

MODEL QUESTION PAPER -2019

Class : II BEd

Time : 2 Hrs.

Semester – I

Max Marks: 40

18BPPDO02 – Generic Elective – Yoga and Stress Management

Course Outcomes:

1. Understand the basic Concepts of Yoga
2. Apply the principles of Yoga to live healthy and active life style.
3. Promote the awareness of health through yoga
4. Analyse the techniques and of body posture to bring out healthy change.
5. Develop the knowledge through practice, participate and organize

PART – A

Circle the Correct Answer

10 x 1 = 10

1. Who compiled 'Yoga Sutra'?  
a) Patanjali      b) Gherendra      c) Svاتمarama      d) Vivekanada  
CO1 K1
2. Niyama means \_\_\_\_\_  
a. General Discipline      b. Self Discipline      c. Brahmacharya      d. Saucha  
CO3 K2
3. Which day is celebrated as 'International Day of Yoga'?  
a) June 20      b) June 21      c) June 22      d) June 23  
CO4 K4
4. The appropriate amount of time to wait after a meal before beginning a yoga practice is:  
a. 1 Hour      b. 2 Hour      c. 3 Hour      d. 4 Hour  
CO1 K5
5. Kapalapathi cleanses the \_\_\_\_\_  
a. Skull      b. Nasal passages      c. Stomach      d. Small Intestine  
CO3 K2

**PART - B**

Answer the following **5 X 2 = 10**

Answer should not exceed 600 words or two pages

1. Define Yoga CO3 K2
2. List the safety measures to be follow while performing Yoga CO2 K4
3. What are the benefits of Yoga? CO1K1
4. Explain the role of Meditation in stress management CO3 K4
5. Write the procedure to perform Padmasana with diagram. CO1 K2

**PART - C**

**3X 5 =15**

Answer the Following

1. Write the methods of performing Surya Namaskar CO3 K2
2. Explain about the Eight limbs of Yoga. CO1 K4
3. Explain Pranayama and it different phases CO3 K4

**PART - D**

- 1 a. Explain about Bandha and Mudra. (or) CO3 K2  
b. Explain the impact of Yoga on Muscular system. CO5 K4