

Seat No. _____

Enrolment No. _____

THE CHARUTAR VIDYA MANDAL (CVM) UNIVERSITY
BACHELOR OF PHYSIOTHERAPY – 1ST SEMESTER

APR-2026 EXAMINATION

Course Name: Introduction to yoga – Basic theory, science and techniques

Course Code: BPT- 108

Total Printed Page: 02

Date: 17/04/2026

Time: 10:00 Am to 11:30Am

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. Which ancient text is considered the foundational text of Yoga philosophy?
 - a) Bhagavad Gita
 - b) Hatha Yoga Pradipika
 - c) Charaka Samhita
 - d) Yoga Sutras of Patanjali
2. Pratyahara in Ashtanga Yoga means.....
 - a) Concentration of mind
 - b) Withdrawal of senses from external objects
 - c) Deep meditation
 - d) Complete absorption in the divine
3. Which pranayama involves a humming sound while exhaling, promoting a calming effect?
 - a) Brahmari
 - b) Anulom viloma
 - c) Bhastrika
 - d) Omkara
4. Which type of yoga emphasizes selfless action and service without attachment to results?
 - a) Karma Yoga
 - b) Bhakti Yoga
 - c) Raja Yoga
 - d) Jnana Yoga
5. Siddhasana is traditionally favored for which practice?
 - a) Dynamic stretching
 - b) Meditation and Pranayama
 - c) Core strengthening
 - d) Hip flexor activation

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

- a. Enumerate types of Yoga.
- b. Write any two upper limbs Sukshma Vyayam with their importance.
- c. Define health according to WHO.
- d. Enumerate different types of Pranayama (Any 6).
- e. Enumerate different relaxation techniques (Any 4).
- f. Name any two types of Shat Kriyas.
- g. Enlist any four supine & sitting asanas.

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

- a. Explain in detail about Ashtanga Yoga.
- b. Explain sources of stress.
- c. Enlist the 12 steps of Surya Namaskar and explain any four benefits of Surya Namaskar.
- d. Explain any one prone and supine yogasana in form of procedure, cautions and effects.

Q. 4. Essay (1 out of 2)

- a. Describe the Panchakosha theory; explain its role in maintaining personal health.
- b. Define Asana and classification; explain the Physiological benefits and contraindication of Bhujangasana and Vakrasana.