



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I February 2020

Semester –II

Class : I BPED

Time : 2 Hrs.

Major : Physical Education

Max Marks: 60

18BPDC08 –Yoga Education

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

Circle the Correct Answer

5 x 1 = 5

- 1.Yoga were developed in India over C1K1
- a.4000 years b.3000 Years c.5000 Years d.3500Years
- 2.The word Yoga is derived from C1K1
- a.Yog b.Yogam c.Yuj d.Yogaha
- 3.Who is known as Father of Yoga C2K1
- a.Lord Shiva b. Patanjali c.Vedhathri d.Iyengar
- 4.The meaning of the word Nirodhana is C2K2
- a.Mind power b.Mind oscillation c.Mind controlling d. self concious
- 5.The meaning Yama means C1K3
- a.General discipline b.Self discipline c.Cleanliness d.Breathing

PART – B

Answer the Following in One or Two Sentences 5 X 2 = 10

- | | |
|---|------|
| 6. Write the meaning of Yoga | C1K1 |
| 7. What is Karma yoga? | C2K1 |
| 8. What are the components of Pranayama ? | C3K2 |
| 9. What is niyama? | C2K2 |
| 10. List out the limbs of Yoga. | C3K3 |

PART – C

Answer the Following

Answer should not Exceed 200 Words or One Page

3 X 5 = 15

- | | |
|---|------|
| 11. a. List out the benefits of Yogasana. | C2K1 |
| Or | |
| 11. b. What are the importance of Yoga | C2K2 |
| 12. a. Explain about the Nadis and its types. | C3K2 |
| Or | |
| 12. b. Explain the views of Yoga in Bhagavad Gita | C3K3 |
| 13. a. Explain about Bhakthi Yoga and Jnana Yoga. | C4K4 |
| Or | |
| 13. b. Explain about Yoga Sutra | C3K4 |

PART – D

Answer the Following

Answer should not Exceed 700 Words or Four Pages

2X 15 = 30

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|---|------|
| 14.a. Write about the history of Yoga | C2K2 |
| Or | |
| 14.b Explain the objectives and need of yoga in the emerging world | C2K3 |
| 15.a. What are the guidelines to be followed before and after practicing Yoga | C3K2 |
| Or | |
| 15.b. Explain about Astanga Yoga | C4K3 |