



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 Examination – June 2021
IV Semester

Class : II UG
Major : Physical Education

Time: 3 Hours
Max. Marks: 100

18BPEC14 Science of yoga

PART A
Choose the Correct Answer

10 x 1 = 10

1. Yoga is
a. Asana b. Religion c. Health d. Union
2. What is yoga therapy
a. Yogic healing b. Comical treatment
c. Herbal treatment d. Exercise
3. Asana is
a. Posture b. Health c. Work d. Exercise
4. Steps of Surya Namaskar are
a. 12 b. 11 c. 10 d. 14
5. What is the posture of Salabhasana?
a. Prone posture b. Supine posture
c. Relaxation posture d. Standing posture
6. What is the posture of Makrasana?
a. Prone posture b. Standing posture
c. Relaxation posture d. Supine posture
7. Mudra is
a. Symbol b. Clean c. Cover d. Action
8. Mudra plays a great roll with
a. Asanas b. Fingers c. Breathing d. All the above
9. Obesity is
a. Obesity is b. Disease c. Over weight d. Stress
10. Kriya is
a. Cleansing b. Moving c. Working d. All the above

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Recite a short note on 'School of Yoga' .
(or)
11.b. Write a short note on 'Ashtanga Yoga'.
- 12.a. Write the advantages of 'Surya namaskar'
(or)
12.b. Recite the advantages of Chakrasana and Trikonasana.
- 13.a. Recite the relaxation techniques of Savasana and Makrasana.
(or)
13.b. Recite the relaxation techniques of Matsyasana and Uttanapadasana
- 14.a. Describe the needs and importance of pranayama.
(or)
14.b. Describe the mechanism of Pingla Nadi and Sushumna Nadi .
- 15.a. Describe the mechanism of Pingla Nadi and Sushumna Nadi .
(or)
15.b. Describe needs and importance of Yogic Kriyas.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the Ashtanga yoga.
(or)
16.b. Explain the Streams of yoga.
- 17.a. Explain the advantages of surya namaskar.
(or)
17.b. Explain the techniques of yogamudra, padmasana, parvathasana and ardhmatsyendrasana
- 18.a. Explain the effects of relaxation techniques in human body.
(or)
18.b. Explain the effects of Deeprelaxation and Meditation in human body.
- 19.a. Explain the benefits of pranayama in daily life.
(or)
19.b. Explain the benefits of Mudhras and Bhandas in daily life .
- 20.a. Explain the effect Yogic diet(Rajasic, Tamasic, Sathvic) in human body .
(or)
20.b. Explain the Yogic therapy process for rehabilitation of Obesity, Pain and Stress.
