

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR
WOMEN

Coimbatore – 641 043.

Continuous Internal Assessment Test II - March 2019

SEMESTER II

CLASS : I B.P.Ed.

Time: 2 Hrs.

Max. Marks: 60

18BPDC08 – 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

Circle the correct answer

5 x 1 = 5

1. When did the UN General Assembly announce 21st June as the International Yoga Day? C1K1
a. 21st June b. 11th Dec 2014 c. 12th Dec 2014 d. 11th June 2014
2014
2. How many different Asana does Surya Namaskar comprise of? C1K1
a. 10 b. 9 c. 11 d. 7
3. This posture can be good to do meditation C2K1
a. prone b. Supine c. Standing d. Sitting
4. Which asana is suitable for relaxation C2K2
a. padmasna b. Savasana c. bhujangasana d. Parvathasana
5. Dhouthi is akriya used to cleanse C1K3
a. Eyes b. Stomach c. alimentary canal d. Intestine

PART – B

Answer the following in one or two sentences

5 x 2 = 10

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|-----|---------------------------------------|------|
| 6. | List down the components of pranayama | C1K1 |
| 7. | List down the mudhras. | C2K2 |
| 8. | List down the relaxation techniques | C3K2 |
| 9. | List down the types of yogic diet | C2K2 |
| 10. | List down kriyas | C3K3 |

PART – C

Answer the following

3 x 5 = 15

Answer should not exceed 200 words or one page

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|-----|----|---|------|
| 11. | a. | Explain in detail about the components of pranayama | C2K1 |
| | | Or | |
| 11. | b. | Explain about bandhas | C2K2 |
| 12. | a. | Explain about the relaxation techniques in detail | C3K2 |
| | | Or | |
| 12. | b. | Write about deep relaxation technique | C3K3 |
| 13. | a. | Write about the relaxative and meditative postures | C4K4 |
| | | Or | |
| 13. | b. | What is yogis diet, explain about it | C3K4 |

PART – D

Answer the following

2 x 15 = 30

Answer should not exceed 1200 words or six pages

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|-----|----|--|------|
| 14. | a. | Write in detail about the varieties of pranayama | C2K2 |
| | | Or | |
| 14. | b. | Write about the difference between yoga and physical exercise | C2K3 |
| 15. | a. | What is Kriyas, explain the varieties of kriyas | C3K2 |
| | | Or | |
| 15. | b. | Write the benefits and limitations of Asanas and its influence on health | C4K3 |