

**THE CHARUTAR VIDYA MANDAL UNIVERSITY**  
**BACHELOR OF PHYSIOTHERAPY – SEMESTER 1**  
**APR 2025 (REGULAR) EXAMINATION**

Course Title: Introduction to Yoga – basic theory, science and techniques

Course Code: BPT-108

Total Printed Pages: 02

Date: 11/04/2025

Time: 10:00am to 11.30 am

Maximum Marks: 40

**Instructions:**

1. There are total 4 Questions given in this paper.
2. All the answer should be written in the answer book.
3. Marks on the right side suggest the total marks of that question.
4. Draw the figure where necessary.

**Q.1. Multiple Choice Questions: (MCQs)**

(05 × 1 = 05)

1. What does the word prana mean?

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

2. Which prana is responsible for pushing your waste out of your body?

- a) Udna
- b) Vyana
- c) Apana
- d) Samana

3. Dhyana means \_\_\_\_\_

- a) Abstention
- b) Attention
- c) Contemplation
- d) Concentration

4. Sukhasana and Chakrasana mainly benefit in which disease?

- a) Diabetes
- b) Asthma
- c) Stomach pain
- d) Cancer

5. Out of the following, which one is not ashtanga98q yoga?

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

Q. 2. Short answers (5 out of 7) (Answer not exceeding 50 words) (5 × 2 = 10)

- a. Benefits of yoga Nidra.
- b. Enlist any four supine & sitting asanas.
- c. Enumerate different types of pranayama.
- d. Write 5 layers of panchakosha theory and explain its characteristics.
- e. Enlist 12 steps for surya-namaskar.
- f. Explain internal sources of stress.
- g. Enumerate types of yoga.

Q. 3. Short Notes (3 out of 4) (Answer not exceeding 150 words) (3 × 5 = 15)

- a. Define relaxation. Enumerate different relaxation techniques. Write about long term physiological effects of relaxation.
- b. Explain in detail about ashtanga yoga?
- c. Enlist standing postures (yogasanas) and explain any one in form of procedure, cautions and effects.
- d. Enumerate yogic kriyas and explain any one of them.

Q. 4. Essay (1 out of 2) (1 × 10 = 10)

- a. Explain the physiological benefits of yoga, highlighting its impact on various bodily systems and how it contributes to overall health.
- b. What is the role of Yogasanas in improving physical health? Describe two prone-position Yogasanas and how they help with flexibility, strength, and overall well-being.