

R-4765

Sub. Code

7202T1/
7242T1

**B.Sc. (Physical Education)/B.Sc.Yoga DEGREE
EXAMINATION, APRIL 2021**

Second Semester

Tamil II – காப்பிய இலக்கியமும் தமிழ் செம்மொழியும்

(Common for B.Sc. Physical Education/B.Sc. Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

பகுதி அ

(10 × 1 = 10)

சரியான விடையைத் தேர்ந்தெடுத்து எழுதுக.

1. கோவலர்கள் ஊதும் பண்ணும், தும்பி ஊதும் மலரும் எது?
(அ) காயா (ஆ) முல்லை
(இ) மல்லிகை (ஈ) செண்பகம்
2. ஆதிரையின் கையில் உள்ள பாத்திரத்தின் பெயர்
(அ) அமுத சுரபி (ஆ) காமதேனு
(இ) சிந்தாமணி (ஈ) அகப்பை
3. தசரதனிடம் கைகேயி கேட்டவரங்கள் எத்தனை?
(அ) 5 (ஆ) 4
(இ) 3 (ஈ) 2

4. பொய்த்தவ வேட மணிந்தவனை பாதுகாப்பாக அழைத்துச் சென்றவர் யார்?
 (அ) தத்தன் (ஆ) நாயனார்
 (இ) அரசன் (ஈ) மக்கள்
5. கௌரவர்கள் மொத்தம் எத்தனை பேர்கள்?
 (அ) 200 (ஆ) 150
 (இ) 100 (ஈ) 125
6. பாஞ்சாலி சபதத்தின் ஆசிரியர் யார்?
 (அ) பாரதியார் (ஆ) பாரதிதாசன்
 (இ) நாமக்கல் கவிஞர் (ஈ) கவிமணி
7. 'Classical language' தமிழ்ப்படுத்துக.
 (அ) தனிமொழி
 (ஆ) செம்மொழி
 (இ) இனிமையான மொழி
 (ஈ) சிறப்பு மொழி
8. செம்மொழி என்பதற்கு அம்மொழியில் இடம் பெற்றிருக்கும் முக்கியமான எத்தனை சிறப்புக்கள் தேவையாய் இருக்கிறது?
 (அ) 3 (ஆ) 2
 (இ) 1 (ஈ) 4
9. தொல்காப்பியம் எவ்வகையான நூல்?
 (அ) காப்பிய நூல் (ஆ) மொழி நூல்
 (இ) இலக்கண நூல் (ஈ) இலக்கிய நூல்
10. சீவக சிந்தாமணியின் ஆசிரியர் யார்?
 (அ) திருத்தக்கத்தேவர் (ஆ) இளங்கோ
 (இ) திருவள்ளுவர் (ஈ) பதுமனார்

பகுதி ஆ

(5 × 5 = 25)

அனைத்து வினாக்களுக்கும் விடையளிக்க.

11. (அ) மாலைப் பொழுதின் வருகையை இளங்கோ எவ்வாறு வருணிக்கிறார்?

(அல்லது)

(ஆ) ஆதிரையின் வரலாற்றை காயசண்டிகை வழி விளக்குக.

12. (அ) கைகேயி பாத்திரப் படைப்பை விளக்குக.

(அல்லது)

(ஆ) மெய்ப்பொருள் நாயனாரின் பக்திச் சிறப்பைக் கூறுக.

13. (அ) பாஞ்சாலி சபதத்தின் தனித் தன்மைகளைப் புலப்படுத்துக.

(அல்லது)

(ஆ) துரியோதனின் பண்பு நலன்களை எடுத்தியம்புக.

14. (அ) 'மொழி' குறித்து விளக்கம் தருக.

(அல்லது)

(ஆ) செம்மொழிக்குரியத் தகுதிகள் யாவை?

15. (அ) ஐஞ்சிறு காப்பியங்கள் குறித்து விளக்குக.

(அல்லது)

(ஆ) குறிப்பு வரைக. கம்பராமாயணம், வில்லிபாரதம்.

பகுதி இ

(5 × 8 = 40)

எவையேனும் ஐந்து வினாக்களுக்கு விடையளி.

16. 'இன்பத்தையும், துன்பத்தையும் ஒரு சேரக் காட்டும் உயிரோவியமாக அந்திமாலைச் சிறப்புச் செய்காத விளங்குகிறது'- இக்கூற்றினை ஆய்க.

17. ஆதிரை பிச்சையிட்ட காதையில் இடம் பெறும் செய்திகளைத் தொகுத்துரைக்க.
 18. தசரதன் ஆற்றாத் துன்பத்தை விளக்குக.
 19. துரியோதனின் சூழ்ச்சிக் குறித்து ஆராய்க.
 20. தமிழின் தொன்மைக் குறித்து விவரிக்க.
 21. சிற்றிலக்கியங்களின் தோற்றமும் வளர்ச்சியும் குறித்து கட்டுரை வரைக.
 22. பாரதியின் பாஞ்சாலிசபதம் உணர்த்தும் செய்திகளைத் தொகுத்துரைக்க.
-

R5393

Sub. Code

922CE

ALL U.G., DEGREE EXAMINATION, APRIL –2021

Second Semester

Part-II-COMMUNICATIVE ENGLISH-II

(Common for all UG Programmes)

(CBCS – 2020 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all the** questions.

