



Maintenance

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

Continues Internal Assessment Test I –Feb 2024
II Semester

Class : I B.P.Ed **Time : 2 Hours**
Branch : Physical Education **Max. Marks : 60**
23BPDC08 –Indian Knowledge System based 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. The Sankrit word which is used to derive the word Yoga is
a) yuj b) yogam c) kamalam d) Asana CO2 K2
2. "Chitta vritti nirodha" this is the meditative technique of
a) Patanjali b) Jakkivasudev c) vedhathri maharishi d) Ravishankar ji CO2 K2
3. In astanaga Yoga "Dharana" means
a) breathing b) discipline c) concentration d) meditation CO2 K2
4. It is the path to reach moksha through work
a) karma yoga b) gana yoga c) raja yoga d) Bakthi yoga CO2 K2
5. Ida Nadi represents
a) sun b) Moon c) Fire d) sun and moon CO2 K2
6. Puraka is breathing technique refers
a) inhalation b) exhalation c) retention d) meditation CO2 K2

PART – B

Answer the following

(3x6=18)

- 7.a. Elucidate the objectives of Yoga. CO2 K1
(or)
- 7.b. Describe the aims of yoga. CO1 K2
- 8.a. Write about Yama in detail. CO2 K2
(or)
- 8.b. Write about Niyama in detail. CO1 K2
- 9.a. Describe concept of pranayama. CO3 K2
(or)
- 9.b. Explain the componenets of pranayama. CO3 K3

Part C

2x12 =36

Answer should not exceed 800 words or 6 pages

10. a. Write the need and importance of Yoga in Physical Education. CO1 K1
(or)
10. b. Elucidate the need and importance of Pranayama and explain about Astanaga Yoga. CO2 K1
11. a. Enumerate the varieties of Pranayama. CO2 K1
(or)
- 11.b. Explain about Bhandas in detail with diagram. CO3 K2
- 12.a. Explain the classification of Yoga. CO2 K2
(or)
- 12.b. Explain about Mudhras and its benefits. CO2 K3

Staff in – charge: Dr. P. Vainthamani

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