



**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

**Bachelor of Physical Education Degree Examination – April 2019
II Semester**

Class : I B.P.Ed.

**Time: 3 Hrs
Max. Marks: 100**

18BPDC08 Yoga Education

Part – A (10 questions to be attempted) 10 X 1 = 10

Choose the correct answer

1. The Sanskrit term yuji means to
 - a. join
 - b. break
 - c. escape
 - d. help
2. Asana means
 - a. order lines
 - b. sense
 - c. posture
 - d. concentration
3. Halasana is _____ posture.
 - a. Rat
 - b. Cobra
 - c. Plough
 - d. Moon
4. _____ is peacock posture.
 - a. Padmasana
 - b. Dhanurasana
 - c. Mayurasana
 - d. Halasana
5. _____ develops the balancing power in the body.
 - a. Vikrasana
 - b. Savasana
 - c. Padmasana
 - d. Swastikasana
6. Jalaneti practice the nasal passage is cleansed by means of
 - a. Cloth
 - b. Water
 - c. Air
 - d. Soab
7. Meditation is the _____ anga in yoga marga
 - a. Third
 - b. Fifth
 - c. First
 - d. Seventh
8. Samadhi means
 - a. Focusing
 - b. Self-realization
 - c. Sensation
 - d. None of the above
9. Dhauti cleanses the
 - a. Lungs
 - b. Nose
 - c. Eyes
 - d. Stomach
10. _____ is lotus posture.
 - a. Padmasana
 - b. Matsyasana
 - c. Salabhasana
 - d. Makarasana

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Write a short notes on importance of yoga in physical education.
(or)
11. b. Briefly explain yoga sutra.
12. a. Write short notes on : i. Yama ii. niyama iii. asana
(or)
12. b. Explain any five asanas.
13. a. Write short notes on : i. puraka – kumbhaka ii. rechaka iii. mudhras
(or)
13. b. Write the benefits of pranayama.
14. a. Write benefits of meditation.
(or)
14. b. Briefly explain meditative posture on various system of the human body.
15. a. Yoga therapy for diabetics – explain briefly.
(or)
15. b. Write the benefits and limitations of asanas.

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Discuss about yoga sutra.
(or)
16. b. Write the meaning, definition objectives of yoga.
17. a. Explain benefits of asanas.
(or)
17. b. Briefly explain astanga yoga.
18. a. Explain in detail the classification of nodis.
(or)
18. b. Explain the benefits of pranayama.
19. a. Describe the any five meditative asanas.
(or)
19. b. Write the meaning definition and classification of relaxation meditation.
20. a. Explain i. Trataka ii. Netis iii. Dhouthi iv. Nauli
(or)
20. b. Explain the benefits of yoga on health.
