



Gamballu

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 (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – February 2026
II Semester

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

Time : 2 Hours
Max. Marks: 60

23BPDC08 – Indian Knowledge system based Yoga Education

Course Outcomes:

At the end of the course, students will

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 beginning of yoga were developed by northern india over
a. 4000 years b. 5000 years c. 6000 years d. 7000 years
CO1 K2
CO2 K1
2. "Chitta vritti nirodha" is the famous definition in
a. Yoga Suthra b. Upanishadh c. Kundalini yoga d. Hatha yoga
CO3 K3
3. In astanaga Yoga "with drawl of senses" means
a. pranayama b. prathiyahara c. dharana d. dhyana
CO2 K1
4. It is the path to reach moksha through work
a. karma yoga b. gana yoga c. raja yoga d. Bakthi yoga
CO3 K2
5. Pingala nadi represents
a. sun b. Moon c. Fire d. sun and moon
CO1K3
6. In Astanaga Yoga Samadhi means
a. self realization b. meditation c. concentration d. posture
CO2 K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7 a. Elucidate the history of yoga
or
b. Write about the meaning and definition of yoga
CO1 K2
CO2 K3
8. a. Explain any two Sutras in detail
or
b. Write about Upanishads in Yoga
CO3 K1
CO2 K2
9. a. Describe the streams of yoga
or
b. Explain the benefits of yoga in brief
CO3 K4
CO2 K1

P. Vainthamani

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Write the need and importance of Yoga in Physical Education **CO1 K3**

or

10. b. Elucidate the aims and objectives of yoga **CO1 K3**

11. a. Enumerate the varieties of Pranayama **CO2 K2**

or

11.b. Explain about yama and niyama in detail **CO3 K1**

12.a. Explain the History of Yoga **CO2 K2**

or

12.b. Explain about Upanishad's and its history and benefits **CO3 K3**

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Staff in –charge:

Dr.P.Vainthamani