Sub. Code 7204T1/

7244T1

B.Sc. DEGREE EXAMINATION, APRIL - 2023

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 $(10 \times 1 = 10)$

அனைத்து வினாக்களுக்கும் விடையளி.

- 1. கணியன் பூங்குன்றனார் எழுதிய சிறப்புமிக்கப் பாடல் இடம்பெறும் நூல்
 - (அ) கலித்தொகை
- (ஆ) புறநானூறு
- (இ) அகநானூறு
- (ஈ) ஐங்குறநூற
- 2. அதியமானுக்கு அறிதாய் கிடைத்த கனி எது?
 - (அ) ஆப்பிள்
- (ஆ) ஆரஞ்சு
- (இ) நெல்லி
- (ஈ) மாம்பழம்
- 3. ஐங்குறுநூற்றில் "நண்டு" என்பதன் வேறு பெயர்?
 - (அ) கள்வன்
- (കൂ) களவன்
- (இ) மன்மதன்
- (ஈ) அழகன்
- 4. "பெய்யாமொழி புலவர்" என்று அழைக்கப்படுபவர் யார்?
 - (அ) கபிலர்
- (ஆ) நக்கீரர்
- (இ) திருவள்ளுவர்
- (ஈ) கல்கி

5.	"ஆலு	ும் வேலும் பல்லுக்கு	உறுதி	
	நாலு. பெறு	ம் இரண்டும் சொல்லு ம் நூல்?	க்கு உ	_றுதி" — என்ற பழமொழி இடம்
	(அ)	திருக்குறள்	(ஆ)	நாலடியார்
	(இ)	ஏலாதி	(正)	சிறுபஞ்சமூலம்
6.	ஐந்து	நூறு பாடல்களை கெ	ாண்ட	. அகநூல் எது ?
	(அ)	புறநானூறு	(ஆ)	அகநானூறு
	(இ)	ஐங்குறநூறு	(正)	கலித்தொகை
7.	நா-ப	ார்த்த சாரதி எழுதிய ।	புதின்	ந்தின் பெயர்?
	(அ)	தீ விரல்	(ஆ)	கொங்கை தீ
	(இ)	நாடகங்கள்	(正)	குறிஞ்சி மலர்
8.	எட்டு	த் தொகை நூல்களில்	அக [நூல்கள் எத்தனை?
	(அ)	4	(ஆ)	5
	(இ)	3	(正)	2
9.	பரிபா	ாடல் எவ்வகை இலக்	தியம் ′	?
	(의)	அகம்	(ஆ)	புறம்
	(இ)	அகம்,புறம்	(正)	இவையேதுமில்லை
10.	"ഥരെ	லபடுகடாம்" என்ற நூ	வின் (வேறு பெயர் என்ன?
	(괵)	கூத்தராற்றுப்படை		
	(ஆ)	புலவராற்றுப்படை		
	(இ)	பெருநர் ஆற்றுப்பன	L	
	(正)	பெருபாண் ஆற்றுப்ப	படை	
			2	R8143

அனைத்து வினாக்களுக்கும் விடையளி.

11. (அ) சேரமான் "பெருஞ்சோற்றிட்டு நடுவுநிலை புரிந்தான்" என்ற கூற்றுப்பற்றி விளக்குக.

(அல்லது)

- (ஆ) சேரமானின் கொடைப் பண்பினை சுட்டுக.
- 12. (அ) அதியமான் தான் நீண்ட நாள் வாழ்வதை விட ஒளவையார் நீண்ட நாள் வாழ வேண்டும் என்று ஏன் விரும்பினான் தெளிவுபடுத்துக?

(அல்லது)

- (ஆ) ஒளவையார் தமிழ்மொழி மீது கொண்டிருந்த பற்றினை எடுத்தியம்புக.
- 13. (அ) "சான்றோர்கள் தவறுகள் செய்யலாகாது" என்பதை ஐங்குறுநூறு பாடல்கள் வழி குறிப்பிடுக.

