.Ed.

Max. Marks: 60

Major: Education

Time: 2 Hrs

**21BPDO02 – Generic Elective
Yoga and Stress Management**

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

6 x 1 =6

Choose the Correct Answer

1. Yoga has its origin thousands of years ago in _____ CO1 K1
a. India b. Pakistan c. England d. Sri Lanka
2. The term _____ means sitting in a particular posture CO1 K3
a. Meditation b. Pranayama c. Asana d. Mudra
3. Choose the Relaxative asanas from the below CO2 K1
a. Dhanurasana b. Halasana c. padmasana d. shavasana
4. Mudra means a symbolic _____ gesture CO1 K5
a. hand b. posture c. kriya d. breath
5. Choose the incorrect sentence from the below CO4 K1
a. Shatkarma means six karmas or kriyas
b. The karma/kriya means 'action'
c. Kriyas should be done with an empty stomach
d. Kriya will increase toxification in specific organs of the body
6. Choose the correct sentence from the below CO4 K1
a) Puraka means retention b) Kumbhaka means inhalation
c) Rechaka means exhalation d) Bandha means union

Part B**3 x 6 = 18****Answer ALL questions****Each answer should not exceed 400 words or two pages**

- 7.a. Define Yoga & Its importance in life CO2K2
(or)
- 7.b. Explain Mudra and its types CO2K3
- 8.a. List out the type of kriyas CO4K2
(or)
- 8.b. List out the ten asana and its poses CO4K2
- 9.a. Define Pranayama and explain three phases of pranayama CO1K1
(or)
- 9.b. Define Bandha and its types CO1K1

Part C**3 x 12 = 36****Answer ALL questions****Each answer should not exceed 800 words or four pages**

- 10.a. Explain the various meditation techniques and its benefits CO1K2
(or)
- 10.b. Enumerate the way of fostering Healthy Lifestyle through yoga CO1K2
- 11.a. Explain the eight limbs of yoga CO4 K1
(or)
- 11.b. Enumerate about various practicing methods of kiriyas CO1 K1
- 12.a. Discuss the impact of yoga on muscular system CO3 K1
(or)
- 12.b. Discuss the impact of yoga on Digestive system CO4 K1