



*Namuruf*

**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 2023**  
**IV Semester**

**Class : II UG / 2020 Batch(Arrear)**  
**Major : Physical Education**

**Time : 3 Hours**  
**Max. Marks: 100**

**21BPEC14 / 18BPEC14 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. First international yoga day was celebrated in the year  
a. 2014  
b. 2015  
c. 2016  
d. 2017  
CO1K2
2. In reference of the 'astanga yoga', 'yama' stands for;  
a. The devoted practice of yoga posture  
b. The five universal commandments  
c. Right living  
d. All of the above  
CO2K2
3. Yoga sutra was compiled by  
a. Gheranda  
b. Svatmarama  
c. Rishi patanjali  
d. None of the above  
CO1K1
4. The odd one among the following is  
a. Salabhasana  
b. Chakrasana  
c. Bhujangasana  
d. Paschimottasana  
CO1K2
5. Anulom- vilom is a kind of  
a. Bandha  
b. Kriyas  
c. Pranayama  
d. Mudras  
CO2K3
6. The word "OM" used in yoga as chant, means;  
a. A vibration  
b. A mantra  
c. Sound of  
d. All of the above  
CO3K2
7. In the yogic sciences, 'Prana' means;  
a. Union of mind and body  
b. Duality in balance  
c. Life force, energy that moves through all earthly things  
d. All of the above  
CO1K1
8. Suryanamaskara incorporates  
a. 12 mantras  
b. Sequence of body positions  
c. Breathing awareness  
d. All of the above  
CO4K2
9. Nadishodhana pranayama is one of the practices helpful for regulating which the following?  
a. Sweating  
b. Elevated blood pressure  
c. Pulse rate  
d. anxiety or stress  
CO2K2
10. Nauli is a  
a. Mudras  
b. Bhandas  
c. Kriyas  
d. None of the above  
CO1K1

**Part B**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

**5 x 6 = 30**

- 11.a. Write meaning and benefits of yoga. CO2K2  
(or)
- 11.b. Write a short notes on following (a) Streams of yoga (b) Schools of yoga CO1K2
- 12.a. Describe any two sitting posture asana and its benefits. CO2K2  
(or)
- 12.b. "Regular practice of suryanamaskara improves health condition of human being"—justify the statement with your explanation. CO3K3
- 13.a. Briefly explain prone position asanas. CO2K2  
(or)
- 13.b. Describe relaxation techniques. CO3K2
- 14.a. Describe concepts of pranayama. CO2K3  
(or)
- 14.b. What is nadi? Describe types of nadi. CO2K4
- 15.a. Describe yoga therapy. CO1K3  
(or)
- 15.b. Write any six benefits and limitations of asana. CO2K4

**Part C**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

**5 x 12 = 60**

- 16.a. What is yoga? Explain need and importance of yoga. CO1K2  
(or)
- 16.b. What is Astanga yoga, Explain steps of Astana yoga. CO2K2
- 17.a. Write the effect of regular practice of suryanamaskara on health. CO3K3  
(or)
- 17.b. Explain advantages and techniques of asana's supine position. CO4K3
- 18.a. What is relaxation posture and explain relaxation posture asana. CO2K3  
(or)
- 18.b. Explain the techniques types of meditation. CO3K2
- 19.a. What is pranayama? Briefly explain the benefits of various types of pranayama. CO4K4  
(or)
- 19.b. Explain any 10 Mudhras and Bhandas. CO2K1
- 20.a. Define Kriyas, Explain any two Kaiya in detail. CO3K4  
(or)
- 20.b. Explain yogic diet. CO2K4

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