

Mavinay



**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. Recognized by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test II – June 2022**

Class : I BPED  
Major : 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**

**Circle the Correct Answer**

**6x1=6**

1. How many componenets are there in Pranayama CO3 K2  
a. two                      b. three                      c. four d. Five
2. Which Day is Celebrated as International Day of Yoga CO2 K2  
a. June 21<sup>st</sup>                      b) Mune 22<sup>nd</sup>                      c) June 23<sup>rd</sup>                      d) June 24<sup>th</sup>
3. Who Compiled yoga Suthras CO1 K2  
a. Patanjali                      b. BKS Iyengar                      c. Jakki                      d. Vedhathiri
4. Sutra neti is a cleansing technique of this organ which get relax from sinusitis CO2K2  
a. Mouthb.Nose                      c.Stomach                      d. Abdomen
5. Deep relaxation techniques is CO3K2  
a. Instant                      b. slow                      c. normal                      d. fast
6. Nauli is the Clenching Technique used for CO3K4  
a. Stomach                      b. eye                      c. mouth                      d. nose

**PART – B**

**Answer any two of the following (one page) 3x6=18**

7. a. Explain about Nadis CO3K4  
(or)  
b. What is Bhandas enumerate with techniques CO3K4
8. a. What is Yogic diet, Explain about sattvic and tamasic diet CO1K3  
(or)  
b. Explain any two Kriyas with diagram CO2K3
9. a. Describe any two cooling Pranayama CO3K4  
(or)  
b. Differentiate Relaxation and meditation CO3K4

**PART – C**

**Answer the following (4 pages) 3x12=36**

11. a, Explain the Varieties of Pranayama CO3K4  
(or)  
b. Write about the benefits and limitations of Asanas CO2K3
12. a. Explain any five Asana and its procedure and benefits. CO4K2  
(or)  
b. Enumerate the relaxation techniques CO4K3
13. a. Explain dhouthi and its Classification CO3K3  
(or)  
b. Differentiate Physical Exercise and yogasanas CO3K2

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