Avinashilingam Institute for Home Science and Higher Education for Women
[Deemed to be University] Coimbatore-641 043

Bachelor's Degree Examination – April 2019

IV Semester

Class : II UG **Time: 3 hours**
Major : Physical Education **Max. Marks: 100**

15BPEC14 Science of Yoga

Part-A **10 x 1=10**
Choose the correct answer

1. The literal meaning of 'Yoga' is
   a) Division b) Union c) Multiplication d) Subtraction

2. Bhakti yoga is the path of
   a) Action b) Inner wisdom c) Devotion d) None of the above

3. Which of these Kriya is recommended immediately after the practice of Jalaneti?
   a)Trataka b)Kapalbhati c)Nauli d) Basti

4. Meditation is a practice of
   a) Awareness b) Concentration c) Focus to one point d) All the above

5. Which of the following Kriya improve the digestive system?
   a)Dhouti b)Nauli c)Neti d) Basti

6. Which Asana is good for thyroid disorders?
   a) Sarvangasana b) Viparitakarani c)Halasana d)All the above

7. Which one is the relaxation asana?
   a) Savasana b)Mayurasana c)Sirasasana d)Dhanurasana

8. Which pranayama has the power of overcoming hunger and thirst?
   a) Bhastrika b) Sheetali c) Ujjayi d) Plavini

9. Kapalabhti means
   a) Cleansing system b) prayer c) running d) sleeping

10. Trataka practice for
    a) Ear b) Eye c) Mouth d) Tongue

Part- B **5X6=30**
Answer the following
Answer should not exceed 400 words or two pages

11. a. Briefly explain about the streams of yoga?
    (or)
    b. Explain the techniques and advantages of suryanamaskar?

12. a. Explain the sitting posture asanas? Padmasana & Yogamudhra.
    (or)
    b. Explain the standing posture asanas? chakkra & trikonasana.

13. a. Briefly explain the any two of prone position asanas.
    (or)
    b. Briefly explain the any two of supine position asanas.

14. a. What is pranayama and explain its types?

(or)

14.b. Explain the various concept of pranayama.

15. a. What are the Kriyas in yoga?

(or)

15. b. What do you mean by the yogic diet and write its benefits?

Part- C **5x12=60**

Answer the following

Answer should not exceed 800 words or four pages

16. a. Explain the various stages of astanga yoga.

(or)

16. b. Discuss the types of schools in Yoga?

17. a. Explain the benefits and limitations of Asana?

(or)

17. b. Explain about various types of Asana?

18. a. Explain the various asanas for relaxation purpose.

(or)

18. b. Explain the different types of meditative asanas.

19. a .Explain the physiological benefits of Pranayama?

(or)

19. b. Describe the benefits of bandhas and mudras?

20. a. Explain the various types of Kriyas and their benefits?

(or)

20. b. prepare the yogic diet for obese people to reduce body weight.

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