

R6902

Sub. Code

**7202T1/
7242T1**

B.Sc. DEGREE EXAMINATION, APRIL – 2022

Second Semester

Physical Education / Yoga

TAMIL –II

[Common for B.Sc. Physical Education / B.Sc. Yoga]

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

பகுதி அ

(10 × 1 = 10)

**அனைத்து வினாக்களுக்கும் சரியான விடையைத் தேர்ந்தெடுத்து
எழுதுக.**

1. மதுரைக் காண்டத்தில் இடம்பெறும் காதைகள் எத்தனை?
(அ) 7 (ஆ) 10
(இ) 13 (ஈ) 16
2. 'அந்தி மாலைச் சிறப்பு செய் காதை' இடம் பெற்றுள்ள நூல்
(அ) சிலப்பதிகாரம் (ஆ) மணிமேகலை
(இ) சீவகசிந்தாமணி (ஈ) குண்டலகேசி
3. கம்பராமாயணத்தில் இடம்பெறும் காண்டங்கள் எத்தனை
(அ) 5 (ஆ) 6
(இ) 7 (ஈ) 8
4. பெரியபுராணத்தை இயற்றியவர்
(அ) அதிரா அடிகள் (ஆ) திருமூலர்
(இ) சேந்தனார் (ஈ) சேக்கிழார்

5. 'பாஞ்சாலி சபதம்' என்னும் நூலை எழுதியவர்
 (அ) பாரதிதாசன் (ஆ) சுரதா
 (இ) பாரதியார் (ஈ) முடியரசு
6. பாஞ்சாலி சபதத்தில் இடம்பெறும் சருக்கங்கள் எத்தனை?
 (அ) 5 (ஆ) 6
 (இ) 7 (ஈ) 8
7. தமிழைச் செம்மொழியாக அறிவிக்கப்பட்ட ஆண்டு
 (அ) 2000 (ஆ) 2004
 (இ) 2008 (ஈ) 2010
8. தமிழ்ச் செம்மொழி நூல்கள் எத்தனை?
 (அ) 39 (ஆ) 41
 (இ) 43 (ஈ) 45
9. 'சூளாமணி' என்னும் நூலை எழுதியவர்
 (அ) திருத்தக்க தேவர்
 (ஆ) நாதகுத்தனார்
 (இ) திருமாளிகைத் தேவர்
 (ஈ) தோலா மொழித்தேவர்
10. 'திருக்கயிலாய ஞான உலா' என்னும் நூலை எழுதியவர்
 (அ) ஒட்டக்கூத்தர் (ஆ) சேரமான் பெருமாள் நாயனார்
 (இ) படிக்காசுப் புலவர் (ஈ) இரட்டையர்கள்

பகுதி ஆ (5 × 5 = 25)

அனைத்து வினாக்களுக்கும் விடையளி.

11. (அ) சிலப்பதிகாரம் பற்றி குறிப்பு வரைக.

(அல்லது)

- (ஆ) மணிமேகலை பற்றி குறிப்பு வரைக.

12. (அ) கம்பராமாயணம் பற்றிக் கூறுக.
(அல்லது)
(ஆ) அயோத்தியா காண்டம் பற்றிக் கூறுக.
13. (அ) பாரதியார் பற்றி குறிப்பு வரைக.
(அல்லது)
(ஆ) 'பாஞ்சாலி சபதம்' பற்றி விளக்குக.
14. (அ) தமிழ்ச் செம்மொழி இலக்கியங்கள் - சிறுகுறிப்பு வரைக.
(அல்லது)
(ஆ) தொல்காப்பியம் பற்றி விளக்குக.
15. (அ) ஐஞ்சிறு காப்பியங்கள் பற்றி குறிப்பு வரைக.
(அல்லது)
(ஆ) குறிப்பு வரைக.
(i) கலம்பகம்
(ii) உலா
(iii) பரணி

பகுதி இ (5 × 8 = 40)

எவையேனும் ஐந்து வினாக்களுக்கு விடையளி.

16. மணிமேகலை குறிப்பிடும் ஆதிரை பிச்சையிட்ட கதை வெளிப்படுத்தும் நிகழ்வினை விளக்குக.
17. கம்பராமாயணத்தில் கைகேயி சூழ்ச்சிச் செய்யும் பாங்கினை விளக்குக.
18. பாரதியார் பாடல்களில் சமுதாயச் சிந்தனைகளை தொகுத்துரைக்க.
19. துரியோதனன் சூழ்ச்சி சருக்கம் பற்றி விரிவாக எழுதுக.

20. தமிழ்ச் செம்மொழி வரலாற்றினை விரிவாக விளக்குக.
 21. சிற்றிலக்கியத் தோற்றம் வளர்ச்சியினை விளக்குக.
 22. இலக்கண நூல்களைப் பற்றி நும் பாடப்பகுதி கொண்டு விளக்குக.
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R6640

Sub. Code

922CE

**(All UG PROGRAMS) DEGREE EXAMINATION,
APRIL – 2022**

Second Semester

English

Part II — COMMUNICATIVE ENGLISH — II

(Common for All U.G. Programmes)

(CBCS – 2020 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Give the antonyms of the following :
 - (a) Bleak
 - (b) Ominous
2. Fill in the blanks with suitable adverbs :
 - (a) She arrived _____ for the meeting
 - (b) We should work _____.
3. What is a welcome speech?
4. Frame sentences using the idioms (a) burning the midnight oil (b) make the ends meet.
5. What are the benefits of reading aloud?
6. Write one word substitutes for the following :
 - (a) Present everywhere
 - (b) fear of water

7. Identify the type of sentence :
 - (a) How thrilling the movie was !
 - (b) Do you like coffee?
8. What is a brochure?
9. Give two tips for interview.
10. Differentiate a clause and a phase.

Part B

(5 × 5 = 25)

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

11. (a) Write a paragraph on the proverb, “Actions speak louder than words”.

Or

- (b) Write the synonyms for the following words :
 - (i) abundant
 - (ii) linger
 - (iii) optimistic
 - (iv) inept
 - (v) soothe.

12. (a) What is Intonation? Explain with examples.

Or

- (b) Explain the important elements of a ‘vote of thanks’ speech.

13. (a) How can you make your PPT presentation effective?

Or

- (b) What are the different components of an email?

14. (a) Differentiate 'denotation' and 'connotation' with examples.