1. Write two expressions used in accepting a complaint.
2. Write two expressions used when one gently disagrees
3. Suggest few tips to your friend while preparing a welcome speech
4. Combine the sentences using conjunctions given in brackets:
 - (a) You will pass. Work hard. (if)
 - (b) I will call you. I finish my work. (when)
5. What are some tips to make a good presentation?
6. How to overcome the stage fright? write few ideas
7. What should be informed to a person before the meeting begins?
8. Write two expressions To seek clarification.
9. Introduce yourself

10. What skills are expected from an interviewee in any interview?

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) In each of the following sentences, a word or phrase has been underlined. From the choices given, select the closest antonym for it.
- (i) The detectives found the evidence very illuminating.
- (1) delightful
 - (2) unclear
 - (3) too many
 - (4) sad
- (ii) My physics teacher used an interesting experiment to teach us that magnetic like poles repel.
- (1) rebel
 - (2) go away
 - (3) attract
 - (4) mix
- (iii) The plane could not take off at the scheduled time.
- (1) taken in
 - (2) give off
 - (3) give on
 - (4) land

- (iv) The edges of the furniture were smooth.
- (1) rough
 - (2) silky
 - (3) spiky
 - (4) sharp
- (v) The explorer undertook a very arduous journey.
- (1) difficult
 - (2) dangerous
 - (3) easy
 - (4) long

Or

- (b) Write a paragraph on the proverb given, in about 10 lines:

"As you sow, so will you reap"

12. (a) Fill in the blanks with suitable conjunctions --and, or, but, although, till, because, though.
- (i) Prem called out to her to stop, _____ she continued walking.
 - (ii) How does the fruit taste? sweet _____ sour?
 - (iii) Is Rani playing _____ studying?
 - (iv) John _____ David went to the library yesterday.
 - (v) I lost the prize _____ I tried my best

Or

(b) Fill the blanks with the appropriate interjection.

(i) _____ What are you doing there?

(ii) _____ He is dead.

(iii) _____ We have won the game.

(iv) _____ Have they gone?

(v) _____ I got such a fright.

13. (a) What are some Common Barriers for Effective Presentation?

Or

(b) Prepare an effective Power Point Presentation (PPT) for the following topic

Social Media

14. (a) Write expressions for the following that helps you to participate in a meeting both online and offline.

(i) To ask for inputs

(ii) Concluding Remarks

(iii) To Interrupt

(iv) To seek clarification

(v) To add a point

Or

(b) View this picture and offer your comments.



15. (a) Write a letter of application to the Principal of an arts and science college, applying for the post of an Assistant Professor.

Or

- (b) Fix the following nouns in the correct column.

a favour a look someone's temperature
 a phone call nothing money
 taxi an effort your best
 furniture the washing up the dishes
 your hair your time homework

DO HAVA MAKE TAKE

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. (a) Choose the appropriate adverb from the options given:
- (i) The aeroplane landed _____ on the runway. (shyly/safely/delightfully)
 - (ii) The judge told him to answer the questions _____ (truthfully/sleepily/casually)
 - (iii) The cab driver drove _____. I was scared. (gently/recklessly/funnily)
 - (iv) If you want to be fit, eat _____ (greedily/healthily/frugally)
 - (v) Misers save money by living _____. (frugally/lavishly/cheerfully)

- (b) Fill in the blanks with the appropriate word:
- (i) She is _____ the sweetest of the four girls (by chance/by far/by and by)
 - (ii) Of the three businessmen, Suraj is _____ the wealthiest (easier, easiest, easily)
 - (iii) After her parents arranged individual tuition she learnt _____ quickly (a bit more, little, nicely)
 - (iv) You can cook _____ quickly if you have a three-burner stove. (far, far more, far and more)
 - (v) You can make it _____ more interesting with visuals. (a great deal /deal/ great)

17. Prepare a two-minute speech to be given on the following informal occasion.

Teacher's day celebrations

18. For each the words given in bold and underlined in the following sentences identify their equivalent phrases from the list given at the end.
- (a) One of the first things a scholar is taught that is that it is wrong to plagiarise.
 - (b) One of the guiding principles of any kind of writing is to write about the events chronologically.
 - (c) We must realise that however clever or intelligent we may be we are never infallible.
 - (d) That school has a very well equipped gymnasium.
 - (e) We were very lucky to get a chef who was familiar with different kinds of cuisine.
 - (f) Female foeticide has been one of the major issues in our country.
 - (g) King Edward VIII's decision to abdicate the throne has become legendary.

- (h) In the stories by Richmal Crompton, William Brown's father often told him that he was incorrigible.
- (i) The box contained an assortment of chocolates.
- (j) Many spiritual leaders tell us that it is important to introspect.

[Incapable of making mistakes or being wrong,

Professional cook,

To renounce the throne,

Beyond reform,

To pass off another's work as one's own

Remarkable and therefore very famous,

Look inwards to examine one's motives,

A collection of different types of the same thing,

Killing of an unborn child (in the womb),

**A room equipped for gymnastics, games and physical
exercise,**

In the order in which the events occurred]

- 19. Write down the positive and negative connotations for the following words
Youthful, poised, utilize, merry, juvenile, probe. choosy, lean, forceful economic
- 20. Choose the most suitable collocations
 - (a) The mobile phone is faulty / wrong
 - (b) My motorcycle is quite old. So, getting spare/exchange parts is difficult.
 - (c) When you are parking in the parking lot, you should not leave the engine working / running.
 - (d) The fireman had to wear the breathing masks / apparatus while putting out the forest fire.
 - (e) I had to walk six flights of stairs because the lift was out of order/ service.

- (f) Can I ring you again / call you back?
 - (g) Could you please put it into the contract, please? I would like to have it in ink / black and white.
 - (h) The flora and fauna / flowers and animals of this island are unique.
 - (i) The important role of detective / investigative journalism is uncovering corruption.
 - (j) Please do not sing out of tune / off the tune.
-

R-4526

Sub. Code

9HM2S1/9BV2G1/7BES2

UG DEGREE EXAMINATION, APRIL – 2021

Second Semester

ENVIRONMENTAL STUDIES

(Common for B.Sc. Catering Science and Hotel Management/
B.Voc., Fashion Technology/B.Voc., Software Development/
M.Sc. Integrated Marine Biology/B.Sc. Yoga/BFA painting/
BPA Bharathanatyam/BPA Music (Vocal))

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Section A

(10 × 2 = 20)

Answer **all** the questions.

