

Avinashilingam Institute for Home Science and Higher Education for Women

Coimbatore – 641 043

Continuous Internal Assessment Test II – March 2019

Class : II BSc

Time : 2 hours

Major : Physical Education

Max.marks : 60

15BPEC14 - Science of Yoga

PART – A

Circle the Correct Answer

1x5=5

1. Which Yoga is related to work
a) Karma b) Gana c) Bakthi d) Raja
2. Bhujangasana , it resembles like
a) Peacock b) Cobra c)crocodile d) tiger
3. Sutra neti cleanses
a) mouth b) nose c) stomach d) abdomen
4. Which is asana is opposite to patchimottanasan
a) Pathahasthasana b) Dhanurasana c) Koormasana d) Halasana
5. Which Yoga Asana strengthens the “ quads”
a) Mighty stance b) Warrior pose c) Corpse pose d) Seated spinal twist

PART –B

Answer the following in one or two sentence

5x2=10

6. Give the componenets of pranayama
7. Define : Nadis
8. What is the Bhandas?
9. Any two Benefits of Mudhras
10. What is pranayama?

PART – C

Answer the following (one page)

3x5=15

11. a. Write about the Deep relaxation? (or)
11. b. Explain the Bhandas
12. a. Explain the concept of Kapalabhati (or)
12. b. Explain the components of pranayama
13. a. Explain the Yogic diet. (or)
13. b. Explain any two Kriyas.

PART – D

Answer the following (six page)

2x15=30

14. a. Enumerate the Relaxation techniques (or)
14. b. Explain the Varieties of Pranayama
15. a. Enumerate the Yoga therapy (or)
15. b. Explain the any five Asana and limitations of Asana

No of Copies : 30