

Mairine



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)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore-641 043, Tamil Nadu, India
Coimbatore – 641 043

Continuous Internal Assessment –I March 2022

Class: II BSc

Major: Physical Education

Max Marks: 60

18BPEC14 – Science of Yoga

Course Outcomes:

1. Know the classical and theoretical foundations in the field of Yoga.
2. Apply Knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga
3. Describe human anatomy, physiology and biomechanics, and the interrelationships between systems of the body
4. Analyze the ethical principles of health care and yoga codes of conduct; in depth knowledge of legal and regulatory issues
5. Develop the effective teaching methods by adapting to unique styles of teaching

Part A

Answer all the Questions

6 x 1 = 6

- | | |
|--|-------|
| 1. The word Yoga derived from _____ word | CO1K1 |
| a. Latin b. Sanskrit c. French d. English | |
| 2. Sthiram Sugam _____ | CO1K1 |
| a. Pranayama b. Madhyam c. Asanam d. Dhyanam | |
| 3. Astanga Yoga consists of _____ | CO1K2 |
| a. 6 b. 7 c. 8 d. 9 | |
| 4. Suryanamaskar is Salutation to _____ | CO1K1 |
| a. God b. Sun c. Nadi d. Moon | |
| 5. Savasana is _____ asana. | CO2K1 |
| a. Meditative b. Relaxative c. Culture d. Posture | |
| 6. Padma means _____ | CO2K2 |
| a. Rose b. Asana c. Jasmine d. Lotus | |

PART – B

Answer all Questions

Each answer should not exceed 400 words or two pages 3 X 6 = 18

7. a. Explain the importance of Yoga. CO1K2
- Or
7. b. Write about the need of Yoga CO2K2
8. a. Write the benefits of Yoga CO2K3
- Or
8. b. Briefly write the classification of asanas. CO3K3
9. a. Explain Chakrasana and its benefits CO3K4
- Or
9. b. Explain Padmasana and its benefits. CO4K4

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

- 10.a. Explain about the streams of yoga. CO2K2
- 10.b. Explain Astanga Yoga in detail CO3K2
- 11.a. Write about the Techniques and Advantages of Suryanamaskar. CO3K3
- 11.b. Explain Trikoanasana and Vrukshasana with benefits and Diagram CO3K4
- 12a. Explain about the School of Yoga CO4K4
- 12.b. Explain Parvathasana and Paschimottanasna with benefits and Diagram CO4K4