1. Sustainable utilisation.
நிலையான பயன்பாடு.
2. What is meant by natural gas?
இயற்கை எரிவாயு என்றால் என்ன?
3. Define biotic resources.
உயிரியல் ஆதாரங்களை வரையறுக்க.
4. Public awareness.
விழிப்புணர்வை வரையறுக்கவும்.
5. Give an examples of an inverted pyramids.
பிரமிடுகள் எதிர்மறை வரிசைகளை எழுதுக.
6. Define Grassland.
புல்வெளி பற்றி எழுதுக.
7. Define IUCN.
ஐயுசிஎன் வரையறு.
8. What is meant by In-situ conversion of biodiversity?
அகச்சூழல் பாதுகாப்பு - வரையறு.
9. Define pollution.
மாசுபாடு பற்றி வரைக.
10. Mention any two controlling measures on indoor air pollution.
உட்புற காற்று மாசுப்பாட்டை கட்டுப்படுத்தும் இரண்டு காரணிகள்.

Section B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Give an account on importance of environmental science.

சுற்றுச்சூழல் அறிவியலின் முக்கியத்துவம் பற்றி சுருக்கமாக எழுதவும்.

Or

- (b) What are the importance of environment is essential for public awareness?

சூழல் பற்றிய முக்கியத்துவம் பற்றி விழிப்புணர்வு ஏன் அவசியம்?

12. (a) What are the causes of deforestation?

காடுகளை அழிக்கும் காரணங்கள் என்ன?

Or

- (b) What are the effects and causes of land degradation?

நிலசீரழிவு ஏற்படுத்தும் விளைவுகளை ஒரு குறிப்பு எழுதவும்.

13. (a) Give an account on function of ecosystem.

சுற்றுச்சூழலின் செயல்பாடுகளை சுருக்கமாக எழுதவும்.

Or

- (b) Bring out the importance of maintaining balanced ecosystem.

சுற்றுச்சூழல் பராமரிப்பின் முக்கியத்துவம் பற்றி எழுதுக.

14. (a) Describe various causes and depletion of biodiversity.

பல்லுயிரியலின் வீழ்ச்சியின் பல்வேறு காரணங்களை விவரிக்கவும்.

Or

- (b) What is meant by Green house effect and its causes.

பசுமைக்குடில் என்றால் என்ன அதன் காரணங்கள் மற்றும் விளைவுகளை எழுதுக.

15. (a) Discuss about the solid waste management.

திடக்கழிவு மேலாண்மை பற்றி சிறு குறிப்பு வரைக.

Or

- (b) How to control the measures of air pollution?

காற்று மாசுபாட்டை எவ்வாறு கட்டுப்படுத்துவது என்பதை தெரியப்படுத்தவும்

Section C

(3 × 10 = 30)

Answer any **three** questions.

16. Write in detail about the Public awareness on environment.

சுற்றுச்சூழலின் பொதுவான விழிப்புணர்வுப்பற்றி மக்களின் கருத்துக்களை விரிவாக எழுதவும்.

17. Describe in detail about renewable and non-renewable resources.

புதுப்பிக்கத்தக்க மற்றும் புதுப்பிக்க இயலாத ஆற்றல் வளங்களை விரிவாக விளக்குக.

18. Elaborately about the concept and structure and function of ecosystem.

சுற்றுச்சூழல் மாசுபாட்டின் குறிப்பு அதன் அமைப்பு செயல்பாட்டினை தெளிவாக விரிவாக எழுதவும்.

19. Explain in detail about the values of biodiversity.

பல்லுயிரியத்தின் மதிப்பினை விரிவாக, தெளிவாக பட்டியலிடுக.

20. Describe an environmental friendly method applied profitably dispose of human waste and cattle waste.

மனித கழிவுகளையும் மற்றும் கால்நடை கழிவுகளை சுற்றுச்சூழல் கெட்டுவிடாமல் அகற்றும் முறைகளை விரிவாக எழுதவும்.

6. Give the expansion for the word 'COVID'.
7. Choose the correct one-word substitution for the following: Philanthropist, introvert, extrovert, spendthrift, touristsit,
 - (a) One who spends recklessly.
 - (b) One who does not mingle with others
8. Mention the major functions of ISRO.
9. What do you understand by the term 'Psychology'?
10. Give any two social skills required to function as a responsible citizen.

Part B

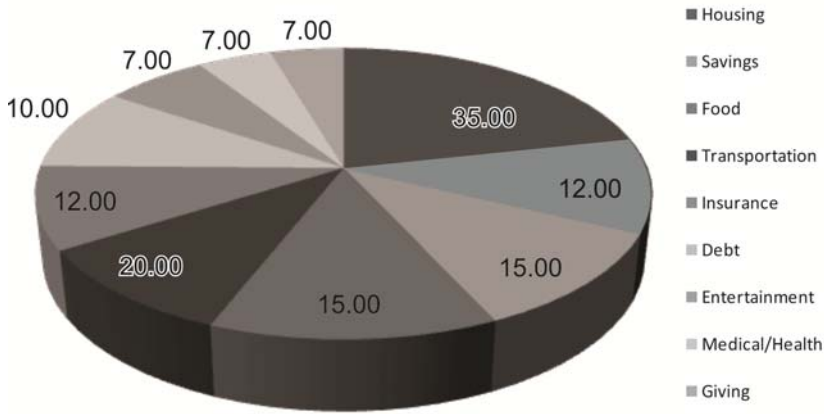
Answer any **five** of the questions. (5 × 5 = 25)

11. Write a short note on "Mobile Addiction".
12. Attempt a paragraph about your reaction on seeing this picture:



13. How will you welcome a chief guest to your college?

14. Prepare a mindmap of various committees for organizing an intercollegiate meet in your college.
15. Explain the following chart in five sentence.



