



Mavin

**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. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I – February 2023**  
**IV SEMESTER**

**Class : II UG**

**Major : Physical Education**

**Time : 2 hours**

**Max. Marks : 60**

**21BPEC14 – Science of Yoga**

**Course Outcomes:**

1. Know the classical and theoretical foundations in the field of Yoga.
2. Apply Knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga
3. Describe human anatomy, physiology and biomechanics, and the interrelationships between systems of the body
4. Analyze the ethical principles of health care and yoga codes of conduct; in depth knowledge of legal and regulatory issues
5. Develop the effective teaching methods by adapting to unique styles of teaching

**Part A**

**Answer all the Questions**

**6 x 1 = 6**

1. The word Yoga derived from \_\_\_\_\_ word  
a. Latin                      b. Sanskrit                      c. French                      d. English                      CO1K1
2. SthiramSugam \_\_\_\_\_  
a. Pranayama                      b. Madhyam                      c. Asanam                      d. Dhyanam                      CO1K1
3. Pranayama is the \_\_\_\_\_ stage in Astanga yoga.  
a. 6                      b. 7                      c. 8                      d. 4                      CO1K2
4. Suryanamaskar is Salutation to \_\_\_\_\_  
a. God                      b. Sun                      c. Nadi                      d. Moon                      CO1K1
5. Savasana is \_\_\_\_\_ asana.  
a. Meditative                      b. Relaxative                      c. Culture                      d. Posture                      CO2K1
6. Vrikshasana represents \_\_\_\_\_  
a. Mountain                      b. Asana                      c. Tree                      d. Lotus                      CO2K2

**PART – B**

**Answer all Questions**

**Each answer should not exceed 400 words or two pages 3 X 6 = 18**

7. a. Explain the importance of Yoga.                      CO1K2  
Or
7. b. Write about the need of Yoga                      CO2K2
8. a. Write the benefits of Yoga                      CO2K3  
Or
8. b. Briefly write the classification of asanas.                      CO3K3
9. a. Explain Chakrasana and its benefits                      CO3K4  
Or
9. b. Explain Padmasana and its benefits.                      CO4K4

**Part – C**

**Answer any one and it should not exceed 800 words**

**1 X 12 = 12**

- 10.a. Explain about the streams of yoga.                      (or)                      CO2K2
- 10.b. Explain Astanga Yoga in detail                      CO3K2
- 11.a. Write about the Techniques and Advantages of Suryanamaskar.                      (or)                      CO3K3
- 11.b. Explain Trikoanasana and Vrukshasana with benefits and Diagram                      CO3K4
- 12.a. Explain about the School of Yoga                      (or)                      CO4K4
- 12.b. Explain Parvathasana and Paschimottanasna with benefits and Diagram                      CO4K4