



PRACTICE SET
End Semester Examination, Spring- 2026

Program:-BPT
Semester:-VI th
Subject:-Stress Management by Yoga
Subject Code:- 23ADE05

Course Outcome:

On the completion of the Course, the students will be able to:

Course Outcomes	Description
CO1	Understand about healthy mind and body
CO2	Apply concept of dealing with stressful to stress-free life
CO3	Demonstrate various Yogic posture and pranayama and its effects in body

UNIT I

Section A (10 marks)

1. Explain the meaning and principles of Yoga in maintaining health and wellness. [CO2] [BTL Understand LOT]
2. Describe the different types of Yoga (Raja Yoga, Hatha Yoga, Karma Yoga, Bhakti Yoga, Jnana Yoga). [CO1] [BTL Understand LOT]
3. Analyze the role of Yoga in prevention and management of lifestyle diseases. [CO3] [BTL Analyze HOT]
4. Explain the precautions, limitations, and safety measures while practicing Yoga. [CO1] [BTL Understand LOT]
5. Apply the role of Yoga in improving posture, flexibility, and muscular strength. [CO2] [BTL Apply LOT]
6. Explain the role of Yoga in sports and rehabilitation. [CO2][BTL Apply LOT]
7. Describe the rules and regulations to be followed during Yoga practice. [CO1] [BTL Understand LOT]

8. Define Yoga and explain its importance in health and wellness. [CO1] [BTL Understand LOT]

Section B (20 marks)

9. Analyze the importance of Yoga in stress management and mental health promotion. [CO3] [BTL Analyze HOT]
10. Evaluate the modern relevance of Yoga in holistic health care. [CO2] [BTL Evaluate HOT]
11. Describe the role of Yoga in women's health, elderly care, and child development. [CO3] [BTL Analyze HOT]

UNIT II

Section A (10 marks)

12. Describe Yama. Explain its five components with examples. [CO1][BTL Understand LOT]
13. Explain Niyama and discuss its importance in daily life. [CO1][BTL Understand LOT]
14. Write a detailed note on the philosophical foundation of Ashtanga Yoga.[CO1][BTL Understand LOT].
15. Write short notes on: [CO1][BTL Remember LOT]
- A. Ahimsa
 - B. Santosha
 - C. Tapas
 - D. Swadhyaya
16. Differentiate between Dharana and Dhyana. [CO2][BTL Analyze HOT]
17. What are the benefits of meditation? [CO2][BTL Understand LOT]
18. Apply the principles of Yama and Niyama in modern life situations [CO2][BTL Apply HOT]
19. Explain the eight parts (Ashtanga Yoga) of Yoga. [CO1] [BTL Understand LOT]

Section B (20 marks)

20. Analyze how regular Yoga improves mental and physical health. [CO3] [BTL Analyze HOT]
21. Explain how Ashtanga Yoga helps in mental discipline and concentration. [CO2][BTL Analyze HOT]
22. Explain the importance of Yoga in health and disease prevention [CO2][BTL Apply HOT]

UNIT III

Section A (10 marks)

23. Define Ahimsa and explain its importance in yogic life. [CO1] [BTL Remember LOT]
24. Discuss the principles of Satya and its practical application in daily living. [CO1] [BTL – Understand LOT]
25. What is Aparigraha? Explain its role in reducing stress and materialism. [CO2][BTL Analyze LOT]

26. Write a note on Brahmacharya and its role in self-discipline and character building. [CO2]
[BTL Remember LOT]
27. Define Ishwarpranidhana. Discuss its significance in achieving inner peace and devotion.
[CO1][BTL Remember LOT]
28. Write the importance of Niyamas in yoga practice. [CO1][BTL Understand LOT]
29. Define Santosh and Implement its contribution to mental peace and happiness.
[CO2][BTL Apply HOT]
30. Interpret Brahmacharya and its role in maintaining physical and mental health.
[CO2][BTL Apply HOT]

Section B (20 marks)

31. Define Ahimsa. Explain its importance in daily life and yoga practice with examples.
[CO2][BTL Apply HOT]
32. What is Satya? Discuss how truthfulness influences mental and social well-being.
[CO2][BTL Analyze HOT]
33. Describe Tapa (Tapas). How does it help in self-discipline and spiritual growth?
[CO2][BTL Analyze HOT]
34. Compare Ahimsa and Satya as ethical values in Yoga philosophy. [CO3] [BTL Analyze
HOT]

UNIT IV

Section A (10 marks)

35. Write benefits of regular Asana practice[CO3][BTL Understand LOT]
36. Apply the procedure and benefits of Asanas in clinical practice. [CO3][BTL Apply HOT]
37. Discuss the physiological effects of Pranayama on the respiratory and nervous systems
[CO3][BTL Analyze HOT]
38. What are the Effects of Regularized Breathing? [CO3][BTL Understand LOT]
39. Explain the physiological effects of Asanas on the human body. [CO3][BTL Analyze
HOT]
40. Explain how Asanas help in mental health and stress management. [CO3][BTL Apply
HOT]
41. Describe the precautions and contraindications of Pranayama[CO2][BTL Understand
LOT]

Section B (20 marks)

42. Apply Anulom Vilom Pranayama in stress management with justification.. [CO3] [BTL
Apply HOT]
43. Describe Kapalbhati Pranayama and its importance in detoxification. [CO3][BTL Apply
HOT]
44. Describe the procedure, benefits, and contraindications of Tadasana. [CO3] [BTL
Understand HOT]

Summary Sheet

CO Wise

CO	Q. No	Marks
CO1	1,2,4,7,8,12,13,14,15,19,23,24,27,28	140
CO2	5,6,10,16-18,21,22,25,26,29-33,41	220
CO3	3,9,11,20,34-40,42-44	210
Total		570

Unit Wise

Unit	Q. No	Marks
Unit 1	8 question short= $10*8=80$ 3 question long= $20*3=60$	140
Unit 2	8 question short= $10*8=80$ 3 question long= $20*3=60$	140
Unit 3	8 question short= $10*8=80$ 3 question long= $20*4=80$	160
Unit 4	7 question short= $10*7=70$ 3 question long= $20*3=60$	130
Total		570

Blooms Taxonomy Level (BTL) Wise

BTL	Q. No	Marks
LOT	1,2,4,5,6,7,8,12-15,17,19,23-28,35,38,41	220
HOT	3,9-11,16,18,20-22,29-34,36-37,39,40,42-44	350
Total		570

Prepared By: DR. PAPPU KUMAR (PT)

Disclaimer: -This is a Practice set. The Question in End term examination will differ from the Practice set. This Practice set is meant for practice only.