16. Complete the following dialogue:

Amirta: We are going on a trip to Shimla next week,

(a) _____

Raveena: It is not possible for me to join you on this trip.

Amirta: (b) _____?

Raveena: My aunt is coming from the USA.

Amirta: (c) _____?

Raveena: She is coming this very week.

Amirta: (d) _____

Raveena: I will also miss you all a lot.

Amirta: (e) _____

Raveena: Sure, please join for the next trip.

17. Expand the proverb: "A friend in need is a friend indeed".
18. Draw any five emojis and explain their emotions.

Part C

Answer any **three** of the questions: (3 × 10 = 30)

19. Write a paragraph on importance of English in ten sentences.
20. Read the passage and answer the following questions:

It was a cold night in September. The rain was drumming on the car roof as George and Marine Winston drove through the empty country roads towards the house of their friends, the Harrisons, where they were going to attend a party to celebrate the engagement of the Harrison's daughter, Lisa. As they drove, they listened to the local radio station, which was playing classical music.

They were about five miles from their destination when the music on the radio was interrupted by a news announcement:

"The Cheshire police have issued a serious warning after a man escaped from Colford Mental Hospital earlier this evening. The man, John Downey, is a murderer who killed six people before he was captured two years ago. He is described as large, very strong and extremely dangerous. People in the Cheshire area are warned to keep their doors and windows locked, and to call the police immediately if they see anyone acting strangely."

This car is losing power for some reason--it must be that old problem with the carburetor. If it gets any worse, we 'll have to stay at the harrisons' tonight and get it fixed before we travel back tomorrow."

As he spoke, the car began to slow down. George pressed the accelerator, but the engine only coughed. Finally they rolled to a halt, as the engine died completely. Just as they stopped, George pulled the car off the road, and it came to rest under a large tree.

“Well, you ‘ll have to wait while I run to the nearest house and call the Harrisons. Someone can come out and pick us up,”Said George.

“But George! Have you forgotten what the radio said? There’s a homicidal maniac out there! you can’t leave me here alone!”

“You ‘ll have to hide in the back of the car. Lock all the doors and lie on the floor in the back, under this blanket. No one will see you. When i come back, I’ll knock three times on the door. Then you can get up and open it. Don’t open it unless you hear three knocks.” George opened the door and slipped out ht into the rain. He quickly disappeared into the blackness.

Marine quickly locked the doors and settled down under the blanket in the back for a long wait. She was frightened and worried, but she was a strong-minded woman. She had not been waiting long, however, when she heard a strange scratching noise. it seemed to be coming from the roof of the car.

Marine was terrified. She listened, holding her breath. Then she heard three slow knocks, one after the other, also on the roof of the car. Was it her husband? Should she open the door? Then she heard another knock, and another. This was not her husband. It was somebody – or something – else. She was shaking with fear, but she forced herself to lie still. The knocking continued – bump, bump, bump, bump.

Many hours later, as the sun rose, she was still lying there. She had not slept for a moment. The knocking had never stopped, all night long. She did not know what to do. Where was George? Why had he not come for her?

Suddenly, she heard the sound of three or four vehicles, racing quickly down the road. All of them pulled up around her, their tires screeching on the road. At last! Someone had come! Marie Sat up quickly and looked out of the window.

The three vehicle were all police cars, and two still had their lights flashing. Several policemen leaped out. One of them rushed towards the car as Marie opened the door. He took her by the hand.

“Get out of the car and walk with me to the police vehicle, Miss. You’re safe now. Look straight ahead. Keep looking at the police car. Don’t look back. Just don’t look back.”

Something in the way he spoke filled Marie with cold horror. She could not help herself. About ten yards front he police car, she stopped, turned and looked back at the empty vehicle.

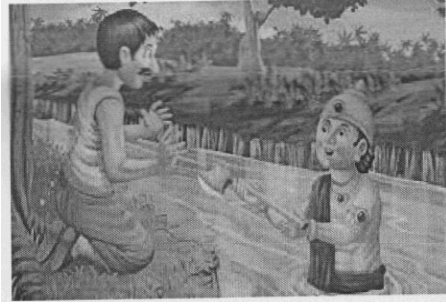
George was hanging from the tree above the car, a rope tied around his neck. As the wind blew his body back and forth, his feet were bumping gently on the roof of the car-bump, bump, bump, bump.

Credits: Story: MDH1994 – from a common urban legend Audio version performed by Peter Polgar.

Answer the questions in a sentence or two:

- (a) Where were the Winstons going when this incident happened?
 - (b) What was the reason for the news announcement on the radio?
 - (c) What did George think was causing the trouble with the car?
 - (d) Why did he pull the car off the road?
 - (e) Why did Marie stay in the car when George left?
21. Write a passage in 200 words about the freedom struggle and the sacrifice made by some leaders.
22. Write a story based on the hints given below:
A rich farmer-lot of land-cattle and servants-two sons-happy life-After some years younger son unhappy-asked for his share of the property-wouldn't listen to father's advice-got his share-sold them all-went away to another country-fell into bad ways-soon all money gone-poor-no one to help him-understood his mistake.

