

## Assessment Procedure

### **Yoga for Health and Well Being- CPCC01-BPE**

The assessment procedure of this course was done by a descriptive exam and practical exam. The total mark for the exam was 40 and for practical it was 10. The minimum pass percentage was 50 %. Those who secured minimum pass marks in both were declared qualified. A sample question paper is given below:

**CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA**  
**CERTIFICATE COURSE EXAMINATION 2016**  
**CPCC01-BPE 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

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**CERTIFICATE COURSE EXAMINATION 2016**  
**CPCC01-BPE YOGA FOR HEALTH AND WELL-BEING**

**TIME: 1 Hours**

**MAX. MARKS: 10**

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

1. Explain the procedures of two Asanas.
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