Or

- (b) Mention some of the Do's and Don'ts during an online meeting.

15. (a) What are the elements of feature writing?

Or

- (b) Write a job application letter for the post of Assistant Professor in ABC college, Chennai.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Fill in the blanks with suitable prepositions :

- (a) we have been playing ————— morning.
(b) ————— brave, he is not intelligent.
(c) This work is ————— your dignity.
(d) I will come there ————— a week.
(e) Can you write ————— this pen?
(f) She put a bandage ————— the boy's cut finger.
(g) My uncle has invested a lot of money ————— farming.
(h) We have been working in this company ————— twenty years.
(i) He is laboring ————— a misapprehension, but laboring ————— a cause.
(j) The plane flew ————— the clouds.

17. Write a film review on the film you recently watched.
18. Write the one-word substitution for the following.
- (a) A human who eats human flesh.
 - (b) A room in a public building where outdoor clothes luggage maybe left.
 - (c) A place where coins are made.
 - (d) A person who is mentally ill.
 - (e) Fear of closed spaces.
 - (f) One who studies the evolution of mankind.
 - (g) One who doesn't take any alcoholic drinks.
 - (h) A speech prepared without any previous preparation.
 - (i) A disease which attacks many people in a particular area in one time.
 - (j) The one who loves good food and knows a lot about it.
19. Prepare a 'Brochure' for 'Spoken English' course.
20. Write ten utterances that takes place in a formal job interview.
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R6641

Sub. Code

**4532ES/
9HM2S1/
9BV2G1/
7BES2/
4BES2**

ALL U.G. DEGREE EXAMINATION, APRIL – 2022

Second Semester

General Subject

ENVIRONMENTAL STUDIES

(Common for All UG Programmes)

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

Explain the following Terms :

1. Abiotic factors
உயிரற்ற காரணிகள்
2. Biosphere
உயிரிய மண்டலம்
3. Soil fertilizer
மண் செழுமை
4. Food Resources
உணவு வளங்கள்

5. Energy flow

ஆற்றல் ஓட்டம்

6. Food Web

உணவு வலை

7. Species Diversity

இன வேறுபாடு

8. Endemic species

ஒரு பகுதியில் மட்டும் காணப்படும் இனங்கள்

9. Air Pollutants

காற்று மாசாக்கிகள்

10. Soil Pollution

நில மாசுபாடு

Part B

(5 × 5 = 25)

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

11. (a) Write in detail about aim of environmental studies.

சுற்றுச்சூழல் கல்வியின் நோக்கம் பற்றி எழுதுக.

Or

(b) List the uses of Mineral Resources.

தாது வளங்களின் பயன்கள் பற்றி எழுதுக.

12. (a) Write a short notes on dams. Add a note on their effect on forests and tribal people.

அணைகள் பற்றி சிறு குறிப்பு வரைக. இவைகளால் காடுகளுக்கும், பழங்குடி மக்களுக்கும் ஏற்படும் விளைவுகள் பற்றி எழுதுக.

Or

- (b) Enumerate the role of individual in conservation of natural resources.

இயற்கை வளங்களை பாதுகாப்பதில் தனி மனித பங்கு பற்றி தொகுத்து எழுதுக.

13. (a) Give an account of structure and functions of an Eco systems.

சூழியத் தொகுதியின் அமைப்பு மற்றும் வேலைகள் பற்றி எழுதுக.

Or

- (b) List the value of Biodiversity.

பல்லுயிரின வேறுபாட்டின் மதிப்புகளை எழுதுக.

14. (a) Illustrate Ecological Pyramids.

சூழ்நிலை பிரமிடுகள் பற்றி படத்துடன் விளக்குக.

Or

- (b) Describe Hot spots of Biodiversity.

பல்லுயிரின வேறுபாடு கொண்ட சிறப்பிடங்கள் பற்றி விவரி.

15. (a) Write in detail about causes of Marine Pollution.

கடல் நீர் மாசுபாட்டிற்கான காரணங்கள் பற்றி எழுதுக.

Or

- (b) Discuss the effect of Nuclear hazards.

அணுக்கரு ஆபத்துகள் எவ்வாறான விளைவுகளை ஏற்படுத்துகின்றன என்பதை எழுதுக.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Write an essay on conservation of Environment.

சுற்றுச்சூழலை பாதுகாத்தல் பற்றி ஒரு கட்டுரை வரைக.

17. List the forest resources. Add a note on their uses and over exploitation.

காடு வளங்கள் பற்றி எழுதுக. காடு வளங்கள் எவ்வாறு உதவுகின்றன, அவைகள் எவ்வாறு அதிகமாக உபயோகப் படுத்தப்படுகின்றன.

18. Describe an energy flow in the eco system.

ஒரு சூழிய தொகுதியில் ஆற்றல் ஓட்டம் எப்படி நடக்கிறது என்பதை விவரி.

19. List and explain threats to Biodiversity.

பல்லுயிரின வேறுபாட்டுக்கு ஏற்படும் அச்சுறுத்தல்களை வகைப்படுத்தி விளக்குக.

20. Give an account of Air Pollution.

காற்று மாசுபாட்டை பற்றி தொகுத்து எழுதுக.

R6675

Sub. Code

92BPEA

**B.A/BFA/BPA/B.Sc. DEGREE EXAMINATION,
APRIL – 2022**

Second Semester

Gender Studies/Painting/ Bharathanatyam/ Music (Vocal)/
Physical Education

**PROFESSIONAL ENGLISH FOR ARTS AND SOCIAL
SCIENCES – II**

(Common for B.A. Gender Studies/BFA Painting/BPA
Bharathanatyam/BPA Music (Vocal)/B.Sc. Physical
Education/B.Sc Yoga)

(CBCS – 2020 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** questions.

1. Give the antonyms for the words given below:
 - (a) rebellious
 - (b) slavery
 - (c) prodigious
 - (d) poverty

2. Match the following words with their meanings
 - (a) ideal - not working being lazy
 - (b) idle - the best possible
 - (c) stationary- writing materials
 - (d) stationery - not moving, not changing

3. Find out the meaning of the following idiom and make a sentence by using it: 'silver tongue'.
4. Prepare a pro-and-con chart for the following topic: 'Is sports a must'?
5. What are the tools required for video conferencing?
6. What is vlog?
7. What is a flyer?
8. What is the purpose of creating a web page?
9. What is academic listening?
10. What is a short film?