(அல்லது)

- (ஆ) நண்டுகள் மருத நிலத்தில் செய்த இடையுறுகளைக் காட்சிப்படுத்துக.
- 14. (அ) ஆட்டனத்தியைப் பிரிந்த ஆதிமந்தியான் பிரிவுத் துயரைச் சுட்டுக.

(அல்லது)

- (ஆ) தலைவி தன் காதலை தோழியிடம் எடுத்துச் சொல்லிய பாங்கை குறுந்தொகைப் பாடல்கள் வழி விளக்குக?
- 15. (அ) உடன் போக நின்ற தலைவனின் நிலையை பெருங்கடுங்கோ எவ்வாறு புலப்படுத்துகிறார்?

(அல்லது)

(ஆ) தலைவியின் காதல் மிகுதியைப் பற்றி நற்றிணை பாடல்கள் எங்ஙனம் எடுத்துரைக்கிறது ?

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ஏதேனும் ஐந்து வினாக்களுக்கு விடையளி.

- 16. செல்வ நிலையாமை குறித்து நாலடியார் சுட்டும் கருத்துக்களைத் தொகுத்துரைக்க.
- 17. மருத நிலத்தின் வளமையைக் கட்டுரை வடிவில் காட்சிப்படுத்துக.
- 18. பிரிதோர் உயிரை அழித்து உண்பதால் ஏற்படும் இன்னல்களைப் பற்றி எடுத்துரைக்க.
- 19. எட்டுத்தொகை நூல்கள் பற்றி கட்டுரை வரைக?
- 20. நா.பார்த்த சாரதியின் நாவல் சுட்டும் சமூக யதார்த்தத்தை விரித்துரைக்க.
- 21. நாலடியார் கூறும் அறக்கருத்துக்கள் இன்றைய வாழ்வில் பொருந்துமா? ஆராய்க.
- 22. தமிழர்களின் வீர விளையாட்டுகள் பற்றி கட்டுரை வரைக.

Sub. Code 7204E1/7244E1

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Fourth Semester

Physical Education/Yoga

ENGLISH FOR EFFECTIVE COMMUNICATION – IV

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

(CBCS - 2019 onwards)

Гime	e:3 F	Hours		Maximum : 75 Marks
			Part A	$(10 \times 1 = 10)$
		Ar	nswer all qu	estions.
1.	pres	sentation will		an important meeting or le your nerves
	(a)	Preparing	(b)	Entertainment
	(c)	Amuse	(d)	Leisure
2.		iding note your self		thoughts is a first thing to
	(a)	Negative	(b)	Positive
	(c)	Plus	(d)	Optimistic
3.	A jo	ob application	n / official _ letter	letter is also known as a
	(a)	Cover	(b)	Back
	(c)	Personal	(d)	Informal

4.	Biod	ata must contains	all_	information
	(a)	Factual	(b)	Personal
	(c)	Informal	(d)	Both (b) and (c)
5.	Cove	er letter must be w	ithin	page
	(a)	One	(b)	Two
	(c)	Three	(d)	Four
6.				summary of personal
	and	professional exper	iences	3
	(a)	Brief	(b)	Long
	(c)	Lengthy	(d)	Both (b) and (c)
7.		ultimate purpos		resume is to reflect your
		Best self		Worst self
	. ,	Hobbies	` ′	Both (b) and (c)
	, ,			
8.		erview" means a veen an interviewe		an interviewee conversation
	(a)	One - on - one	(b)	One - on - two
	(c)	Many	(d)	Group
9.	Grou			are when an employer has e's interview together.
	(a)	Multiple	(b)	Single
	(c)	One to one	(d)	Both (b) and (c)
			2	R8144

(a)	Result	(b)	Research			
(c)	Recall	(d)	Remembei	•		
		Part B			$(5 \times 5 =$	= 25)
A	nswer all qu	estions, choos	ing either	(a) c	or (b).	
(a)	Write the confident.	helpful way	to enha	ance	your se	elf –
		Or				
(b)	Mention th	e job commun	ication pr	ocess	3.	
(a)	Define the an interview	Purpose of 0 w.	Curriculun	n Vit	ae for fa	cing
		Or				
(b)	Write the fo	ormat of Job a	application	ı lett	ers.	
(a)	What are t	he data must	be includ	led i	n an effe	ctive
		Or				
(b)	Differentiat Vitae and F	te the differ Resume.	ence bety	ween	Curricu	ılum
(a)	Explain the	e purpose of re	esume and	l its i	mportan	ce.
		Or				
(b)	Write the p	arts of Resun	ne and its	style		
(a)	Trace out th	he alternative	e interview	forr	nat.	
(a)		0				
(a)		Or				
(a) (b)	List out the	e types of Job	interview	and	explain.	

Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Write the Do and Don'ts in developing a job communication.
- 17. Write a sample job application letter for the post of Physical Education Teacher.
- 18. Design your own Curriculum Vitae.
- 19. Prepare your own resume.
- 20. Explain the strategies of interview.
- 21. Elucidate the characteristics of the job interview.

22. How to develop your job communication skills?

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Fourth Semester

Yoga

PATHS AND SCHOOLS OF YOGA

(CBCS - 2019 onwards)

- 1. Meaning of Yoga
 - (a) Exercise
- (b) Asana
- (c) To unite
- (d) Meditation
- 2. Astanga yoga has limbs.
 - (a) 12
- (b) 8
- (c) 16
- (d) 32
- 3. Aparigraha is part of
 - (a) Yama
- (b) Asana
- (c) Niyama
- (d) Pranayama
- - (a) 4

(b) 6

(c) 5

(d) 7

5.	Aste	eya means			
	(a)	Positiveness			
	(b)	Non-accumulating	g		
	(c)	Non-Stealing			
	(d)	Position			
6.	Asa	nas ———			
	(a)	Posture	(b)	Position	
	(c)	Stance	(d)	Body exercise	
7.	Kar	ma yoga is a			
	(a)	Selfish action	(b)	Normal action	
	(c)	Reverse action	(d)	Perform action	
8.	Neti	i practice is a proces	ss of -		
	(a)	to cleanse	(b)	to practice	
	(c)	to improvements	(d)	to physical activ	vity
9.	Bra	hmacharya is ——		-	
	(a)	Non stealing	(b)	Non violence	
	(c)	Pure way of Life	(d)	Truthfulness	
10.	Mea	ning of Hatha ——		_	
	(a)	Sun and Moon			
	(b)	Human and Body			
	(c)	Mind and Soul			
	(d)	Spiritual and Med	ditatio	on	
				ı	
			2		R8155

Part B $(5 \times 5 = 25)$

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

11. (a) Explain Jnana yoga and its benefits.

Or

- (b) Write about the Principles of Jnana yoga.
- 12. (a) Explain the Bhakti yoga.

Or

- (b) Discuss about effects of nadi and chakras.
- 13. (a) Explain about karma and its benefits.

Or

- (b) Describe the law of karma.
- 14. (a) Explain the importance of Yama and Niyama.

Or

- (b) Discuss about pranayama.
- 15. (a) Explain the physiological benefits of Kundalini Shakti.

Or

(b) Illustrate the Swami Vivekananda yoga.

Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Discuss the evolution of Jnana Yoga as an important path of yoga.
- 17. Explain the application of Bhakthi in detail.

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3

- 18. Describe the physiological benefits of yoga.
- 19. Write short notes on:
 - (a) Satyananda Yoga
 - (b) Iyengar Yoga
 - (c) Bikram Yoga
- 20. Explain the philosophy of Raja yoga.
- 21. Discuss about the eight stages of yoga.
- 22. Write about contribution of various schools of Yoga Centre.

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B.Sc. DEGREE EXAMINATION, APRIL - 2023

Fourth Semester

Yoga

BASIS OF YOGA THERAPY

(CBCS - 2019 onwards)

Time: 3 Hours Maximum: 75 Marks

Part A $(10 \times 1 = 10)$

Answer all questions.

