

## Assessment Procedure

### **Yoga for Health and Wellbeing- CPCC01-BPE**

The students were assessed by a descriptive theory exam and practical exam. The students who secured minimum 30 % for both practical and theory exam with an aggregate of 30 % were declared passed. A sample question paper is given below:

### **CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA CERTIFICATE COURSE EXAMINATION 2020 YOGA FOR HEALTH AND WELL-BEING**

**TIME: 2 Hours**

**MAX. MARKS: 40**

**Answer any four questions. Each question carries 10 marks.**

1. Discuss about laya yoga.
2. What is yoga philosophy
3. Explain types and principles of kriya.
4. What are the difference between asana and exercise?
5. Write a note on asthang yoga and its importance.
6. What may be the best yogic management for Hyper-acidity?
7. Explain the difference between pranayama and deep breathing.
8. Discuss the principles of yogic practices

4x10 = 40

### **CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA CERTIFICATE COURSE EXAMINATION 2020 CPCC01-BPE - YOGA FOR HEALTH AND WELL-BEING: PRACTICAL**

**TIME: 1 Hours**

**MAX. MARKS: 10**

**Answer any one question. Each question carries 20 marks.**

1. Explain the procedures of Padmasana.
2. Explain the procedures of pranayama.
3. What is hypertension? Discuss the procedures of ardha chakrasana and vajrasana.
4. What are the important limbs of ashtanga yoga? Discuss the procedures of any one limb of ashtanga yoga.



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1x10 = 10