Part B

(5 × 5 = 25)

Answer any **five** questions

11. Write a brief note on the Do's and Don'ts of interview,
12. Prepare a speech on the following topic for just a minute: 'Indian Society'.
13. Read the following advertisement and do as directed

- (a) What is the advertisement about?
- (b) What is the offer of the class?
- (c) What is the course timing of the class?
- (d) What are the specialties of the course?

14. What are the measures on the development of dialogue skills?
15. Write a short note on 'interview skills'.
16. Briefly explain the basic HTML coding.
17. Write a short note on video conferencing skills.
18. How to create a blog?

Part C

(3 × 10 = 30)

Answer any **three** questions.

19. Elucidate the basic debating skills.
 20. Write an argumentative essay on the significance of social harmony.
 21. Describe the techniques for inculcating active listening.
 22. Design a web page related to any topic of your choice pertaining to your subject area.
 23. Write an essay on how to become a Vlogger.
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R6925

Sub. Code

724106

B.Sc. YOGA DEGREE EXAMINATION, APRIL – 2022

Second Semester

FUNDAMENTALS OF YOGA EDUCATION

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Who compiled 'yoga sutra'
(a) Patanjali (b) Sheranda
(c) Sratmarama (d) None of the above
2. Who is known as father of yoga?
(a) Patanjali
(b) Shiva
(c) Brahma
(d) Thirumalai krishnamacharya
3. How many chapters are there in patanjali yoga sutra?
(a) 3 (b) 4
(c) 2 (d) none of the above
4. Yoga karmasu
(a) Nischalam (b) Chalam
(c) Kausalam (d) Phalam

5. Who authored the srimad bhagavatham
(a) Visuwamitra (b) Vedavyasa
(c) Vaishta (d) Vidura
6. Which day celebrated as” International Day of Yoga”
(a) June 20 (b) June 21
(c) June 22 (d) June 23
7. Chakars and nadis are components of which kosha?
(a) Annamaya (b) Pranamaya
(c) Manomaya (d) Vijnyayamaya
8. Samathi is
(a) atrance of state of bliss
(b) a state of sleep
(c) a state of resting
(d) a state of sitting
9. How many types of kabalapthi?
(a) 6 (b) 9
(c) 4 (d) 12
10. Stabilize and focus the mind on one object, image and sound
(a) Dharana (b) Dhyana
(c) Samadhi (d) Pratyahara

Part B

(5 × 5 = 25)

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

11. (a) Describe the aims and objectives of yoga.

Or

- (b) Narrate the different types of yoga.

12. (a) Explain the pre vedic and vedic periods of yoga philosophy.

Or

- (b) Define pranayama and explain its benefits.

13. (a) Discuss the yoga philosophy in Buddhism.

Or

- (b) Write short notes on (i) Hinduism (ii) Jainism.

14. (a) Describe the Thirumular Mandram.

Or

- (b) Briefly explain the Maharshi Patanjali of yoga.

15. (a) Explain the aim and meaning of mental health.

Or

- (b) Describe the improvement of personal efficiency through yoga.

Part C

(5 × 8 = 40)

Answer any **five** of the following questions.

16. Explain the role of yoga in physical education and sports.

17. Discuss the yoga philosophy in Bhagavat Gita.

18. Explain the history of yoga according to great sage Thirumoolar.
 19. Explain the contributions to Gheranda Samhita of yoga.
 20. Explain the human development of yoga practices.
 21. List out the contribution of yoga to solve the problems of the executives.
 22. Explain the various techniques of yoga.
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R6926

Sub. Code

724107

B.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Second Semester

PATANJALA YOGA DARSHANA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Samprajnata Samadhi is related to _____.
 - (a) Nirudha
 - (b) Ekagra
 - (c) Both
 - (d) None
2. Founder of Ashtanga yoga _____.
 - (a) Swami Vivekananda
 - (b) Maharshi Patanjali
 - (c) Hariharananda giri
 - (d) Maharishi Mahesh
3. Nirvitarka samadhi refers
 - (a) Recognizes soul
 - (b) Mental alternations
 - (c) Concentration
 - (d) Status of Meditation

4. Surrender of all actions to God in Patanjali Yoga sutras, called
- (a) Santosha
 - (b) Isvara-Pranidhana
 - (c) Saucha
 - (d) Svadhyaya
5. Sadhanapada is in _____ part of yoga.
- (a) First part
 - (b) Second part
 - (c) Third part
 - (d) Fourth part
6. The first part of yoga sutra deals with _____.
- (a) Yama
 - (b) Niyam
 - (c) Asana
 - (d) Samadhi
7. Kaivalya means _____.
- (a) Purification
 - (b) Freedom
 - (c) Liberation
 - (d) Peace of mind
8. Vibhutipada is in _____ part of yoga.
- (a) First part
 - (b) Second part
 - (c) Third part
 - (d) Fourth part
9. Viyoga means _____.
- (a) Ignorance
 - (b) Desire
 - (c) Separation
 - (d) Knowledge
10. Aparā and Parā are part of
- (a) Siddhi
 - (b) Citta
 - (c) Karma
 - (d) Vasana

Part B

(5 × 5 = 25)

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

11. (a) Explain - Importance of yoga sutra.

Or

- (b) What is yoga sadhana? And explain about Vysa Bhasya.

12. (a) Asamprajnatah Samadhi and its types – Explain.

Or

- (b) Explain the kinds of Samapatti.

13. (a) Briefly explain about Kriya yoga and its concepts.

Or

- (b) Objectives of Pratyahara – Explain.

14. (a) Explain – Various Siddhis in Indriya jaya.

Or

- (b) Importance of Dhyana — Explain.

15. (a) Explain about the Nirman chitta's concept in Patanjali yoga.

Or

- (b) Explain – Abilities of Bahya pradartha in Kaivalyapada.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe – Control of Mana, Buddhi and Ahankar and its Importance.
17. What is samprajnatah samathi? Explain its types.
18. Describe – Prakriti and its qualities in sadhanapada.
19. Describe Role of Dharana and Samyama in vibhutibpada.
20. Explain about Bhoota jaya and Indriya jaya and their siddhis.
21. Importance of Karmas and its types - Explain.
22. Describe the concept of vasana and bahya pradartha in kaivalaypada.

R6927

Sub. Code

724108

B.Sc. Yoga DEGREE EXAMINATION, APRIL – 2022.

