

# School of Finance and Commerce

Commerce  
ETE - Jun 2023

Time : 3 Hours

Marks : 100

## Sem II - L1UB220T - Physical Education and Yoga

*Your answer should be specific to the question asked*

*Draw neat labeled diagrams wherever necessary*

1. What is pranayama? K1 CO1 (5)
2. What is the aim of promoting Physical Education? K1 CO1 (5)
3. Explain the cause of obesity. K2 CO1 (5)
4. Construct the procedure of Tadasana contradiction and benefits. K4 CO3 (10)

### OR

- Apply the difference between Padmasana and Vilom. K4 CO3 (10)
5. Outline the components of wellness. Explain the term wellness and the factors affecting it. K2 CO2 (10)
  6. Analyze the relation of Yoga with mental health and value education. K3 CO3 (10)
  7. Develop the difference between pranayama and deep breathing. K3 CO3 (10)
  8. List down the general principles of Recreation and explain the types of Recreational activities. K5 CO4 (15)

### OR

- Examine the term Recreation. Analyze the scope and importance of Recreation. K5 CO4 (15)
9. Interpret the term Obesity. Classify the various causes of Obesity. K4 CO2 (15)
  10. Compare between the term Fitness and Wellness. Explain the components of Fitness. K3 CO2 (15)