



Murugan.

**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.CGPA 3.65/4, Category I by UGC  
Coimbatore-641 043, Tamil Nadu, India**

**Continuous Internal Assessment Test- III December 2022**

**Class: II B.Ed  
Semester – III**

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

**21BPDO02 – Generic Elective  
Yoga and Stress Management**

**Course Outcomes**

- CO1: Understand the basic Concepts of Yoga  
CO2: Apply the principles of Yoga to live a healthy and active lifestyle.  
CO3: Promote the awareness of health through yoga  
CO4: Analyze the techniques and of body posture to bring out healthy change.  
CO5: Develop the knowledge through practice, participate and organize

**Part A**

**Choose the correct answer**

**10X1=10**

1. Which Indian system of exercises for the body that involves breath control and helps relax both your mind and body  
CO1 K2  
a. Mallakambhb.Yoga c. Silambamd.Kabbadi
2. The International Yoga Day on  
CO1 K1  
a. 18 October b.23 August c. 13 December d. 21 June
3. Mantra yoga is a type of yoga that uses  
CO1 K1  
a. Exercise b. Breath c. Mantra d.Meditation
- 4.Kriya means  
CO1 K1  
a.hand cleansing b.Soul cleansing c.Body cleansing d.breath cleansing
- 5.Bandha means  
CO1 K1  
a.locksb.Actionc. Gesture d.Posture
6. Choose the correct sentence from the below  
CO4 K1  
a) Purakameans exhalation b) Kumbhaka means inhalation  
c) Rechaka means exhalation d) Pranayama means retention
- 7.A procedure to monitor and reduce the physiological aspects of stress is  
CO1 K1  
a.Deep breathing b. Creative visualizationc. Biofeedback d. Autogenic method
- 8.Bhramaripranayama practice can relieve  
CO1 K1  
a.Pain b. Stress c. Anemia d. Breathing problem
9. The asana bends the spine backward is  
CO1 K1  
a.Sarvangasana b.savasanac.Dhanurasana d.padmasana
- 10.The karma/kriya means  
CO1 K1  
a. Prayer b. Action c. Observe d. Meditate

### Part B

Answer the following

Answer should not exceed 400 words or two pages

5x 6= 30

- 11.a. Define Yoga & Its importance in life  
(or) CO2K3
- 11.b. List out the meditation technique for stress relief CO1K2
- 12.a. Briefly explain the physiology of stress on human body  
(or) CO2K3
- 12.b. List out the stress management techniques CO2K2
- 13.a. List out the pranayama techniques for stress relief  
(or) CO1K1
13. b. Explain any three mudras for stress relief CO2K1
14. a. Explain Anticipatory Anxiety and its causes  
(or) CO2K1
- 14.b. Define Distress & Eustress CO2K2
15. a. List out the kriyas types  
(or)
- 15.b. List out the five cultural asana and its poses CO1K3

### Part C

Answer the following

Answer should not exceed 800 words or four pages

5 x 12= 60

16. a. Explain the various meditation techniques for stress relief.  
(or) CO1K2
- 16.b. Enumerate the various guidelines for Healthy Lifestyle through yoga. CO1K2
- 17.a. Explain the eight limbs of yoga.  
(or) CO4 K1
- 17.b. Enumerate about various kriya technique CO4 K1
- 18.a. Discuss the impact of yoga on Skeleton system  
(or) CO3 K1
- 18.b. Discuss the impact of yoga on Respiratory system CO4 K1
- 19.a. Explain the various types of stress the physiology of stress on various System  
(or) CO1K2
19. b. Explain the physiological contribution of yoga to solve stress related problems. CO1K2
- 20.a. Define pranayama and explain the role of pranayama on stress  
(or) CO4 K1
- 20.b. Define meditation and explain the role of meditation on stress CO1K1