



Murugesu.

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

Continuous Internal Assessment – II April 2024

Class: II BSc
Major: Physical Education

Time: 2 Hours
Max Marks: 60

21BPEC14 – Science of Yoga

Course Outcomes:

- CO1. Know the classical and theoretical foundations in the field of Yoga.
CO2. Apply Knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga
CO3. Describe human anatomy, physiology and biomechanics, and the interrelationships between systems of the body
CO4. Analyze the ethical principles of health care and yoga codes of conduct; In depth knowledge of legal and regulatory issues
CO5. Develop the effective teaching methods by adapting to unique styles of teaching

Part A

Answer all the Questions

6 x 1 = 6

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|--|------------------|------------------|------------|
| 1. The word prana means _____. | | | CO1K1 |
| a. Blood | b. Soul | c. Energy | d. Flow |
| 2. Which one of the asana is relaxative asana? | | | CO1K1 |
| a. Pranayama | b. Makarasana | c. Padmasana | d. Dhyanam |
| 3. By doing _____ eye sight will improve. | | | CO1K2 |
| a. Basti | b. Kapalabathi | c. Eye exercises | d. Trataka |
| 4. Pranayama which involves only right nostril is _____. | | | CO1K1 |
| a. Chandra anuloma | b. Surya anuloma | c. Nadi | d. None |
| 5. The channel which the energy flows is _____. | | | CO2K1 |
| a. Nerve | b. Blood | c. Vessel | d. Nadi |
| 6. Dhanurasana represents _____. | | | CO2K2 |
| a. Mountain | b. Bow | c. Tree | d. Lotus |

PART – B

Answer all Questions

Each answer should not exceed 400 words or two pages

3 X 6 = 18

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|---|----|-------|
| 7. a. Explain the concept of Pranayama. | | CO1K2 |
| | Or | |
| 7. b. Write about the importance of relaxative asanas | | CO2K2 |
| 8. a. Write the benefits of Pranayama | | |
| CO2K3 | | |
| | Or | |
| 8. b. Briefly write about Trataka. | | CO3K3 |
| 9. a. Explain Vakrasana and its benefits | | CO3K4 |
| | Or | |
| 9. b. Explain Yogamudra and its benefits. | | CO4K4 |

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

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|--|-------|
| 10.a. Explain about the components and benefits of Pranayama. | CO2K2 |
| 10.b. Explain Surya Anuloma Viloma and Chandara anuloma Viloma and its benefits in detail. | CO3K2 |
| | CO3K3 |
| 11.a. Write about the different types of Nadis. | CO3K3 |
| 11.b. Explain the types of Bandhas. | CO3K4 |
| 12a. Explain about the Neti and Dhouthi. | CO4K4 |
| 12.b. Explain the benefits and limitations of asanas. | CO4K4 |

Name of the Staff: Dr.S.Akilandeswari
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