

Avinashilingam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment II – October 2018

Class : II-BED

Time : 2 Hrs.

Semester – III

Max Marks: 40

15BPPDO02 – Generic Elective

Yoga and Stress Management

PART – A

Circle the Correct Answer

5 X 1 = 5

1. The suitable asana for Meditation is _____.
a. Swasthikasana b. Padmasana c. Sukhasana d. All the above
2. Practice of Trataka helps for _____ problem.
a. Ear b. Eye c. Nose d. Mouth
3. Eustress is a _____ stress
a. Negative b. Partially c. Spatially d. Positive
4. Abbreviation for ANS is _____
a. Artery Nervous System b. Anxious Nervous System
c. Autonomic Nervous System d. Automatic Nervous System
5. Anxiety that may cause _____
a. Nervousness b. Fear c. Worrying d. All the above

PART – B

Answer the following in one or two sentences

5 X 2 = 10

6. Write the objectives of Yoga.
7. List out the safety measures to be taken while performing Yoga?
8. What is inhalation and exhalation?
9. What is Meditation?
10. What is stress?

PART - C

Answer the following Questions3 X 5 = 15

11. Write the procedure to do Padmasana with diagram
12. Explain the role of Meditation in stress management.
13. List out and explain the types of Stress.

PART - D

Answer the following Questions1 X 10 = 10

14. Explain about the effect of Yogasanas on Muscular system and Nervous system.
(or) _____
15. Write your own views about the contribution of Yoga on stress related problems.

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