



Sambath

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 (now MoE)
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 II – March 2026
II Semester

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

Time : 2 Hours
Max. Marks: 60

23BPDC08 – Indian Knowledge system based Yoga Education

Course Outcomes:

At the end of the course, students will

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. Which Pranayama is known for making a humming sound like a bee? CO1 K2
a) Sheetali b) Ujjayi c) Bhramari d) Bhastrika
2. What is the technical term for "controlled inhalation" in Pranayama? CO3 K3
a) Rechaka b) Kumbhaka c) Puraka d) Bandha
3. What is a popular relaxation technique that involves deep breathing and focusing on the present moment? CO2 K1
a) Acupuncture b) Mindfulness meditation c) Hypnosis d) Running
4. Which of the following is a key aspect of deep breathing for relaxation? CO3 K2
a) Inhaling quickly through the mouth b) Slowly exhaling and allowing shoulders to drop
c) Holding breath after inhalation d) Breathing only from the chest
5. A yogic diet helps in keeping the body _____ and the mind _____. CO1K3
a) Heavy, distracted b) Light, fresh c) Weak, calm d) Strong, lethargic
6. Which kriya is best for cleansing the frontal lobes and lungs? CO2 K2
a) Neti b) Trataka c) Kapalbhathi d) Basti

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7 a. Explain about Nadis and its benefits CO1 K2
(Or)
- 7 b. Explain about the Components of Pranayama CO2 K3
8. a. What is meditation, Give the Importance of meditation CO3 K1
(Or)
8. b Explain about Deep relaxation techniques CO2 K2
9. a. Explain is Tamasic diet and its benefits CO3 K4
(Or)
- 9.b. What is Trataka, explain the different types of trataka CO2.K1

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain the varieties of Pranayama and its benefits CO1 K3
(Or)
10. b. Write about Bandhas in details with diagram CO1 K3
11. a. Enumerate the relaxation techniques CO2 K2
(Or)
- 11.b. Elucidate the difference between Yoga and Physical Exercise CO3 K1
- 12.a. Explain the Yogic Diet CO2 K2
(Or)
- 12.b.What is Kriyas explain in detail CO3 K3

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Staff in –charge: Dr.P.Vainthamani