



**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

**Bachelor of Physical Education Degree Examination – June / July 2021**  
**II Semester**

**Class: I B.P. Ed.**

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

**18BPDC08 Yoga Education**

**Course Outcomes:**

- CO1: Understand the basic concepts of Yoga  
CO2: Apply the principles of Yoga to live healthy and active life style  
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**

**10 x 1 = 10**

**Choose the Correct Answer**

1. \_\_\_\_\_ is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. C02 K2
  - a. Aerobics
  - b. Stretching
  - c. Muscle building
  - d. Yoga
2. The stem of yoga that is called as 'Yoga of action' is \_\_\_\_\_ yoga. C01 K1
  - a. Raja
  - b. Jnana
  - c. Karma
  - d. Bakthi
3. In yoga \_\_\_\_\_ is translated as "collection or concentration of the mind". C02 K3
  - a. Asana
  - b. Dharana
  - c. Dhyana
  - d. Samadhi
4. Pranayama is the practice of C01 K2
  - a. physical agility
  - b. mental straining
  - c. breath control
  - d. fitness
5. \_\_\_\_\_ is the introverted, lunar nadi and corresponds to the left hand side of the body and the right hand side of the brain. C03 K3
  - a. Ida nadi
  - b. Valanadi
  - c. Pingalanadi
  - d. Nernadi
6. This is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object. C04 K2
  - a. Suryanamaskar
  - b. Sampoorasana
  - c. Meditation
  - d. Kriyas
7. These are positions of the body that have some kind of influence on the energies of the body or mood. C03 K3
  - a. Asanas
  - b. Mudras
  - c. Bhandas
  - d. Niyamas
8. Techniques can help to cope with everyday stress and with stress related to various health problems such as heart disease and pain are termed as C04 K2
  - a. relaxation
  - b. stress
  - c. physical straining
  - d. emotional imbalances

9. In nutrition \_\_\_\_\_ is the sum of food consumed by a person or other organism. C03 K2  
 a. energy b. calorie  
 c. diet d. starvation
10. \_\_\_\_\_ is a body posture originally and still a general term for a sitting meditation pose. C01 K1  
 a. Yoga b. Niyama  
 c. Shradha d. Asana

**Part B**

**5 X 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Elucidate the aims and objectives of Yoga and its relevance. C02 K2  
 (or)  
 11.b. Highlight the basic categories of yoga with examples. C04 K4
- 12.a. Discuss the need and importance of yoga in physical education. C02 K3  
 (or)  
 12.b. Write in brief the classification of Asanas. C04 K4
- 13.a. Discuss the concept of Pranayama with illustrations. C01 K2  
 (or)  
 13.b. Give a brief description of Bhakti Yoga. C02 K3
- 14.a. Justify why relaxation techniques play a significant role in modern life. C04 K5  
 (or)  
 14.b. Analyze the influence of meditative posture on various systems of the body. C04 K4
- 15.a. Highlight the health care benefits of yoga. C05 K3  
 (or)  
 15.b. Distinguish between Yoga and Physical exercises. C04 K5

**Part C**

**5X12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Present a brief sketch about the place of Yoga in Early Upanishads. C02 K3  
 (or)  
 16.b. Describe the importance of meditation as a technique of Yoga and highlight its benefits. C02 K3
- 17.a. Tabulate the features of Karma yoga and Jnana yoga. C03 K3  
 (or)  
 17.b. As a physical education teacher how will you promote the awareness of health through yoga. C05 K4
- 18.a. Present a brief description on the eight limbs of Yoga. C02 K3  
 (or)  
 18.b. Elucidate the salient features of Ida Nadi, PingalaNadi and Sushumna Nadi with illustrations. C01 K2
- 19.a. Write short notes on the varieties of Pranayama and their benefits. C03 K4  
 (or)  
 19.b. Enunciate the significant health benefits of relaxation and meditative techniques. C03 K2
- 20.a. What is meant by Yogic Diet? Give a detailed note on Rajasic, Tamasic and Sathvic characteristics. C04 K4  
 (or)  
 20.b. Discuss the various benefits and limitations of Asanas and its influence on health. C04 K5

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