- 1. Who is called father of yoga?
 - (a) Patanjali
 - (b) Vishvmitra
 - (c) Ramana Maharshi
 - (d) Tirumular
- 2. The word "Yoga" is derived from
 - (a) Latin
- (b) Urudu
- (c) Sanskrit
- (d) Tamil
- 3. Yoga therapy is well established as a treatment for
 - (a) Depression
 - (b) Anxiety
 - (c) Depression and anxiety
 - (d) Stress

4.		holistic foo gration of —			ipy en	courages	the				
	(a)	Mind									
	(b)	Body									
	(c)	Mind, body	and sprit								
	(d)	Spiritual									
5.	Yog	Yoga therapy can be helpful in the treatment of									
	(a)	Mental hea	Mental health								
	(b)	Physical he	alth								
	(c)	Mental and	physical h	ealth							
	(d)	(d) Emotional									
6.	orga	help in the healthy functioning of the organism									
	(a)	Physical and psychological									
	(b)	Spiritual health									
	(c)	Mental health									
	(d)	Both (a) and	d (b)								
7.	Hov	v many types	of cardinal	yoga the	rapy						
	(a)	4	(b)	5							
	(c)	3	(d)	6							
8.	Hov	How many branches of yoga therapy									
	(a)	5	(b)	6							
	(c)	4	(d)	7							
9.	The	term yoga th	erapy was	created in	n which	year					
	(a)	1970	(b)	1973							
	(c)	1976	(d)	1974							
			2			R815	6				

10.		art of practicing yoga helps in controlling an ridual's ————
	(a)	Mind (b) Soul
	(c)	Body (d) All of the above
		Part B $(5 \times 5 = 25)$
	Aı	nswer all questions, choosing either (a) or (b).
11.	(a)	Explain the siddha systems of medicine.
		Or
	(b)	Discuss about yogic concept of health and disease.
12.	(a)	Explain the angamejayatva and svasa — prashvasa.
		Or
	(b)	Write about the vyadhi and alasya.
13.	(a)	Explain the concept of trigunas.
		Or
	(b)	Discuss about the concept of pancha - kosha.
14.	(a)	Explain the role of yogic positive attitudes.
		Or
	(b)	Discuss about the yogic principles of diet and its role in healthy living.
15.	(a)	Illustrate the yama and niyama.
		Or
	(b)	Briefly explain shatkarma and asana.
		3 R8156

Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Explain the role of yoga in preventive health care.
- 17. Discuss about the mental and emotional ill health.
- 18. Write the Ashtanga yoga of patanjali for health and healing.
- 19. Explain the yogic principles of lifestyle management.
- 20. Discuss about the role of yoga therapy for various diseases.
- 21. Write about the Dhyana and Samathi.
- 22. Explain the role of yoga therapy for various diseases.

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Fourth Semester

Yoga

Allied: INTRODUCTION TO AYUSH

(CBCS - 2019 onwards)

		(= = = =		···
Time	e:3 H	lours		Maximum : 75 Marks
		Par	rt A	$(10 \times 1 = 10)$
		Answer	all qu	uestions.
1.	The		base	d on — of public
	(a)	New traditions	(b)	Old traditions
	(c)	Old and new	(d)	None of these
2.	Prop of	pagation of AYUSH	for §	global acceptance as systems
	(a)	Health	(b)	Medicine
	(c)	Mental health	(d)	Physical Health
3.	As th	ne name indicates,	Unan	i system originated in
	(a)	Sanskrit	(b)	Latin
	(c)	Greece	(d)	Tamil

4.		ing ————— <i>P</i> in India.	A.D U	Jnani Medicine	had its hey-				
	(a)	13th to 17th centu	ıry						
	(b)	15th to 17th centu	ıry						
	(c)	14th to 17th centu	ıry						
	(d)	16th to 17th centu	ıry						
5.		basic theory Unan	-	_					
	(a)	6	(b)	4					
	(c)	5	(d)	7					
6.	-	sh medicine are wid djunct with bio med			one option or				
	(a)	Short term	(b)	Long term					
	(c)	Middle term	(d)	None of the abo	ove				
7.	Exp	and ISM & H							
	(a)	Indian System of	medio	cine and homeop	ath				
	(b)	Indian Science of medicine and homeopath							
	(c)	Indian Section of	medi	cine and homeop	ath				
	(d)	None of the above							
8.	Men	tal health is a state	e of de	evelopment of on	ies				
	(a)	Personality	(b)	Emotional attit	cude				
	(c)	Both (a) and (b)	(d)	Intellect					
			2		R8157				