23. Develop a story based on the following picture in 200 words:



R 4797

Sub. Code
724106

B.Sc., DEGREE EXAMINATION, APRIL-2021
Second Semester
Yoga
FUNDAMENTALS OF YOGA EDUCATION
(CBCS-2019 Onwards)

Time: 3 hours

Max.Marks: 75 Marks

PART - A

(10x1=10)

Answer all the questions.

1. The primary function of "Prana" Is
(a) Respiration (b) Digestion (c) Elimination (d) Circulation
2. The World "yuj" Means
(a) To Yoke (b) To Join (c) To Unite (d) All The Above
3. Which of the following is one of the five principles of yoga by sivanandi?
(a) Savasana (b) Bhakti (c) Jnana (d) Tantra
4. Stabilize and focus the mind on one object,image,sound is
(a) Dharana (b) Dhyana (c) Samadhi (d) Pratyana
5. Yoga consist of components
(a) Six (b) Four (c) Eight (d) Nine
6. Who compiled 'hathayoga pradipika'?
(a) Patanjali (b) Gheranda (c) Svatmarama (d) None of The Above
7. Asana are classified into types
(a) 7 (b) 3 (c) 4 (d) 8
8. Alternate nostril breathing also called as
(a) Sitali Pranayama (b) Bhramani Pranayama (c) Nadisodhana (d) None
9. The word yoga is derived from
(a) Latin (b) Urdu (c) Sanskrit (d) Tamil Adrenalin hormone
10. ----- Help in the healthy functioning of the organism
(a) Asanas (b) Pranayama (c) Mudras (d) None

PART - B

(5X5=25)

Answer all questions, choosing either a or b

11. (a) Write importance of modern developments of yoga.
(or)
(b) Narrate the eight limbs of yoga.
12. (a) Write short notes on five pranayama of the body.
(or)
(b) Explain the history of yoga
13. (a) Elaborate the principles of yoga.
(or)
(b) Write short notes on (i) Hatha pradiplka (ii) Yoga sutras
14. (a) Explain the yogic view of the body on vigynamaya kosha.
(or)
(b) Explain the contributions of kuvalayananda in yoga.
15. (a) Explain the need and importance of spirituality.
(or)
(b) Describe the role of Religious in the society.

PART -C

(5x8=40)

Answer any Five of the following.

16. Elaborate the need and importance of yoga
17. Explain the history of Ashtanga yoga of patanjali.
18. Narrate the contribution of yoga in Hinduism and islam.
19. Explain the Siva Samhitha and Gorak samhitha
20. Explain the meaning and scope of yoga and leadership.
21. Discuss the various benefits of practicing bandha.
22. Describe about the difference between yoga and physical education.

R 4798

B.Sc., DEGREE EXAMINATION, APRIL-2021
Second Semester
Yoga
PATANJALA YOGA DARSHANA
(CBCS-2019 Onwards)

Sub. Code
724107

Time: 3 hours

Marks: 75 Marks

PART - A
Answer all the questions.

(10x1=10)

1. ----- is the path of wisdom
(a) Raja yoga (b) Janna yoga (c) Bhakti yoga (d) Karma yoga
2. Which one of the following is a heating pranayama?
(a) Nadishodhana (b) Ujjayi (c) Chandrabhedana (d) Sitali
3. According to hatha yoga, siddhasana is called as
(a) Muktasana (b) Guptasana (c) Bhadrasana (d) Both "a and b"
4. Raja yoga is also called as
(a) Action (b) Devotion (c) Classic yoga (d) Physical
5. The Sanskrit term 'yuj' means
(a) To join (b) To break (c) To escape (d) To help
6. Pranayama means
(a) Self control (b) Breath control (c) Cleaning process (d) None
7. Asana means
(a) Orderliness (b) Senses (c) Posture (d) Concentration
8. _____ is a relaxation asana
(a) Savasana (b) Mayuraasana (c) Sarvangasana (d) Dhanurasana
9. Dhauti cleanse the
(a) Nose (b) Eyes (c) Lungs (d) Stomach
10. There are _____ types of kriyas in yogic practices
(a) Three (b) Five (c) Six (d) Nine

PART - B
Answer all Questions, choosing either a or b

(5X5=25)

11. (a) Explain the Patanjali yoga sutra.
(or)
(b) Describe the concept of citta-prasadanam.
12. (a) Explain the types of Asamprajnatah Samadhi.
(or)
(b) Write down the concept of yoganushasanam.
13. (a) Explain the benefits of Pranayama.
(or)
(b) Write short notes on Astanga yoga
14. (a) Describe the concept of bhoota jaya and siddhis
(or)
(b) Write short notes on (i) Dhyana (ii) Samadhi
15. (a) Explain the role of Dharana and Nirman Chitta
(or)
(b) Write down the types of karmas.

PART -C
Answer any Five of the following.

(5x8=40)

16. Briefly explain the types of yoga sutra.
17. Elaborate the classification of Citta-Vritti.
18. Explain the kinds and concept of Samapathi.
19. Describe the benefits of pratyahara and its siddhis.
20. Explain the different types of chitta parinamah.
21. Elaborate the concept of asanas.
22. Discuss any three types of siddhis and jatyantara parinamah

R 4799

Sub. Code

724108

B.Sc., DEGREE EXAMINATION, APRIL-2021

Second Semester

Yoga

HUMAN ANATOMY AND PHYSIOLOGY - II

(CBCS-2019 Onwards)

Time: 3 hours

Max.Marks: 75 Marks

PART - A

(10x1=10)

Answer all the questions.