Second Semester

Allied : HUMAN ANATOMY AND PHYSIOLOGY – II

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. The endocrine gland in the brain is
 - (a) Pancreas
 - (b) Pituitary
 - (c) Thyroid
 - (d) None

2. Thermoregulation in human being controlled by
 - (a) Skin
 - (b) blood
 - (c) Both (a) and (b)
 - (d) None of the above

3. The respiration of the cell is controlled by
 - (a) Lysosome
 - (b) Nucleus
 - (c) Golgi bodies
 - (d) Mitochondria

4. The blood gets oxygenated in
 - (a) Lungs
 - (b) Muscles
 - (c) Liver
 - (d) Heart

5. Which of the following phenomena causes formation of blood cells?
- (a) Muscle contraction
 - (b) Gravity
 - (c) Respiration
 - (d) Spleen
6. Which of the following is hard tissue?
- (a) Tendon
 - (b) Cartilage
 - (c) Bone
 - (d) Muscles
7. During heavy exercise the supply of blood increase towards
- (a) Brain
 - (b) Skeletal muscles
 - (c) Skin
 - (d) Kidneys
8. Which of the following is carried by the blood
- (a) Enzymes
 - (b) Oxygen
 - (c) Hormones
 - (d) All of the above
9. Pituitary gland is situated in
- (a) The base of the heart
 - (b) The base of the brain
 - (c) The neck
 - (d) The abdomen
10. In which part of the human body is the smallest bone
- (a) Wrist
 - (b) Palm
 - (c) Nose
 - (d) Ear

Part B

(5 × 5 = 25)

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

11. (a) Describe the benefits of human brain and spinal cord.

Or

- (b) Narrate the function of autonomic nervous system.

12. (a) Explain the function of endocrine glands.

Or

- (b) Write the short notes on role of yogic practices for endocrine system.

13. (a) Briefly explain the reproductive system of human.

Or

- (b) Describe the structure of the heart with a diagram and its parts.

14. (a) Write short notes on excretory system.

Or

- (b) Explain the function of the kidney.

15. (a) Write short notes on

(i) Bone marrow

(ii) Spleen

Or

- (b) Write short notes on

(i) conditioning

(ii) warming up.

Part C

(5 × 8 = 40)

Answer any **five** of the following questions.

16. Explain the structure and function of eye, ear, nose, skin and tongue.
 17. Describe the structure and function of endocrine gland.
 18. Discuss the effect of exercise on muscular system.
 19. Write short notes on reflex action and neuromuscular function.
 20. Elaborate the effects of training on various systems.
 21. Write an essay on respiratory system.
 22. Describe the structure of mechanism of urinary formation.
-

R6906

Sub. Code

**7204T1/
7244T1**

B.Sc. DEGREE EXAMINATION, APRIL – 2022

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)

**அனைத்து வினாக்களுக்கும் சரியான விடையைத் தேர்ந்தெடுத்து
எழுதுக.**

1. புறம், புறப்பாட்டு என அழைக்கப்பெறும் நூல்
(அ) பரிபாடல் (ஆ) புறநானூறு
(இ) பதிற்றுப்பத்து (ஈ) மதுரைக் காஞ்சி
2. புறநானூறு எப்பாவால் பாடப்பட்டது
(அ) வெண்பா (ஆ) அகவற்பா
(இ) கலிப்பா (ஈ) வஞ்சிப்பா
3. குறுந்தொகையின் அடி வரையறை
(அ) 3-6 (ஆ) 4-8
(இ) 9-12 (ஈ) 13-31
4. 'இந்திரவிழா' பற்றிக் கூறும் தொகை நூல்
(அ) குறுந்தொகை (ஆ) நற்றிணை
(இ) கலித்தொகை (ஈ) ஐங்குறுநூறு

5. 'வேளாள்வேதம்' என்று அழைக்கப்படும் நூல்
 (அ) நான்மணிக்கடிகை (ஆ) நாலடியார்
 (இ) ஆசாரக் கோவை (ஈ) சிறுபஞ்ச மூலம்
6. நாலடியாரில் இடம்பெறும் இயல்கள் எத்தனை
 (அ) 10 (ஆ) 11
 (இ) 12 (ஈ) 13
7. 'குறிஞ்சி மலர்' என்னும் நூலை எழுதியவர்
 (அ) கி.ரா. (ஆ) அண்ணா
 (இ) மு.மேத்தா (ஈ) நா. பார்த்தசாரதி
8. 'பூரணி' என்னும் கதாப்பாத்திரம் இடம் பெறும் நூல்
 (அ) குறிஞ்சி மலர் (ஆ) பொன் விலங்கு
 (இ) சமுதாய வீதி (ஈ) துளசி மாடம்
9. எட்டுத்தொகை நூல்களில் புற நூல்கள் எத்தனை
 (அ) 2 (ஆ) 3
 (இ) 4 (ஈ) 5
10. 'குறிஞ்சிப் பாட்டு' என்னும் நூலை எழுதியவர்
 (அ) நக்கீரர் (ஆ) பரணர்
 (இ) கபிலர் (ஈ) நப்பூதனார்

பகுதி ஆ

(5 × 5 = 25)

அனைத்து வினாக்களுக்கும் விடையளி.

11. (அ) புறநானூறு - குறிப்பு வரைக.

(அல்லது)

(ஆ) ஐம்பூதங்கள் இடம் பெறும் நிலையினை விளக்குக.

12. (அ) ஐங்குறுநூறு பற்றி குறிப்பு வரைக.

(அல்லது)

(ஆ) குறுந்தொகை பற்றி குறிப்பு வரைக.

13. (அ) நாலடியார் பற்றி குறிப்பு வரைக.

(அல்லது)

(ஆ) செல்வம் நிலையாமை குறித்து விளக்குக.

14. (அ) நா.பார்த்தசாரதி பற்றிக் கூறுக.

(அல்லது)

(ஆ) குறிஞ்சிமலர் நாவலில் இடம்பெறும் கதை மாந்தர்களை விளக்குக.

15. (அ) பத்துப்பாட்டு புற நூல்களைப் பற்றி விளக்குக.

(அல்லது)

(ஆ) எட்டுத்தொகை அக நூல்களை விளக்குக.

பகுதி இ

(5 × 8 = 40)

எவையேனும் ஐந்து வினாக்களுக்கு மட்டும் விடையளி.

