



Gambathi

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 [now MoE]

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – May 2025 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. In Sanskrit the term "Yoga" mean's
a. To meditate b. To unite or join c. To breathe d. To exercise CO1 K2
2. Who is the author of the Yoga Sutra?
a. Swami Vivekananda b. Maharshi Patanjali CO1 K1
c. Adi Shankaracharya d. Vashistha
3. The first step in Patanjali's Ashtanga Yoga is
a. Asana b. Pranayama c. Yama d. Samadhi CO2 K3
4. _____ is known as the "Yoga of Knowledge"
a. Jnana Yoga b. Bhakti Yoga c. Raja Yoga d. Karma Yoga CO2 K3
5. Which Nadi is considered the central channel in yogic practices?
a. Ida Nadi b. Pingala Nadi c. Sushumna Nadi d. Chakra Nadi CO3 K2
6. The three main components of Pranayama are
a. Puraka, Kumbhaka, Rechaka b. Mudra, Bandha, Kriya CO4 K3
c. Asana, Dhyana, Samadhi d. Ida, Pingala, Sushumna
7. The main focus of meditation techniques is
a. Increasing flexibility b. Concentration and awareness CO4 K3
c. Strengthening muscles d. Improving digestion
8. The system of the body that benefits most directly from meditative techniques is the
a. Digestive system b. Respiratory system CO3 K3
c. Nervous system d. Muscular system
9. The main benefit of practicing pranayama is
a. Strengthening muscles b. Improving digestion CO4 K4
c. Enhancing respiratory efficiency d. Increasing flexibility
10. The kriya that cleanses the nasal passages is
a. Nauli b. Trataka c. Neti d. Dhouth CO4 K3

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Describe the aims and objectives of Yoga. CO3 K2
(or)
11.b. Discuss the relevance of Yoga in the early Upanishads and its significance in Indian philosophy. CO2 K3
- 12.a. Explain the importance of pranayama and its role in physical and mental health. CO3 K2
(or)
12.b. Discuss the significance of Karma Yoga as described in the Bhagavad Gita. CO2 K1
- 13.a. Describe the three main Nadis in detail. CO3 K2
(or)
13.b. What are the benefits of Bhastrika Pranayama. CO2 K2
- 14.a. Classify relaxation techniques and provide examples of each. CO4 K3
(or)
14.b. Explain the impact of meditative postures on the nervous and respiratory systems. CO4 K3
- 15.a. What are the benefits and limitations of practicing asanas? CO2 K1
(or)
15.b. Discuss the role of kriyas in yoga? CO2 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Discuss in detail the philosophy of Yoga and its significance in the Indian Knowledge System. CO3 K2
(or)
16.b. Evaluate the principles of Patanjali's Yoga Sutra and their applications in contemporary Yoga practices. CO2 K2
- 17.a. Describe the eight limbs of ashtanga yoga and their role in holistic well-being. CO3 K3
(or)
17.b. Discuss the four paths of yoga in the Bhagavad Gita. CO2 K4
- 18.a. Discuss the components of pranayama and their physiological and psychological benefits. CO3 K2
(or)
18.b. Evaluate the integration of Mudras and Bandhas with Pranayama. CO1 K1
- 19.a. Discuss the classification of relaxation and meditation techniques. CO2 K2
(or)
19.b. Analyze the influence of relaxative and meditative postures on the circulatory systems. CO4 K4
- 20.a. Evaluate the benefits and limitations of asanas. CO4 K4
(or)
20.b. Examine the influence of yoga on health. CO2 K2
