



K. G. Sambit

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 – April 2026
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 a new package of yogic techniques for the societal needs

Part A

10 x 1 = 10

Choose the Correct Answer

1. Identify the meaning of Yoga. CO1 K1
a. Competition b. Union c. Exercise d. Therapy
2. Recognize the text that explains the eight limbs of Yoga CO1 K1
a. Bhagavad Gita b. Yoga Sutra of Patanjali
c. Vedas d. Ramayana
3. Select the limb that represents ethical discipline. CO1 K2
a. Asana b. Pranayama c. Yama d. Samadhi
4. Identify the function of Pranayama. CO2 K1
a. Strength training b. Breath regulation
c. Digestion d. Competition
5. Recognize the central Nadi associated with spiritual awakening. CO2 K2
a. Ida b. Pingala c. Sushumna d. Kapala
6. Identify the practice used for concentration. CO3 K2
a. Dharana b. Neti c. Nauli d. Dhouthi
7. Choose the Yoga path emphasizing selfless action. CO1 K2
a. Bhakti Yoga b. Karma Yoga c. Raja Yoga d. Jnana Yoga
8. Recognize the primary benefit of relaxation techniques. CO2 K2
a. Aggression b. Stress reduction
c. Fatigue d. Tension
9. Identify a kriya used for cleansing the digestive tract. CO2 K3
a. Trataka b. Neti c. Nauli d. Dhyana
10. Select the best yogic practice package for community health. CO5 K3
a. Only exercise b. Asana + Pranayama + Meditation
c. Competition d. Running

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the aims and objectives of Yoga and relate them to holistic health. CO1 K2
(or)
- 11b. Explain the importance of Yoga in physical education and sports. CO3 K3
- 12.a. Describe Astanga Yoga and illustrate its practical application. CO2 K3
(or)
- 12.b. Compare Karma Yoga and Bhakti Yoga with suitable examples. CO3 K4
- 13.a. Explain the components and benefits of Pranayama. CO2 K2
(or)
- 13.b. Analyze the role of Nadis in energy regulation. CO3 K4
- 14.a. Explain relaxation techniques and their physiological effects. CO2 K3
(or)
- 14.b. Differentiate Yoga and physical exercise with justification. CO3 K4
- 15.a. Describe yogic diet and its influence on health. CO4 K3
(or)
- 15.b. Explain Kriyas and their therapeutic applications. CO5 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Analyze the philosophical foundations of Yoga found in the Upanishads and their relevance today. CO1 K4
(or)
- 16.b. Evaluate the contribution of different Yoga paths to personality development. CO4 K5
- 17.a. Analyze classification and benefits of Asanas for health promotion. CO2 K4
(or)
- 17.b. Evaluate the role of Pranayama in stress management and wellness. CO4 K5
- 18.a. Analyze meditation techniques and their influence on body systems. CO3 K4
(or)
- 18.b. Evaluate relaxation practices in sports performance. CO4 K5
- 19.a. Analyze the role of yogic diet in disease prevention. CO3 K4
(or)
- 19.b. Evaluate benefits and limitations of Asanas in therapy. CO4 K5
- 20.a. Design a Yoga module for community health promotion. CO5 K6
(or)
- 20.b. Create a Yoga training package for school students. CO5 K6
