

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 2017
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 Bhujang Asana.
2. What is the significance of yoga in daily life?
3. What are the difference between asana and exercise?
4. Write a note on asthang yoga and its importance.
5. What may be the best yogic management for Hyper-acidity?
6. Explain types and principles of kriya.
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 2017
CPCC01-BPE - YOGA FOR HEALTH AND WELL-BEING: PRACTICAL

TIME: 1 Hours

MAX. MARKS: 10

Answer any one questions. Each question carries 20 marks.

1. Explain the procedures of Surya Namaskar.
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.

1 X 10 = 10



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