

R7785

Sub. Code

724103

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Yoga

FOUNDATION OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define — Health
2. What is the meaning of yoga?
3. Explain karma yoga.
4. Who is called father of yoga?
5. What is kriya?
6. Define the term of meditation.
7. Write the eight Limbs of raja yoga.
8. Define – Bhagayad gita
9. What is bandhas?
10. Define Niyama.

Part B

(5 × 5 = 25)

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

11. (a) Explain the aim and objective of yoga.

Or

- (b) Explain the principles of yoga.

12. (a) What is raja yoga- Explain?

Or

- (b) Describe the karma yoga.

13. (a) Write down the technique and benefits of Pranayama.

Or

- (b) Explain the misconception of hatha yoga.

14. (a) Write down the details of yoga Vasishtha and Narada Bhakti Sutras.

Or

- (b) Describe the Thirumular Mandram.

15. (a) Briefly explain the Patanjali yoga.

Or

- (b) Explain the Yama Niyama.

Part C

(3 × 10 = 30)

Answer any **three** questions.

16. Briefly explain the aim and importance of yoga.
17. List down the stages of Astanga yoga and explain any four stages.

18. Explain the principles and types of Mudras.
 19. Explain the Kriya yoga components and its benefits.
 20. Write short notes on (a) Dharana (b) Dhyana (c) Samadhi
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724104

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2022

First Semester

Yoga

ALLIED I : HUMAN ANATOMY AND PHYSIOLOGY – I

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 2 = 20)

Answer **all** the questions.

1. Define Tissue.
2. What is Pancreas?
3. What is the meaning of Respiratory system?
4. Define Larynx
5. Expand – RBC and WBC
6. Define heart.
7. Write any two basic functions of Endocrine glands.
8. What is spinal cord?
9. Define – Bone marrow.
10. Write any two benefits of yoga.

Part B

(5 × 5 = 25)

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

11. (a) Write down the classification of bones.

Or

- (b) Describe the large and small intestine.

12. (a) Explain the respiratory system.

Or

- (b) Write about the different stage of digestion.

13. (a) Draw a neat diagram of heart.

Or

- (b) Write short notes on (i) Plasma (ii) RBC (iii) WBC

14. (a) Explain the basic understanding about sympathetic and para sympathetic nervous system.

Or

- (b) Describe the benefits of human brain and spinal cord.

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

Or

- (b) Explain the composition and function of lymph.

Part C

(3 × 10 = 30)

Answer any **three** of the following.

16. Discuss the structure and functions of digestive system.
17. Explain the influence of exercise on respiratory system.

18. Describe the Cardiac cycle.
 19. Explain the functions of thyroid and parathyroid glands.
 20. Briefly explain the immunity system.
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