16. புறநானூற்றுப் பாடல்களை நும் பாடப்பகுதி கொண்டு விரிவாக விளக்குக.

17. ஐங்குறுநூறில் இடம்பெறும் விலங்கினைச் செய்திகளை களவன் பத்து மூலம் விளக்குக.

18. இரவும் எருமையும், நாட்டியமாடும் தலைவன் தலைவியைப் பற்றி குறுந்தொகைப் பாடல்கள் மூலம் விளக்குக.

19. நாலடியாரில் துறவற இயல் வெளிப்படுத்து நிலையாமையினை தொகுத்துரைக்க.

20. நாவலின் தோற்றம் வளர்ச்சியினை விளக்குக.
21. பத்துப்பாட்டில் ஆற்றுப்படை நூல்களைப் பற்றி விரிவாக விளக்குக.
22. பாரம்பரிய வீர விளையாட்டுகளைப் பற்றி கட்டுரை வரைக.
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R-6907

Sub. Code

**7204H1/
7244H1**

B.Sc. DEGREE EXAMINATION, APRIL – 2022.

Fourth Semester

Physical Education/Yoga

HINDI — 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. “लेडि बै शक्सेना” — क्या है?
(a) नाटक (b) कविता
(c) एकांकी (d) उपन्यास
2. पंचमृति का लेखक कौन है?
(a) गुप्त (b) दिनकर
(c) पंत (d) निराला
3. “मालव प्रेम” एकांकी के लेखक कौन है?
(a) हरिकृष्ण प्रेमी (b) शौकत
(c) प्रेमचन्द (d) दिनकर

4. मालव राज्य का सेनापति कौन है?
(a) जयदेव (b) चन्द्रगुप्त
(c) शकराज (d) महादेव
5. हमारी राष्ट्र भाषा क्या है?
(a) तमिल (b) हिन्दी
(c) अंग्रजी (d) संस्कृत
6. समाज के मुख्य प्रथा क्या है?
(a) स्वार्थ (b) दहेज प्रथा
(c) विवाह (d) अर्थ
7. “अनुशासन” का अर्थ अंग्रेजी में क्या है?
(a) Merit (b) Merce
(c) Discipline (d) Angry
8. “बातचीत” का अर्थ अंग्रेजी में क्या है?
(a) Speak (b) Conversation
(c) To talk (d) To see
9. “Mouth” का अर्थ हिन्दी में क्या है?
(a) आँख (b) नाक्
(c) मुँह (d) कान
10. “Tongue” का अर्थ हिन्दी में क्या है?
(a) जीभ (b) सिर
(c) पैर (d) कपाल

Part B**(5 × 5 = 25)**Answer **all** questions, choosing either (a) or (b).

11. (a) “नाटक” का अर्थ लिखिये।
(या)
(b) ‘शक्सेना’ नाटक में क्या मुख्यत्व है? विचार कीजिये।
12. (a) ‘दस हजार’ — एकांकी के बारे में लिखिये।
(या)
(b) ‘पंचमृति’ — प्रस्तुत कीजिये।
13. (a) ‘शंगनक’ (Computer) के बारे में लिखिये।
(या)
(b) किसी एक त्योहार के बारे में प्रस्तुत कीजिये।
14. (a) किसी खेल के बारे में — दो लड़कों की बातचीत।
(या)
(b) दूकान में — दूकानदार और एक लड़के की बातचीत।
15. (a) कसरत के मुख्य — प्रस्तुत कीजिये।
(या)
(b) शरीर के मुख्य अंग क्या-क्या है?

Part C**(5 × 8 = 40)**Answer any **five** questions.

16. “लेडि शक्सेना” नाटक में समाज भावना क्या क्या है? प्रकट कीजिये।
17. “मालव प्रेम” — एकांकी का सारांश पूरा लिखिये।
18. “अनुशासन” के आवश्यकता के बारे में अपने विचार प्रस्तुत कीजिये।

19. “परीक्षा के बारे में” — दो विद्यार्थियों की बातचीत लिखिये।
 20. किसी एक खेल के बारे में स्वयं विचार करके प्रस्तुत कीजिये।
 21. प्रदूषण कितने प्रकार के हैं? वे क्या-क्या हैं?
 22. राष्ट्रभाषा हिन्दी के बारे में विचार कीजिए।
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R6908

Sub. Code

**7204E1/
7244E1**

B.Sc. DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

Physical Education/Yoga

ENGLISH FOR EFFECTIVE COMMUNICATION — IV

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

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Billboard is an example for _____
(a) Broadcast media (b) Transit
(c) Print Media (d) Online media
2. My mother is _____ honest woman.
(a) a (b) an
(c) the (d) one
3. It is raining _____
(a) heavy (b) heavily
(c) heaviest (d) heavier
4. A bad worker always blames his _____
(a) fate (b) tools
(c) equipment (d) misfortune

5. A brochure is _____ paper document.
- (a) informative (b) formative
(c) layer (d) length
6. Cover letters are typically divided into _____ category.
- (a) One (b) Two
(c) Three (d) Four
7. Precise writing is a _____
- (a) summarize (b) explanation
(c) expose (d) elaboration
8. Which letter contains certain norms to follow letter writing?
- (a) formal letter (b) informal letter
(c) precis writing (d) note making
9. Journal articles focus on
- (a) research (b) review
(c) booklets (d) paragraph
10. Role play means _____
- (a) the act of imitating the character
(b) the act of imitating the sound
(c) the act of imitating the tree
(d) the act of imitating the navy

Part B

(5 × 5 = 25)

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

11. (a) Make a note on In-person communication.

Or

- (b) How to enhance and develop the level of confidence?

12. (a) State the tips for final writing.

Or

- (b) Comment on the language used in newspaper articles.

13. (a) Prepare a Bio-Data for the post of Branch Manager.

Or

- (b) How to design an effective Curriculum Vitae?

14. (a) Give a short note on how to design Resume.

Or

- (b) List out the parts of a Resume.

15. (a) Define Job Interview.

Or

- (b) Bring out the significance of interview strategies.

Part C

(5 × 8 = 40)

Answer any **five** of the following questions.

