

Class : B.Ed.

Major : Education

Max Marks: 30

**18BPDO02 – Generic Elective – Yoga and Stress Management**

**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: Analyse the techniques and of body posture to bring out healthy change.

CO5: Develop the knowledge through practice, participate and organize

**Part – A**

**Choose the correct answer**

**Answer all the questions**

6X 1 = 6

1. What part of the autonomic nervous system provides the body with energy for the fight-or-flight response? CO1 K1
  - a. Central nervous system
  - b. Sympathetic nervous system
  - c. Parasympathetic nervous system
  - d. Peripheral nervous system
2. The meaning of prana is CO1 K3
  - a. vital energy
  - b. air
  - c. oxygen
  - d. all of the above
3. The 'Chitta' may be controlled by CO2 K1
  - a. Yama
  - b. Pratyahara
  - c. Niyama
  - d. Samadhi
4. Which one is colling Pranayama? CO1 K5
  - a. Shitali
  - b. Bramhari
  - c. Nauli
  - d. Rechaka
5. The state in which all body systems are functioning smoothly and in equilibrium is CO4 K1
  - a. Relaxation
  - b. eustress
  - c. distress
  - d. homeostasis
6. Every Yoga Teacher must the start practice session with 
  - a. Kriyas
  - b. Asana
  - c. Pranayama
  - d. Meditation

**Part – B**

**Answer any two of the following**

**(2 out of 4 Questions)**

**Answer any two questions ant it should not exceed 400 words**

2 X 6 = 12

- 7 Explain Pranayama and its different phases CO1 K2
- 8 Enumerate the mental benefits of Meditation CO4 K1
- 9 Write the types of stress? CO1 K3
- 10 Elucidate the Stress related disease CO1 K5

**Part – C**

**Answer any one of the following**

**(1 out of 2 Questions)**

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

1 X 12 = 12

- 11 List out the physical benefits of Pranayama CO1 K5
  - 12 Write out the contribution of yoga to reduce stress? CO3 K2
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