



Murugesu

**Avinashilingam Institute for Home Science and Higher Education for Women**

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)  
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 – May 2023**  
**II Semester**

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

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

**21BPDC08 Yoga Education**

**Course Outcomes:**

- CO1: Understand the basic Concepts, principles and practice skills of yoga  
CO2: implement yogic techniques and practice to bring out healthy change  
CO3: Analyze the various tools and techniques used in teaching and learning yoga  
CO4: Evaluate the knowledge through practice, participation and organizing various levels of yoga competitions  
CO5: Create a new package of yogic techniques for the societal needs

**Part A** **10 x 1 = 10**  
**Choose the Correct Answer**

1. There are ----- chapters in yoga sutra CO1 K2  
a. Four                      b. Five                      c. Three                      d. Eight
2. The sanskrit term yuj means CO2 K4  
a. unit                      b. Join                      c. Both                      d. All of the above
3. Jnana yoga means CO3 K5  
a. wisdom                      b. action                      c. effort                      d. inquiry
4. Third step in raja yoga is CO2 K6  
a. Asana                      b. Pranyama                      c. Mudra                      d. Yama
5. The right nostril breath is called as CO3 K3  
a. Chandra nadi                      b. SuriyaNadi                      c. Kriyas                      d. None of the above
6. Pranyama means CO4 K5  
a. Senses                      b. Breath control                      c. Concentration                      d. Posture
7. Technique can help to cope with every day stress and with stress related to various health problems such as heart disease and pain are termed a CO2 K1  
a. relaxation                      b. stress  
c. physical straining                      d. emotionalism balances
8. Relaxation technique is CO2 K4  
a. halasana                      b. Savasana                      c. Both a & b                      d. none of the above
9. In kapalabathi practice the frontal brain is cleansed by means of CO3 K2  
a. Air                      b. Tube                      c. Water                      d. Cloth
10. Neti practice will purify the \_\_\_\_\_ passage. CO3 K2  
a. Ear                      b. Instine                      c. Nasal                      d. Tongue

**Part B****5 x 6 = 30****Answer ALL questions****Each answer should not exceed 400 words or two pages**

- 11.a. Explain about samadhi pada.  
(or) CO1 K2
- 11.b. Elucidate the need and importance of Yoga. CO1 K1
- 12.a. Describe about Yama.  
(or) CO2 K2
- 12.b. Give a brief description of Yoga in Bhagavad-Gita. CO2 K1
- 13.a. Analyse the Concept of Pranayama.  
(or) CO3 K4
- 13.b. Give a brief description of Three types of important Nadis. CO5 K4
- 14.a. Explain about any Relaxation Techniques.  
(or) CO4 K2
- 14.b. Discuss the Meaning and definition of Meditation. CO4 K1
- 15.a. Explain the Techniques and benefits of Jal neti.  
(or) CO5 K3
- 15.b. Explain the three types of Yogic Diet. CO5 K2

**Part C****5 x 12 = 60****Answer ALL questions****Each answer should not exceed 800 words or four pages**

- 16.a. Discuss the need and importance of yoga in physical education.  
(or) CO1 K4
- 16.b. Analyse Yoga in Early Upanishads. CO1 K2
- 17.a. Elucidate Eight limbs of Raja yoga.  
(or) CO2 K4
- 17.b. Discuss Nine types of Bakthi Yoga. CO2 K2
- 18.a. Describe any Two types of Mudras and its benefits.  
(or) CO3 K5
- 18.b. Explain any two types of Pranayama and its benefits. CO3 K5
- 19.a. Elucidate the Meditative posture on various system of our body.  
(or) CO4 K2
- 19.b. Explain about the Techniques and benefits of Savasana. CO4 K2
- 20.a. Explain about the Influence of Yoga on health.  
(or) CO5 K2
- 20.b. Prepare a yogic chart for Asthma. CO5 K6

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