1. The amount of blood flowing from the heart over a given period of time is known as
(a) Stroke volume (b) Cardiac output (c) Heart rate (d) Blood pressure
2. Which of the following is a simple gland
(a) Exocrine gland (b) Endocrine gland (c) Both (a) and (b) (d) None of the above
3. Central nervous system consists
(a) Brain and spinal column (b) Ribs and vertebral column (c) Brain and neurons
(d) Dendrites and axons
4. Which gland regulates the rate of metabolism in the body
(a) Pituitary (b) Thyroid (c) Parathyroid (d) Gonads
5. What is percentage of muscle in the body
(a) 40% (b) 60% (c) 80% (d) 100%
6. Which of the following is the largest gland
(a) Lungs (b) Kidney (c) Liver (d) Thyroid
7. Osteology is the study of
(a) Muscles (b) Bones (c) Joints (d) Nerves
8. What is the percentage of water in human body
(a) 50% (b) 60% (c) 70% (d) 80%
9. During heavy exercise the supply of blood increase towards
(a) Brain (b) Skeletal muscle (c) Skin (d) Kidneys
10. Adrenalin hormone is produced by
(a) The pituitary gland (b) The kidneys (c) The adrenal glands (d) None of the above

PART - B

(5X5=25)

Answer all the questions, choosing either a (or) b

11. (a) Write in short note on eye, ear, nose and skin.

(or)

(b) Explain the function of human brain.

12. (a) Describe the role of yogic practices for endocrine system.

(or)

(b) Explain the function of hormones and mechanism of hormone action

13. (a) Write short notes on reproductive system

(or)

(b) Write short notes on (i) Ovarian cycle (ii) Menstruation cycle

14. (a) Explain the function of urinary system.

(or)

(b) Describe the role of kidney in osmo regulation.

15. (a) Describe the benefits of yoga for various system.

(or)

(b) Explain the composition and function of lymph.

PART -C

(5x8=40)

Answer any Five of the following questions

16. Discuss the structure and functions of spinal cord.

17. Explain the importance of endocrine gland and its types.

18. Discuss the effect of exercise on muscular system.

19. Explain the functions of thyroid and parathyroid glands.

20. Briefly explain the immunity system.

21. Explain the effect of practices for excretory system.

22. Write short notes on i) Thymus ii) Bone marrow iii) Spleen

R5542

Sub. Code

**7204T1/
7244T1**

B.Sc. DEGREE EXAMINATION, APRIL – 2021.

Fourth Semester

Physical Education/ Yoga

TAMIL – IV

(Common for B.Sc., Physical Education/B.Sc., Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

பகுதி அ

(10 × 1 = 10)

சரியான விடையைத் தேர்ந்தெடுத்து எழுதுக.

1. நிரப்புக: 'மண் திணிந்த _____ நிலனேந்திய _____',
(அ) நூலும், மாலையும்
(ஆ) நிலனும் விசம்பும்
(இ) மலையும் மடுவும்
(ஈ) நீரும் காடும்
2. கொழுநரை இழந்த பெண்டிற்குப் பொய்கையும் தீயும் ஒன்றே – எனப் பாடியவர்
(அ) பூதப்பாண்டியன் தேவி
(ஆ) ஓளவையார்
(இ) வெள்ளிவீதியார்
(ஈ) கம்பர்

3. 'கவினலங் கொல்லோ.. காமங்கொல்லோ..? இவள் கண் பசந்ததுவே' எனத் தோழி கூற்றாக அமையும் நற்றிணைப் பாடலைப் பாடியவர்
 (அ) அம்முவனார் (ஆ) மருதனார்
 (இ) பெருங்கடுங்கோ (ஈ) ஓளவையார்
4. தலைவன் அல்லாத அயலவர் மணத்துக்குரிய பரிசுத்தோடு வருதலை ஆதிமந்தியார் எங்ஙனம் குறிக்கிறார்?
 (அ) நொதுமலர் வரைவு (ஆ) அறத்தொடு நின்றல்
 (இ) பாங்கர் கூட்டம் (ஈ) உடன்போக்கு
5. நாலடியார் எனும் அறநூலை இயற்றியவர்
 (அ) சைவக் குரவர்கள் (ஆ) முதலாழ்வார்கள்
 (இ) சமணமுனிவர்கள் (ஈ) வைணவர்கள்
6. 'காமநெறி படரும் கண்ணினார்க்கு இல்லை ஏமநெறி படரும் ஆறு' – இடம்பெறும் நூல்
 (அ) திருக்குறள் (ஆ) கலித்தொகை
 (இ) நற்றிணை (ஈ) நாலடியார்
7. குறிஞ்சிமலர் புதினத்தின் ஆசிரியர்
 (அ) நா. பார்த்தசாரதி (ஆ) ஜெயகாந்தன்
 (இ) ந. பிச்சமுர்த்தி (ஈ) புதுமைப்பித்தன்
8. பூரணியின் தந்தை பெயர்
 (அ) அரவிந்தன் (ஆ) மணிவண்ணன்
 (இ) சிதம்பரம் (ஈ) அழகியசிறும்பலம்
9. நிரப்புக்: கற்றறிந்தார் ஏத்தும் _____
 (அ) குறிஞ்சிப்பாட்டு (ஆ) பட்டினப்பாலை
 (இ) கலித்தொகை (ஈ) அகநானூறு

10. பத்துப்பாட்டு நூல்களுள் ஆற்றுப்படை பற்றிய நூல்கள்

(அ) மூன்று (ஆ) பத்து

(இ) நான்கு (ஈ) ஐந்து

பகுதி ஆ

(5 × 5 = 25)

அனைத்து வினாக்களுக்கு விடையளி.

11. (அ) புறநானூறு நூற்குறிப்பு வரைக.

(அல்லது)

(ஆ) முரஞ்சியூர் முடிநாகராயர் கூறும் உதியன் சேரலாதன் சிறப்புகளை எடுத்துரைக்க.

12. (அ) தோழி கூற்றாக அமைந்த பரணரின் குறுந்தொகைப் பாடல் தரும் செய்திகளைக் கூறுக.

