



Maintenance

**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 12 B  
Coimbatore-641 043, Tamil Nadu, India

**Continuous Internal Assessment – II – April 2022**  
*IV semester*

**Class: II UG**

**Major: Physical Education**

**Max Marks: 60**

**18BPEC14 – Science of Yoga**

**Course Outcomes:**

1. Know the classical and theoretical foundations in the field of Yoga.
2. Apply Knowledge of biomedical systems from an integrative and holistic perspective, as needed for the practice of Yoga
3. Describe human anatomy, physiology and biomechanics, and the interrelationships between systems of the body
4. Analyze the ethical principles of health care and yoga codes of conduct; in depth knowledge of legal and regulatory issues
5. Develop the effective teaching methods by adapting to unique styles of teaching

**Part A**

**Answer all the Questions**

**6 x 1 = 6**

1. The meaning for Hala is \_\_\_\_\_  
a. Cobra                      b. Rabbit                      c. Plough                      d. Caterpillar  
CO1K1
2. \_\_\_\_\_ is a relaxative asana.  
a. Makarasana                      b. Vibarithakarani                      c. Dhanurasana                      d. Salabasana  
CO1K1
3. Prana means \_\_\_\_\_  
a. Energy                      b. Breath                      c. Soul                      d. Exercises  
CO1K2
4. Mudra means \_\_\_\_\_  
a. Relaxation                      b. Gesture                      c. Life                      d. Posture  
CO1K1
5. Cleansing of digestive tract is \_\_\_\_\_.  
a. Trataka                      b. Nauli                      c. Bandhas                      d. Dhouti  
CO2K1
6. Diet which is harmful to both mind and body is \_\_\_\_\_.  
a. Satvic                      b. Rajasic                      c. Tamasic                      d. Tandric  
CO2K2

**PART – B**

**Answer all Questions**

**Each answer should not exceed 400 words or two pages 3 X 6 = 18**

7. a. What is Pranayama and write its concept. CO1K2
- Or
7. b. Write about the benefits of Bandhas. CO2K2
8. a. Write the benefits of Asanas CO2K3
- Or
8. b. Briefly write about trataka. CO3K3
9. a. Explain Matsyasana and its benefits CO3K4
- Or
9. b. Explain Uttanapadasana and its benefits. CO4K4

**Part – C**

**Answer any one and it should not exceed 800 words**

**1 X 12 = 12**

- 10.a. Explain about Nadis and the components of Pranayama. CO2K2
- or
- 10.b. Explain any 3 mudras and bandhas with benefits CO3K2
- 11.a. Write about any two relaxation Techniques and its Advantages. CO3K3
- or
- 11.b. Explain Savasana and Makarasana with benefits and Diagram CO3K4
- 12a. Explain about the Yogic diet with suitable examples CO4K4
- or
- 12.b. Explain the asanas to be given for Obesity and stress. CO4K4