

**AVINASHILIGAM INSTTUE FOR HOME SCIENCE AND HIGHER EDUCATION  
FOR WOMEN, COIMBATORE – 641 043.**

**Continuous Internal Assessment I - February - 2019**

**SEMESTER – IV**

**Class : II BSc**

**Time : 3 Hrs.**

**Max Marks: 60**

**15BPEC14 Science of Yoga**

**PART – A**

**Choose the correct answer**

**5X1=5**

1. The word Yoga derived from the Sanskrit word  
a. Yog b. Gyan c. Yuj d. Raji
2. Yoga is the union of Jeevathma and Paramathma is by  
a. Ravisankar b. Sathguru c. Patanjali d. Vivekananda
3. The word Citta means  
a. Mind stuff b. Mind controlling c. Mind Oscillation d. Mind movement
4. Yoga is for all round  
a. Power b. Health c. Fitness d. Endurance
5. The asana which resembles like lotus is  
a. Kamalāsana b. Mayurasana c. Trikonāsana d. Yogamudra

**PART –B**

**Answer the following in one or two sentence**

**2x5=10**

6. Define :- Yoga
7. Meaning of Unity and Diversity
8. Write the streams of Yoga
9. Name any standing posture of Asana
10. Gives any three Needs of yoga

**PART - C**  
**Answer the following**

**3x5=15**

**Answer should not exceed 200 words or two pages**

- 11.a. What the need and importance of Yoga (or)
- 11. b. Write about the School of Yoga
- 12.a. Write any two sitting posture asana and explain it benefits (or)
- 12.b. Write any two standing posture asanas and explain about it.
- 13.a. Explain about deep relaxation technique (or)
- 13.b. Write five hints to practice yoga

**Part - D**

**Answer the following**

**2x15=30**

**Answer should not exceed 800 words or four page**

- 14.a. Explain about the Astanga Yoga (or)
- 14.b. Write the techniques and advantages of Surya Namaskar
- 15.a. Differentiate physical Activity and Yoga.(or)
- 15.b. Write the techniques and advantages of asanas in relaxation posture.