



# Rita A. Patel Institute of Physiotherapy

The Charutar Vidya Mandal (CVM) University



**INTERNAL EXAMINATION  
JANUARY - 2026  
BACHELOR OF PHYSIOTHERAPY  
FIRST SEMESTER**

**Course Name: Introduction To Yoga – Basic Theory, Science And Techniques**

**Course Code: BPT-108**

**DATE: 19/01/2026**

**TIME: 11:00 am to 12:00 pm**

**TOTAL MARKS: 30**

## **Instructions:**

1. Examinees must bring their ID card every day.
2. Read the questions carefully.
3. You **must not** talk to, attempt to communicate with or disturb another candidate.
4. Possession of a mobile phone and any other material is prohibited.

### **A. Multiple Choice Questions (All compulsory)**

(6x 1 = 6)

- Write down the one correct answer for MCQ in supplementary.

#### **1. Shavasana should be contraindicated or modified in:**

- a. Hypertension
- b. Anxiety disorders
- c. Late pregnancy
- d. Cardiac rehabilitation

#### **2. Which system is most involved during Surya Namaskar?**

- a. Respiratory metabolic system
- b. Musculoskeletal and neurological system
- c. Endocrine and metabolic system
- d. Combination of cardiovascular, respiratory, and musculoskeletal system

#### **3. Emotional regulation during relaxation is achieved by better control between:**

- a. Hypothalamus & pituitary
- b. Pons and medulla
- c. Prefrontal cortex and amygdala
- d. Thalamus and cerebral cortex

#### **4. What does the word Prana mean?**

- a. Air
- b. Breathing
- c. Vital energy
- d. Root

#### **5. Out of the following, which one is not Ashtanga Yoga?**

- a. Yama
- b. Niyama
- c. Dhauti
- d. Pranayama

6. What is period between 800 A.D and 1700 A.D is known as \_\_\_\_\_

- Pre-vedic period
- Classic period
- Vedic period
- Post classical period

**B. Write Short notes (Any Two)**

(2 x 2 = 4)

- Write any four differences between stress and relaxation.
- Write any two lower limb Sukshma Vyayam with their importance.
- Enumerate types of Yoga.

**C. Write Short notes (Any Two)**

(5 x 2 = 10)

- Define Suryanamaskar. Explain the sequence of its 12 postures with coordinated breathing.
- Explain in detail about Ashtanga Yoga.
- Explain sources of stress.

**D. Write Long notes (Any One)**

(10 x 1 = 10)

- Define relaxation and meditation. Explain in detail about physiological effects of relaxation and meditation on the cardiovascular system.
- Enumerate different types of Pranayama. Write in detail note on method and benefits of any 4 Pranayama.