16. Explain the role of Emails in communication.

17. Mention the ways to improve one's communication skills.

18. Differentiate between Communication and job communication.
 19. Write a detailed note on the important components in Job application letters.
 20. Write an appropriate resume for joining in the marketing company.
 21. Trace out the characteristics of the Job Interview.
 22. Elucidate the types of Job interviews.
-

R6928

Sub. Code

724112

B.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

PATHS AND SCHOOLS OF YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Shravan
(a) Deovted son (b) Deciplined son
(c) Indeciplied son (d) None
2. Manana
(a) Obeying (b) Agreeing
(c) Obsentism (d) Stealing
3. Nidhidhasana
(a) Remembering (b) Forgetting
(c) Realize the atman (d) None
4. Super conceiousness
(a) Togetherness (b) Madfullness
(c) Blissfullness (d) None
5. Ida nadi
(a) Endocrine (b) Ventricle
(c) Left nostril (d) None

6. Pingala nadi
(a) Aorta (b) Circulation
(c) right nostril (d) None
7. Bija mantra
(a) Asana (b) Sangalpa
(c) Vedic seed (d) None
8. Prathyahara
(a) Inhale (b) Exhale
(c) Sensory blocking (d) Nasal blocking
9. Buddhi
(a) Nasal path (b) Comprehension
(c) violent (d) None
10. Dharana
(a) Serving (b) Illumination
(c) Focus (d) None

Part B

(5 × 5 = 25)

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

11. (a) Elucidate the importance of suddhis.

Or

- (b) Explain law of karma.

12. (a) Explain Hatha yoga.

Or

- (b) Explain sthitaprajna with examples.

13. (a) Explain navavidha bhakthi.

Or

(b) Explain qualitys of bhaktha.

14. (a) Comment on mind.

Or

(b) Explain benefits of mantra chanting.

15. (a) Explain Importance of bhavana in Yogic Practice.

Or

(b) Explain sangalpa.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain sivananda system of yoga and the contribution to the mankind.

17. Explain SVYASA

18. Explain Bihar School of yoga

19. Explain Nishkama karma

20. Explain Karma Shudhi

21. Explain snayu shudhi

22. Explain steps of attaining meditative state.

R6929

Sub. Code

724113

B.Sc. DEGREE EXAMINATION, APRIL – 2022

Fourth Semester

Yoga

BASIS OF YOGA THERAPY

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** questions.

1. Jalandhara bandha is ——— lock.
(a) Abdominal (b) Throat
(c) Anus (d) Stomach
2. Swadhyaya is a part of ———
(a) Yama (b) Niyama
(c) Asana (d) Mudra
3. Padmasana means ——— posture.
(a) fierce (b) balanced
(c) camel (d) lotus
4. Intense activity is represented by ——— guna.
(a) Satva (b) Rajas
(c) Tamas (d) Nirguna

5. Niyama is the ——— limb of Ashtanga Yoga.
(a) First (b) Second
(c) Fourth (d) Sixth
6. ——— Kriya cleanses the skull region.
(a) Kapalabhati (b) Neti
(c) Dhauti (d) Basti
7. Seal for energy is ———
(a) Mudras (b) Bandhas
(c) Asanas (d) Pranyamas
8. Heyam ——— Anagatam.
(a) Sukham (b) Dukham
(c) Sthiam (d) Samatvam
9. Ignorance is ——— among kleshas.
(a) Asmita (b) Avidya
(c) Raga (d) Dwesha
10. Asana is the third limb of ——— Yoga.
(a) Hatha (b) Raja
(c) Ashtanga (d) Karma

Part B

(5 × 5 = 25)

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

11. (a) Concept of health and disease with reference to Ayurveda and Naturopathy – Explain.

Or

- (b) Explain the potential causes of Illhealth.

12. (a) Explain mental and emotional illhealth with reference to antaraayas of Patanjali.

Or

- (b) Explain Ghata Shuddhi and Prana Shuddhi.

13. (a) Explain role of Trigunas in health and healing.

Or

- (b) Explain health with reference to Ashtanga Yoga of Patanjali.

14. (a) Explain role of Yogic attitudes for a healthy living.

Or

- (b) Explain Yogic principles of healthy diet.

15. (a) Explain Psycho–Physiological effects created by the practice of Meditation.

Or

- (b) Explain role of Yoga therapy in diabetes management.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain concept and role of Indian systems of Medicine in health promotion.
17. Explain physical and Physiological Manifestation of Nyadhi and Alasya.
18. Explain role of various Shuddhi Prakriyas in Yoga.
19. Explain the role of Trigunas and Pancha Prana in health and healing.

20. Explain the concept of Chitta and Chitta Prasadana and their role in health.
 21. Explain Bhavas and Bhavanas and its role and relavance in health and well being.
 22. Role of Yoga therapy in the management of psychosomatic disorders – Explain.
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R6930

Sub. Code

724114

B.Sc. DEGREE EXAMINATION, APRIL – 2022

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. The largest external organ in the human body is _____.
(a) Skin (b) Legs
(c) Arms (d) Intestine
2. How many types of muscles are there in the human body?
(a) One (Skeletal)
(b) Two (skeletal and smooth)
(c) Three (cardiac, skeletal, smooth)
(d) Four (cardiac, skeletal , smooth, stripy)
3. Which organ of body is most affected by excessive intake of alcohol?
(a) Lungs (b) Liver
(c) Stomach (d) Spleen

4. The first case of novel coronavirus was identified in _____.
- (a) Beijing (b) Shanghai
(c) Wuhan, Hubei (d) Tianjin
5. Which of the following is the closest English translation of the Sanskrit word “Ayurveda”?
- (a) Grain of wheat
(b) Wind in the trees
(c) Science of life
(d) Water on the knee
6. Ayurveda recognises five essential elements of nature. Air, earth, fire and water are four of them which is the fifth element?
- (a) Metal (b) Oil
(c) Leeloo (d) Space
7. Homeopathic medicines are regulated by FDA as
- (a) Drugs
(b) Food
(c) Dietary Supplement
(d) Vitamins
8. Father of Homeopathy is _____.
- (a) Aristotle (b) Hahnemann
(c) Hippocrates (d) Kent
9. Mild Symptoms of Novel Coronavirus are
- (a) Fever
(b) Cough
(c) Shortness of breath
(d) All the above

10. Who introduced the Unani system of medicine to India?
(a) Chinese (b) Japanese
(c) Portuguese (d) Arabs

Part B (5 × 5 = 25)