(அல்லது)

(ஆ) பெருங்கடுங்கோ காட்டும் தலைமகளின் தந்தையின் காட்டின் தன்மைகளை விவரி

13. (அ) 'சகடக்கால் போல வரும்' - நாலடியார் கருத்தினை விளக்குக.

(அல்லது)

(ஆ) 'தாய்த்தாய்க் கொண்டுஏகும் அளித்திவ்வுலகு' - நாலடியார் கருத்தினை விளக்குக.

14. (அ) அரவிந்தன் பாத்திரத்தின் குணநலன்களை விவரி.

(அல்லது)

(ஆ) நெடுநல்வாடை நூற்சிறப்பினை முன்வைக்க.

15. (அ) அகநானூறு - குறிப்பு வரைக.

(அல்லது)

(ஆ) புறநானூறு - குறிப்பு வரைக.

எவையேனும் ஐந்து வினாக்களுக்கு விடையளி.

16. அதியமானின் நட்புச் சிறப்பினை ஒளவையார் எங்ஙனம் பாடுகிறார்?
17. கள்வன் பத்து பாடலில் நண்டின் செயல்களைக் காட்டி ஓரம்போகியார் கூறுவன யாவை?
18. செல்வம் நிலையாமை குறித்த நாலடியார் கருத்துக்களை விளக்குக.
19. 'குறிஞ்சிமலர்' புதினத்தில் இடம்பெறும் பூரணி பாத்திரத்தை அறிமுகம் செய்க.
20. எட்டுத்தொகை நூல்கள் குறித்துக் கட்டுரைக்க.
21. ஆற்றுப்படை நூல்களைக் குறிப்பிட்டு விளக்குக.
22. சங்ககாலத் தமிழரின் விளையாட்டுகள் குறித்துச் சான்றுடன் விவரி.

R5543

Sub. Code
7204E1/7244E1

B.Sc. DEGREE EXAMINATION, APRIL – 2021.

Fourth Semester

Physical Education/Yoga

**ENGLISH FOR EFFECTIVE
COMMUNICATION –IV**

(Common for B.Sc. Physical Education/B.Sc., Yoga)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Prior _____ to an important meeting or presentation will help to settle your nerves.
(a) Preparation (b) Entertainment
(c) Amusement (d) Leisure
2. Avoiding _____ thoughts is necessary for the self-confidence.
(a) Negative (b) Positive
(c) Plus (d) Optimistic
3. A job application letter is also known as a _____ letter
(a) Covering (b) Back
(c) Personal (d) Informal

4. "Biodata" contains all _____ information.
- (a) Factual (b) Personal
(c) Informal (d) Both (b) and (c)
5. Covering letter must be _____ page.
- (a) One (b) Two
(c) Three (d) Four
6. A resume is a _____ summary of personal and professional experiences.
- (a) Brief (b) Long
(c) Lengthy (d) Both (b) and (c)
7. The main purpose of resume is to show off your _____ to potential employers.
- (a) Best self (b) Worst self
(c) Hobbies (d) Both (b) and (c)
8. "Interview" refers to a _____ conversation between an interviewer and an interviewee.
- (a) one-on-one (b) one-on-two
(c) many (d) Group
9. Group interviews are conducted when an employer has _____ candidate's interview together.
- (a) Multiple (b) Single
(c) One to one (d) Both (b) and (c)
10. In the STAR interview format R stands for _____
- (a) Result (b) Research
(c) Recall (d) Remember

Part B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Write the helpful way to develop yourself confidence.

Or

- (b) Describe job communication process.

12. (a) Define the Purpose of Curriculum Vitae.

Or

- (b) Write the format of job application letters.

13. (a) What are the informations included in an effective CV?

Or

- (b) Differentiate Curriculum Vitae and Resume.

14. (a) Define Resume and its importance.

Or

- (b) What are the characteristics of a job interview?

15. (a) Write the alternative interview format.

Or

- (b) Discuss the strategies of interview

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Write the Do's and Don'ts in a job communication.
17. Write a model job application letter for the post of a physical Education teacher.

18. Design your own curriculum vitae.
 19. Suggest some tips to develop one's self-confidence.
 20. How do you prepare yourself for a job interview? Explain.
 21. Discuss the types of Job Interview.
 22. How do you develop your job communication skills effectively? Analyse.
-

R5559

Sub. Code

724112

B.Sc. DEGREE EXAMINATION, APRIL – 2021.

Fourth Semester

Yoga

PATHS AND SCHOOLS OF YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part - A

(10 × 1 = 10)

Answer **all** questions.

1. Sadhana
 - (a) Paths
 - (b) Methodical discipline
 - (c) Samathi
 - (d) bakthi
2. Consciousness
 - (a) Mentality
 - (b) Projection
 - (c) Awareness
 - (d) None of above
3. Bhaktha
 - (a) Devotee
 - (b) Habit
 - (c) Thinking
 - (d) Object
4. Chakra
 - (a) Organ
 - (b) Energy path
 - (c) Thought
 - (d) None
5. Yama
 - (a) Live
 - (b) Right Living
 - (c) Representation
 - (d) None

6. Niyama
(a) Observances (b) Totality
(c) Philosophy (d) None
7. Practice to regulating vital energy
(a) Sadhana (b) Asana
(c) Pranayama (d) None
8. Samahi
(a) Agony (b) blissfulness
(c) Angry (d) None
9. Karma yoga
(a) Duty of Unexpectation
(b) Eight Limb
(c) Bakthi
(d) None
10. Swamy Sivananda Era
(a) 1920-1960 (b) 1867-1963
(c) 1872-1970 (d) none

Part -B

(5 × 5 = 25)

Answer **all** questions, choosing either (a) or (b).

