

Avinashligam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment I – July 2018

Semester – III

Class : II BPEd/BEd

Branch: Education and Spl.Edn

Time : 2 Hrs.

Max Marks: 40

ISBPDD002 – Generic Elective - Yoga and Stress Management

PART – A

5 x 1 = 5

Choose the Correct Answer

1. The word 'Yoga' is derived from _____.
a. Latin b. French c. Sanskrit d. English
2. Yama means _____
a. General Discipline b. Self Discipline c. Brahmacharya d. Saucha
3. Nirodhana denotes _____
a. Mind stuff b. Mind stiffness c. Movement d. Controlling
4. Stress can be reduced through _____
a. Physical activity b. Exercises c. Yoga d. None
5. Kapalapathi cleanses the _____
a. Skull b. Nasal passages c. Stomach d. Small Intestine

PART – B

5 X 2 = 10

Answer the following in one or two sentences

6. Define Yoga.
7. What is Asana?
8. Write the aim of Yogasana.
9. What is Dharana?
10. List out the eight limbs of Yoga.

PART – C

3 X 5 = 15

Answer should not exceed 200 words or one page

11. Write about the safety measures and precautions while doing asana.
12. List out and explain the phases of Pranayama.
13. Explain Bhakti Yoga and Mantra Yoga.

PART – D

1 X 10 = 10

Answer should not exceed 700 words or four pages

- 14a.. Enumerate about the eight limbs of Yoga.
(or)
- 14.b. Explain about the effect of Yogasanas on Respiratory system and Circulatory system.