



*Neeraj*

**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 2024**  
**II Semester**

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

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

**23BPDC08 Indian Knowledge System based 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 an new package of yogic techniques for the societal needs

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. Definition of Yoga states CO1 K1  
a. Yoga is primarily a physical exercise  
b. Yoga is a holistic system that encompasses physical, mental, and spiritual dimensions  
c. Yoga is exclusively a religious practice  
d. True Union of body, mind and soul.
2. What is the main aim of yoga? CO1 K2  
a. Yoga aims only for physical fitness  
b. The primary objective of yoga is to attain supernatural powers  
c. Yoga aims at the integration of mind, body, and spirit for self-realization  
d. The sole objective of yoga is to achieve material success
3. Yoga in Early Upanishads: CO3 K2  
a. Upanishads do not mention anything about yoga  
b. Early Upanishads emphasize yoga as a purely physical discipline  
c. Yoga is only associated with post-Vedic literature  
d. Early Upanishads highlight the practice of yoga as a means of self-realization
4. Limbs of Astanga yoga. CO1 K3  
a. Astanga Yoga comprises only physical postures  
b. Yama and Niyama are the only components of Astanga Yoga  
c. Astanga Yoga includes Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi  
d. Karma Yoga is not a part of Astanga Yoga
5. Yoga in the Bhagavadgita: CO4 K3  
a. Bhagavadgita only advocates Karma Yoga  
b. Raja Yoga is the central theme in the Bhagavadgita  
c. Bhagavadgita focused on streams of yoga  
d. Bhakti Yoga is the only path emphasized in the Bhagavadgita
6. What are the benefits of Asanas: CO2 K2  
a. Asanas are classified based on their difficulty level  
b. Asanas have no benefits beyond physical fitness  
c. Asanas have physical, mental, and spiritual benefits  
d. Classification of Asanas is not mentioned in yoga literature
7. What are the components of yoga? CO1 K2  
a. Pranayama only involves breath control  
b. Pranayama does not have any connection with the energy channels (Nadis)  
c. Components of Pranayama include only Puraka  
d. Pranayama involves Puraka, Kumbhaka, and Rechaka

8. Mind fullness mediation focused on CO2 K2  
 a. mental and emotional stability      b. physical stability  
 c. mental stability                              d. emotional stability
9. IRT is the relaxation CO3 K2  
 a. quick relaxation                              b. Instant relaxation  
 c. Deep relaxation                                d. Slow relaxation
10. Which is the most suitable diet for yoga practitioner CO2 K1  
 a. Rajasic      b. Tamasic      c. Sattvic      d. both tamasic and sattvic

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain Indian Knowledge System focused on yoga. CO1 K2  
 (or)
- 11.b. Explain about any two Upanishads and its evolution over time. CO3 K3
- 12.a. Describe the eight limbs of Astanga Yoga and their significance. CO2 K3  
 (or)
- 12.b. How do Yama and Niyama contribute to the ethical and moral foundation of Yoga practice? CO3 K2
- 13.a. Define Pranayama and explain its components: Puraka, Kumbhaka, and Rechaka. CO2 K2  
 (or)
- 13.b. Describe the Mudras and Bandhas used in Pranayama practice and their effects on the body and mind. CO1 K1
- 14.a. Explain about meditation and its benefits. CO2 K3  
 (or)
- 14.b. Discuss about the influence of relaxation in body and mind. CO3 K2
- 15.a. Discuss the differences between Yoga and physical exercise. CO2 K3  
 (or)
- 15.b. Describe the Kriyas Trataka, Neti in detail. CO3 K2

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explain the concept of Yoga according to Indian philosophy and its relevance in modern life. CO1 K2  
 (or)
- 16.b. What are the aims and objectives of Yoga? Discuss how they align with physical education and sports. CO2 K2
- 17.a. Write about the varieties of pranayama with benefits. CO3 K3  
 (or)
- 17.b. Write about the need and importance of yoga in Physical Education. CO3 K3
- 18.a. Discuss the significance of Nadis in the practice of Pranayama and their role in energy flow in the body. CO2 K3  
 (or)
- 18.b. Explain about Mudhras and Bhanadas. CO2 K3
- 19.a. Elucidate the relaxative and meditative techniques used in Yoga with those in physical exercise. CO3 K2  
 (or)
- 19.b. Analyze the influence of relaxation and meditation postures on various systems of the body. CO2 K2
- 20.a. Enumerate the concept of Yogic diet and their classification into Rajasic, Tamasic, and Sattvic foods. CO3 K4  
 (or)
- 20.b. How does the influence of Yoga on health extend beyond physical well-being to include mental and emotional wellness?

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