



## 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's Degree (Supplementary) Examination –November 2019 IV Semester

Batch : 2017  
Major : Physical Education

Time: 3 hours  
Max. Marks: 100

#### 15BPEC14 Science of Yoga

##### Part A

10 x 1 = 10

##### Choose the correct answer

1. 'Asana' according to Patanjali is
  - a. Sthiram
  - b. Sukham
  - c. Sthiram sukham
  - d. Chiram
2. Which posture is most appropriate for doing prayer?
  - a. Shavasana
  - b. Tadasana
  - c. Padmasana
  - d. Chakrasana
3. Kapalabhati is named as \_\_\_\_\_ in Gheranda Samhita
  - a. Shudhkarma
  - b. Vatkrama
  - c. Bhalabhati
  - d. Kapalabhati
4. What is the meaning of Anuloma?
  - a. Successive
  - b. Reverse order
  - c. curve
  - d. All the above
5. Which of the following yogic posture can be done immediately after food?
  - a. Vajrasana
  - b. Trikonasana
  - c. Halasana
  - d. Mayurasana
6. Kapala Randhara refers to which place?
  - a. Root of the tongue
  - b. hollow space in the head
  - c. Uvula
  - d. Under the tongue
7. Kriya practice enhances
  - a. Sensitivity
  - b. De-sensitivity
  - c. Relaxation
  - d. None of the above
8. The complementary posture of Halasana is
  - a. Sarvangasana
  - b. Bhujanagasana
  - c. Shavasana
  - d. Chakrasana
9. Dhyana means
  - a. Non violence
  - b. Control
  - c. Meditation
  - d. posture
10. How many steps in astanga yoga?
  - a.5
  - b.9
  - c.8
  - d.7

**Part B**

**Answer ALL Questions**

**Answer should not exceed 400 words or two pages**

**5 X 6 = 30**

11. a. Write the need and importance of yoga?  
(OR)
11. b. Write about the unity and diversity of yoga.
12. a. Explain chakarasana and its benefits?  
(OR)
12. b. Write any two supine posture asanas?
13. a) Write the physiological benefits of Asanas.  
(OR)
13. b) Write the physiological benefits of meditation.
14. a) Describe on Yogic Breathing.  
(OR)
14. b) Describe the benefits of anuloma-viloma pranayama.
15. a) Explain the benefits of mudhras and bhandas?  
(OR)
15. b) Briefly explain about Sathvic food?

**Part C**

**Answer ALL Questions**

**Answer should not exceed 800 words or four pages**

**5 X 12 = 60**

16. a) Explain about various schools in yoga.  
(OR)
16. b) Explain about the astanga yoga.
17. a) Write short notes on the following.  
(a) Nadis (b) Kapala Pathi. (c) Chin Mudra.  
(OR)
17. b) Write in details about relaxation asanas and its posture.
18. a) Write in detail about supine position asanas.  
(OR)
18. b) Write in detail about the sitting asanas.
19. a) Explain different types of pranayama and its benefits?  
(OR)
19. b) What are the differences between Asanas and Meditation?
20. a) What is kriya? Explain the six types of kriyas.  
(OR)
20. b) Explain about the Yogic diet.