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

11. (a) State the meaning of Yogha Adhi and Vyadhi.
Or
(b) Briefly comment the concept of body health and diseases.
12. (a) Write short notes on Naturopathy.
Or
(b) Briefly state the four aspects of life.
13. (a) State the three pillars of Ayurveda.
Or
(b) Write short notes on dosha dhatu mala in health and diseases.
14. (a) State the importance of Ritucharya in Ayurveda.
Or
(b) State the benefits of Naovatta in Ayurveda.
15. (a) Briefly comment on the uses of Unani medicine.
Or
(b) Write short notes on Homeopathy.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Explain the principles of Yoga therapy in relation to yoga vasistha.
 17. Elucidate the importance of practices at Pacha Kosa Meditation.
 18. Elaborate Gheranda Samhita.
 19. Comment on the Principles of Naturopathy.
 20. Explain the five element theory in Ayurveda.
 21. Explain the need and importance of Siddha Medicine.
 22. Explain the role of Yoga on AYUSH treatment.
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R6931

Sub. Code

724119

B.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Sixth Semester

YOGA AND HUMAN VALUES

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. We can have Right Understanding through the process of _____
(a) Realization (b) Pre-conditioning
(c) Sensation (d) None of the above
2. The Self (I) and Body interacts with each other via the activity of _____.
(a) Imaging (b) Analyzing
(c) Selecting/Tasting (d) None of the above
3. Production and work for physical facilities leads to _____ in family and _____ with nature.
(a) Fearlessness, Prosperity
(b) Prosperity, Fearlessness
(c) Prosperity, Coexistence
(d) Coexistence, Prosperity

4. Ensuring justice in relationship, on the basis of values leads to _____ in society.
- (a) Fearlessness
 - (b) Right Understanding
 - (c) Coexistence
 - (d) Prosperity
5. Harmony (mutual happiness) in human-human relationship is called
- (a) Trust (b) Justice
 - (c) Love (d) Care
6. Feeling for those who have made effort for excellence is _____
- (a) Excellence
 - (b) Reverence
 - (c) Glory
 - (d) None of the above
7. Parents who implement harsh not accompanied by reasoning teach children to be
- (a) Insightful about their own behavior
 - (b) Moral recovery program
 - (c) People empowerment
 - (d) Economic development foundation
8. Being the same or equal in status, opportunities, or rights is _____.
- (a) Courage (b) Inspiration
 - (c) Equality (d) Respect

9. Social responsibility is
- (a) Broader than legal responsibility
 - (b) Same as legal responsibility
 - (c) Narrower than legal responsibility
 - (d) None of them
10. Which of the following are examples of socially desirable practices
- (a) Supplying good quality foods
 - (b) Creating healthy working conditions
 - (c) Honestly paying taxes
 - (d) All of these

Part B

(5 × 5 = 25)

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

11. (a) Write short notes on understanding the harmony of 'T' with the body.

Or

- (b) Explain the role of yoga in developing harmony within the self.

12. (a) Explain the concept of universal harmonious order in society.

Or

- (b) Write 'short notes on undivided society and universal order.

13. (a) Write short notes on other silent values in relationships.

Or

- (b) How do you achieve harmony in self body and family?

14. (a) Explain the relevance of ethics and values in yoga.

Or

(b) Write short notes on qualities of teacher and students.

15. (a) Explain principles of environmental ethics.

Or

(b) Write about the concepts of civil society and its types.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the sanyam and swasthya correct appraisal of body needs and meaning of prosperity in details.
17. Describe the harmony in the society and its concepts of vasudaiva kutumbakam.
18. How does affection lead to harmony in human - human relationship?
19. Describe the ethics in professional practices, methods of teaching human values and student–teacher relationship.
20. Explain the efficient use of yoga and social responsibility.
21. Describe the types of moral education and scope of morality.
22. Discuss about the harmony in human being and in myself.

R6932

Sub. Code

724120

B.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022

Sixth Semester

APPLIED YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Which of the following is usually NOT a component of a school health program?
 - (a) Classes
 - (b) In-school physical exams for students
 - (c) Policies
 - (d) Support networks
2. Which of the following are appropriate sample questions you can ask in a teacher survey?
 - (a) In what ways has the program been successful?
 - (b) What can be done to improve the program?
 - (c) Both (a) and (b)
 - (d) None
3. Which is the Sanskrit root (verb form) for the etymological derivation of the word “yoga”?
 - (a) Yug
 - (b) Yuge
 - (c) Yuj
 - (d) Yuje

4. The fibula bone is found in which part of the body.
 - (a) Upper Arm
 - (b) Lower Leg
 - (c) Upper Leg
 - (d) Foot

5. Which one of the following asanas is not a remedial asana for treating obesity?
 - (a) Vajrasana
 - (b) Tadasana
 - (c) Trikonasana
 - (d) Ardha-Matsyendrasana.

6. Gomukhasana is used to cure
 - (a) Asthma
 - (b) Backpain
 - (c) Diabetes
 - (d) All of the above

7. Examples of environmental stressors are
 - (a) Weather
 - (b) Traffic
 - (c) Financial problems
 - (d) Only (a) and (b)

8. Incorrect computer ergonomics can result in:
 - (a) Back aches
 - (b) Carnal tunnel syndrome
 - (c) Sore eyes
 - (d) All of the above

9. What is the most likely explanation for the diarrhoea?
- (a) Clostridium difficile toxin
 - (b) Constipation with overflow
 - (c) Diverticulitis
 - (d) Metformin
10. The purpose of yoga as taught by the ancients is to attain:
- (a) Perfect health
 - (b) Peace of mind
 - (c) Stress relief
 - (d) Enlightenment or self-realization

Part B

(5 × 5 = 25)

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

11. (a) Briefly introduction to developmental process of children.

Or

- (b) Write short notes on role of social interaction in a school health.

12. (a) Explain the yoga for physical, mental stamina and other faculties.

Or

- (b) Write about sports injuries prevention and management through yoga.

13. (a) Explain the yoga modules for single participation.

Or

- (b) Explain the research reviews on yoga and sports.

14. (a) Briefly explain the yoga for management of techno stress.

Or

- (b) Explain the health hazards in computer professionals.

15. (a) Explain the common geriatric problems.

Or

- (b) Write short notes on prevention of common geriatric problems.

