

Assessment Procedure

Yoga for Health and Well Being- CPCC01-BPE

The students were assessed with a descriptive exam and practical exam. The descriptive exam was out of 40 and practical was out of 10. Those who secured minimum 50% in both the exam is declared qualified . A sample question paper is given below:

CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA

CERTIFICATE COURSE EXAMINATION 2019

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 2019

CPCC01-BPE - YOGA FOR HEALTH AND WELL-BEING: PRACTICAL

TIME: 1 Hours

MAX. MARKS: 10

Answer any one questions. Each question carries 10 marks.

1. Explain the procedures of suryamamaskar..
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.



[Signature]
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1x10 = 10