



Mallikarjuna

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

Continues Internal Assessment Test II –April 2023
II Semester

Class : I B.P.Ed
Branch : Physical Education

Time : 2 Hours
Max. Marks: 60

21BPDC08 Yoga Education

Course Outcomes:

At the end of the course, students will:

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
Choose the Correct Answer

6 x 1 = 6

1. The purpose of yoga as thought by the ancient saints is to attain
a. Perfect health b. Peace of mind c. Stress relief Enlightenment d. self-realization CO2 K2
2. The person who is doing his work with concentration is
a. Karma b. Gana c. Bakthi d. Raja CO3 K2
3. While doing bujangasana it resembles like
a. Peacock b. Cobra c. crocodile d. tiger CO3 K3
4. Sutra neti is a cleansing technique of this organ which get relax from sinusitis
a. Mouth b. Nose c. Stomach d. Abdomen CO2 K2
5. This is the Asana which is contradictory to paschimattanasana
a. Pathahasthasana b. Dhanurasana c. Koormasana d. Halasana CO3 K2
6. Ardhamatsyendrasana is related to
a. Mighty stance b. Warrior pose c. Corpse pose d. Seated spinal twist CO3 K4

PART – B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Explain the concept and benefits of Kapalabhati
(or) CO3 K4
- 7.b. What are the 6 yogic practices? Explain any two CO3 K4
- 8.a. What is Yogic diet, Explain about sattvic and tamasic diet
(or) CO1 K3
- 8.b. Explain any two Kriyas with diagram CO2 K3
- 9.a. Describe any two cooling Pranayama
(or) CO3 K4
- 9.b. Differentiate Relaxation and meditation CO3 K4

PART – C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Explain the Varieties of Pranayama
(or) CO3 K4
- 10.b describe the Bhramari Pranayama benefits & Steps CO2 K3
- 11.a. Explain any five Asana and its procedure and benefits.
(or) CO4 K2
- 11.b. Enumerate the relaxation techniques CO4 K3
- 12.a. Explain dhouthi and its Classification
(or) CO3 K3
- 12.b. Differentiate Physical Exercise and yogasana CO3 K4