



J. Sambal

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

Continus Internal Assessment – I - February 2025
Semester II

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

Time : 2 Hours
Max. Marks: 60

23BPDC08 - Yoga Education

CourseOutcomes:

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. According to Patanjali, asana is CO1K1
a. Control of water and food intake b. Control of sense organs
c. Sitting in comfortable position d. High Calories burn
2. Yoga improves _____. CO1K2
a. Strength b. Balance c. Flexibility d. All the above
3. What connects the individual with the universe CO2K2
a. Yogab. Pranayama c. Surya namaskar d. Mantras
4. Collection of ancient sacred texts that describe the spiritual learning of Yoga is _____. CO2K3
a. Yoga sutras b. Upanishads c. Bhagavad Gita d. All the above
5. The person who is doing his work with concentration is CO1K2
a. Karma b. Gana c. Bakthi d. Raja
6. A state of consciousness that is achieved through meditation is _____. CO3K2
a. Prathyahara b. Meditations c. Samadhi d. Pranayama

Part – B 3 X 6 = 18

Answer should not exceed 400 words or One Page

- 7.a) Write the Definition and meaning of yoga. CO1K2
(or)
- 7.b) Explain the importance of yoga. CO2K1
- 8.a) What is aim and objectives of yoga? CO2K2
(or)
- 8.b) Explain the Importance of Patanjali Yoga Sutras. CO1K2
- 9.a) Explain the general considerations in yoga. CO2K3
(or)
- 9.b) What is the purpose of eight limbs of yoga? CO2K2

Part – C

Answer the following 3 X 12 = 36

Answer should not exceed 800 words o one page

10. a) Write about the benefits and limitations of Asanas. CO1K1
(or)
10. b) Describe the yoga in early Upanishads. CO2K1
11. a) Interpreting the Yoga's Ethical Guide to Living: The Yamas and Niyamas. CO2K2
(or)
11. b) Explain about the Classification and benefits of Asanas. CO2K3
12. a) Need and Importance of Yoga in Physical Education and Sports. CO2K2
(or)
12. b) Describe the Perspective Philosophy of Yoga - A Bhagavad Gita. CO3K2

Name of the Staff: Dr.S.Akilandeswari.

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