



Mallikarjuna

Avinashilingam Institute for Home Science and Higher Education for Women  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with A++Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continus Internal Assessment – I (February 2023)**  
**Semester II**

**Class : I B.P.Ed**  
**Branch : Physical Education**

**Time : 2 Hours**  
**Max. Marks : 60**

**21BPDC08 - Yoga Education**

**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**

**6 x 1 = 6**

**Choose the Correct Answer**

1. According to Patanjali, Asana is CO1K1  
a. Control of water and food intake    b. Control of sense organs  
c. Sitting in comfortable position    d. High Calories burn
2. Breathing includes the action of \_\_\_\_ CO1K2  
a. Running    b. Inhaling    c. Sitting    d. Sleeping
3. Suryanamaskar incorporates CO2K2  
a. Breathing awareness    b. All of the above  
c. Sequence of body positions    d. 12 mantras
4. This is the Asana which is contradictory to paschimattanasana CO2K3  
a. Pathahasthasana    b. Dhanurasana    c. Koormasana    d. Halasana
5. The person who is doing his work with concentration is CO1K2  
a. Karma    b. Gana    c. Bakthi    d. Raja
6. Name the asana in which the waist and arms look like a cobra? CO3K2  
a. None of the above    b. Vakrasana    c. Bhujangasana    d. Ardachakrasana

**Part – B**

**3 X 6 = 18**

**Answer should not exceed 400 words or One Page**

- 7.a) Define the and meaning of yoga CO1K2  
(or)
- 7.b) Explain the importance of yoga CO2K1
- 8.a) What is pranayama and benefits? CO2K2  
(or)
- 8.b) Explain the Importance of Patanjali Yoga Sutras CO1K2
- 9.a) Explain the components of pranayama CO2K3  
(or)
- 9.b) What is the purpose of eight limbs of yoga? CO2K2

**Part - C**  
**Answer the following**  
**Answer should not exceed 800 words or one page**

**3 X 12 = 36**

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| 10.a) Write about the benefits and limitations of Asanas<br>(or)                     | CO1K1 |
| 10.b) describe Pranayama and it types and techniques                                 | CO2K1 |
| 11.a) Interpreting the Yoga's Ethical Guide to Living: The Yamas and Niyamas<br>(or) | CO2K2 |
| 11.b) Explain about the Classification and benefits of Asanas                        | CO2K3 |
| 12.a) Need and Importance of Yoga in Physical Education and Sports<br>(or)           | CO2K2 |
| 12.b) describe the Perspective Philosophy of Yoga - A Bhagavad Gita                  | CO3K2 |