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the role of yoga in establishment of values in school going children.
17. Describe the difference between physical education and sports.
18. Briefly explain the relationship between yoga and sports activities.
19. Describe the research reviews on effect of yoga on techno stress.
20. Write short notes on introduction to geriatric care and its research reviews on yoga and geriatric care.
21. What is school health and parent-teacher -student relationship in a school health and role of social interaction?
22. Explain the techno stress its causes, symptoms and complications. How will yoga management supports to techno stress?

R6933

Sub. Code

724121

**B.Sc. DEGREE EXAMINATION,
APRIL – 2022**

Sixth Semester

Yoga

Elective: HEALTH AND YOGIC HYGIENE

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. Cleanliness, physical exercise, rest and sleep are a part of _____.
(a) Hygiene (b) Social hygiene
(c) Personal hygiene (d) None of the above
2. How many compressions and breaths should you do for each cycle of CPR?
(a) 15 compressions, 2 breaths
(b) 30 compressions, 5 breaths
(c) 30 compressions, 2 breaths
(d) 15 compressions, 5 breaths
3. Single individuals or localized groups
(a) Epidemic (b) Pandemic
(c) Endemic (d) All of above

4. Growth promoted by warmth and moisture
 - (a) Bacteria
 - (b) Fungi
 - (c) Viruses
 - (d) Protozoa
5. Variola virus has been known to cause
 - (a) Malaria
 - (b) Measles
 - (c) Smallpox
 - (d) Chickenpox
6. Causes of cholera do not include
 - (a) Poor sanitation
 - (b) Unclean water
 - (c) Genetic disorder
 - (d) Infectious pathogens
7. Measles is an airborne disease that circulates mainly through
 - (a) Sneezing only
 - (b) Coughing only
 - (c) Hand shake
 - (d) Sneezing and coughing
8. The drug is ionized for the treatment of
 - (a) Cholera
 - (b) Tuberculosis
 - (c) Measles
 - (d) Malaria
9. Which of the following immunity is present from our birth?
 - (a) Innate immunity
 - (b) Active immunity
 - (c) Passive immunity
 - (d) Acquired immunity
10. Which of the following is a 50-gene signature based test in breast cancer.
 - (a) Oncotype DX
 - (b) Mammaprint
 - (c) Prosigna
 - (d) Coloprint

Part B

(5 × 5 = 25)

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

11. (a) Write short notes personal hygiene.

Or

- (b) Explain meaning of first aid, and its importance in daily life.

12. (a) Define disinfectants and its methods of disinfections.

Or

- (b) Explain the period of infectivity.

13. (a) How can we prevent contagious diseases?

Or

- (b) What are the types of diseases?

14. (a) Write short notes causes, symptoms and prevention on cholera.

Or

- (b) Briefly explain the diseases spread by contact.

15. (a) How does breast cancer affect the immune system?

Or

- (b) How can you reduce the risk of cervical cancer?

Part C

(5 × 8 = 40)

Answer any **five** questions.

16. Discuss about the importance of water and sources of contamination of water and purification methods.
17. Discuss about the types of diseases and their modes of spread.

18. What is the main causes, incubation period, mode of spread, symptoms, prevention and control of dengue?
19. Write about any two diseases spread by ingestion.
20. Define immunity types of immunity and immunization schedule.
21. Describe the first aid and its importance in daily life.
22. Which surface disinfectants are recommended to reduce spread of measles?

R6934

Sub. Code

724122

B.Sc. (Yoga) DEGREE EXAMINATION, APRIL – 2022.

Sixth Semester

Elective : HUMAN SYSTEM ACCORDING TO YOGA

(CBCS – 2019 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the questions.

1. According to samkhya-yoga purus is
 - (a) Conscious and inactive
 - (b) Conscious and active
 - (c) Unconscious and inactive
 - (d) Unconscious and active
2. Out of the following which one is not an ashtanga-yoga?
 - (a) Yama
 - (b) Niyama
 - (c) Dhouti
 - (d) Pranayama
3. Totally stress free appears in which level of kosha
 - (a) Anandamaya kosha
 - (b) Vijnanamaya kosha
 - (c) Manomaya kosha
 - (d) Annamaya kosha

4. The word 'Aryan denotes:
- (a) Ethnic group
 - (b) Nomadic people
 - (c) Speech group
 - (d) Superior race
5. Which of the following is able to give the knowledge of previous life?
- (a) Kurma nadi Sanyama
 - (b) Surya Sanyama
 - (c) Sanskar Sanyama
 - (d) Kayaroop Sanyama
6. According to Hatha Pradeepika, during the practice of Nadasandhana, which type of Nada (sound) appears first
- (a) Sound of Megha (Clouds)
 - (b) Sound of Shankha (Conch)
 - (c) Sound of Ghanta (Bell)
 - (d) Sound of Bhramara (Humming bee)
7. Raja Yoga is the yoga of controlling our:
- (a) Sense Organs
 - (b) Organs of Action
 - (c) Mind Our Emotions
 - (d) None of above
8. The word "Nadi" is derived from the word "Nad" which means
- (a) To flow
 - (b) To blow
 - (c) To run
 - (d) To carry

9. Where does Ajna Chakra located?

- (a) Eyebrow
- (b) Centre
- (c) Chest
- (d) Tongue Legs

10. Which is not a Pancha Bhuta?

- (a) Earth
- (b) Water
- (c) Sunlight
- (d) Air

Part B

(5 × 5 = 25)

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

11. (a) Write about the citta and ahaakara.

Or

(b) Write short notes on karmendriyas.

12. (a) Which Upanishad talks about Pancha Koshas?

Or

(b) Write short notes on disturbance of each koshas.

13. (a) Write about the description of muladhara and svadishohana.

Or

(b) What are the concept of mannaalas.

14. (a) What are the types of vayus.

Or

(b) Write short notes on concepts of nanes.

15. (a) Write short notes on svara yoga.

Or

(b) Explain the effects of svarayoga as explained in the haaha yogic texts.

Part C

(5 × 8 = 40)

Answer **any five** questions.

16. Discuss about evolution of humanbody in the context of saikhya yoga.
17. Discuss about the existence of five koshas in the humanbody.
18. Discuss about the types of mannalas and their work.
19. Briefly explain the difference between in a pingala and sushumna.
20. Discuss about the importance of svarodaya in health and disease and relevance of svaravijnana in day to day life.
21. Discuss about the evolution through the chakras.
22. Describe the pancha koshas theory.
