



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 – II - April 2025
Semester II

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

Time : 2 Hours
Max. Marks : 60

23BPDC08 –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. What does the word prana mean? CO1 K1
a. Air b. Breathing c. Vital energy d. Root
2. For a sprinter, what type of breathing would be better? CO1 K2
a. Abdominal b. Thoracic c. Clavicular d. Full Yogic breathing
3. Meaning of Mudra is _____. CO2 K2
a. Gesture b. Lock c. Seald. All of these
4. Which mudra would you "swallow your tongue"? CO2 K3
a. Samugi b. Nasiga c. Kechari d. Sambhavi
5. More than ___ % of Americans have tried meditation at least once in their lives. CO1 K2
a. 4 b. 25 c. 14 d. 39
6. The International Yoga Day 2024 theme is Yoga for _____. CO3 K2
a. Women Empowerment b. Self and Society c. Wellbeing d. Healthy life

Part – B 3 X 6 = 18

Answer should not exceed 400 words or One Page

- 7.a) Write the concept of pranayama. CO1 K2
(or)
- 7.b) Explain the types of Nadi. CO2 K1
- 8.a) What is aim and objectives of yoga? CO2 K2
(or)
- 8.b) Explain components of Pranayama. CO1 K2

- 9.a) Write the benefits of Mudras and Bandhas. CO2 K3
(or)
9.b) What is the benefits of Pranayama. CO2 K2

Part – C

Answer the following

3 X 12 = 36

Answer should not exceed 800 words or one page.

10. a) Explain the role and importance of breathing exercise in Physical activity. CO1 K1
(or)
10. b) Describe any 5 mudras with diagrams. CO2 K1
11. a) Describe the varieties of Pranayama. CO2 K2
(or)
11. b) Explain the relaxative asanas and its benefits. CO2 K3
12. a) Need and Importance of Meditation. CO2 K2
(or)
12. b) Describe the influence of relaxative asanas. CO3 K2

Name of the Staff: Dr.S.Akilandeswari

No. of Copies: 35