11. (a) Explain paths of yoga.
Or
(b) Explain streams of yoga.
12. (a) Explain Janana yoga practice.
Or
(b) Explain mantra Chanting.

13. (a) Explain Bhajans.

Or

(b) Explain Satsang.

14. (a) Explain the benefits of Nadi.

Or

(b) Explain chakra.

15. (a) Explain Astanga yoga.

Or

(b) Explain Kundalini yoga.

Part - C

(5 × 8 = 40)

Answer any **Five** questions.

16. Explain Qualities of Yogi.

17. Explain Principles of Iyengar Yoga.

18. Explain Bikram Yoga.

19. Explain contributions of Yoga schools of India to the society.

20. Explain steps of attaining meditative state.

21. Explain yogic path of Sivananda System.

22. Explain benefits of Sanskrit chanting and importance of pronunciation.

R5560

Sub. Code

724113

B.Sc. DEGREE EXAMINATION, APRIL – 2021

Fourth Semester

Yoga

BASIS OF YOGA THERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

All questions carry equal marks.

1. The Klesha Avidya means _____
(a) survival (b) dislikes
(c) likes (d) ignorance
2. Heyam _____ Anagatam
(a) Sukham (b) Sthiram
(c) Dukham (d) Samatvam
3. Cleansing system used to purify body is shat _____
(a) Kumbakha (b) Sampath
(c) Kriyas (d) Ripus

4. Lock for energy is _____
- (a) Mudras (b) Bandhas
(c) Asana (d) Pranayama
5. _____ means inhalation of breath.
- (a) Shunyaka (b) Rechaka
(c) Kumbaka (d) Puraka
6. _____ Kriya cleanses the nasal passages.
- (a) Kapalabhati (b) Neti
(c) Dhauti (d) Nauli
7. _____ is the sixth limb of Ashtanga yoga.
- (a) Dharana (b) Dhyana
(c) Samadhi (d) Samyama
8. Non-violence is _____
- (a) Ahmisa (b) Satya
(c) Tapas (d) Asteya
9. _____ means cleanliness.
- (a) Sancha (b) Saucha
(c) Saptha (d) Sanchita
10. Dullness is an aspect of _____ Guna.
- (a) Satva (b) Rajas
(c) Tamas (d) Nirguna

Part B

(5 × 5 = 25)

Answer **all** questions choosing either (a) or (b).

11. (a) Explain yogic concept of health and disease.

Or

- (b) Explain role of yoga in preventive health care.

12. (a) Explain the manifestation of disease with reference to Vyadhi and Svasa-Prashvasa.

Or

- (b) Explain the concepts of Karma Shuddhi and Indriya Mano Shuddhi.

13. (a) Explain Pancha Prana and their role in health and healing.

Or

- (b) Concept of Swara Yoga - Explain in detail.

14. (a) Explain about the yogic principles of healthy living.

Or

- (b) Explain concept of Bhavas and Bhavanas.

15. (a) Yama and Niyama for psycho-physio-logical health-
Narrate in detail.

Or

- (b) Role of Shat Karma in preventive health – Explain.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the utility and limitations of various Indian systems of medicine.
 17. Explain the causes of ill health caused by Tapatrayas and Kleshas.
 18. Role of Shuddhi Prakriyas in curative and preventive health – Explain.
 19. Explain the role of Shat Chakras and Pancha Koshas in health and healing.
 20. Explain the role of yogic positive attitudes in healthy living.
 21. Explain yogic principles of diet and its role in healthy living.
 22. Explain the role of yoga therapy for hypertension patients.
-

R5561

Sub. Code

724114

B.Sc. DEGREE EXAMINATION, APRIL –2021

Fourth Semester

Yoga

Allied: INTRODUCTION TO AYUSH

(CBCS – 2019 Onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. In which parts of the body are cells not replaced when they die?
 - (a) Kidneys
 - (b) muscles
 - (c) brain
 - (d) skin
2. Which of the following is known as the voice box?
 - (a) Trachea
 - (b) pharynx
 - (c) epiglottis
 - (d) larynx
3. World Health Organisation on 11 February, 2020 announced an official name for the disease that is causing the 2019 novel coronavirus outbreak? What is the new name of the disease?
 - (a) COVID-19
 - (b) COVn-19
 - (c) COnV-20
 - (d) COnVID-19

4. The primary function of Prana" is
- (a) Elimination (b) Digestion
(c) Respiration (d) Circulation
5. Ayurveda adopts the physics of the
- (a) three elements (b) five elements
(c) four elements (d) two elements
6. What Ayurvedic system originated as a spiritual practice in the Hindu religion, but has become popular in the West as a form of physical exercise and relaxation?
- (a) Yoga (b) Mukhabhyanga
(c) Padabhyanga (d) Udvardana
7. Which of these are used to prepare homeopathic medicines.
- (a) Chemical (b) Animals
(c) Plants (d) all of the above
8. How does Coronavirus transmit?
- (a) When a person sneezes or cough, droplets spread in the air or fall on the ground and nearby surfaces
- (b) If another person is nearby and inhales the droplets or touches these surfaces and further touches his face, eyes or mouth, he or she can get an infection.
- (c) If the distance is less than 1 meter from the infected person.
- (d) All the above are correct.

15. (a) State the benefits of Svasthavatta in Ayurvedha

Or

(b) Write short notes on the principles of Homeopathy

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the relationship between health and disease.
17. Elucidate the principles of yoga therapy in relation to Hatha Ratnavali.
18. Elaborate the concepts of five elements and its application.
19. Comment on Trayo Upasthambas.
20. Explain the importance of Unani medicine
21. Explain the need and importance of Homeopathy.
22. Explain the principles of Naturopathy.