9.	The	term siddha means							
	(a)	Self confidence	(b)	Achievement					
	(c)	Motivation	(d)	None of the above					
10.	Com	munity health aims	5						
	(a)	Care of the infants	s old						
	(b)	Care of infirm							
	(c)	Improvement of he	ealth	of all					
	(d)	Improvement of he	ealth	of children					
		Par	t B	$(5 \times 5 = 25)$					
	Answer all questions, choosing either (a) or (b).								
11.	(a)	Explain the concep	ot of k	oody health and disease.					
			Or						
	(b)	b) Discuss about principles of yoga therapy in relation to yoga vasistha.							
12.	(a)	Explain the histor	y of N	Naturopathy.					
			Or						
	(b)	Write about the pr	rincip	les of Naturopathy.					
13.	(a)	Explain the four a	spect	s of life.					
			Or						
	(b)	Discuss about the	conce	ept of Dinacary.					
14.	(a)	Explain the histor	y of u	ınani.					
			Or						
	(b)	Discuss about the	conce	·					
			3	R8157					

15.	(a)	Write	hout t	tha	nninair	100	of 1	nomeopat	h
10.	(a)	write a	about	ıne	princi	ores	от 1	nomeopai	Jny.

Or

(b) Briefly explain role of yoga on ayush treatment

Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Explain the principles of yoga therapy in relation to hatha Ratnavali and Gheranda.
- 17. Discuss about the concept of five elements and its application.
- 18. Explain the need and importance of unani.
- 19. Discuss about the history of homeopathy.
- 20. Write about the concept of yoga adhi and vyadhi.
- 21. Explain the three pillars of Ayurveda.
- 22. Narrate the role of Dona Dhatu and Mala in health and diseases.

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Sixth Semester

Yoga

YOGA AND HUMAN VALUES

(CBCS - 2019 onwards)

Time : 3 Hours				Maximum: 75 Marks					
]	Part A	$(10 \times 1 = 10$					
		Answ	ver all q	uestions.					
1.	-	Self (I) splits the statement is re-	_	of big house into many parts					
	(a)	Tasting	(b)	Analyzing					
	(c)	Selection	(d)	Imaging					
2.		eels.	lus, whi	ch our sensory organs make					
	(a)	Sensations	(b)	Feelings					
	(c)	Knowledge	(d)	Happiness					
3.	The	The human goal at the level of society is ———							
	(a)	Right Understa	anding						
	(b)	Co-existence							
	(c)	Prosperity							
	(d)	Fearlessness							

4.	Society is an extension of ———							
	(a)	Individual	(b)	Family				
	(c)	Nature	(d)	All of the above				
5.	_	y the feeling of sical facilities.		——may need the use of				
	(a)	Affection	(b)	Care				
	(c)	Respect	(d)	Guidance				
6.		——— is called fou	ındati	on value.				
	(a)	Love	(b)	Trust				
	(c)	Affection	(d)	Respect				
7.	_	powering the perso	n's w	ill to do good is exercising in				
	(a)	Fullness of truth						
	(b)	Rationalization						
	(c)	(c) Love and fairness						
	(d)	Freedom and resp	oonsik	pility				
8.	To show regard or special consideration for others							
	(a)	Friendship	(b)	Respect				
	(c)	Excellence	(d)	Determination				
9.	Env of —	ironmental protect	ion ca	an best be done by the effects				
	(a)	Scientists	(b)	Government				
	(c)	Business people	(d)	All of these				
			2	R8158				

		Part B $(5 \times 5 = 25)$
	A	nswer all questions, choosing either (a) or (b).
11.	(a)	Explain the concept of human being as 'I' and body.
		Or
	(b)	Write short notes on characteristics and activities of 'I' and harmony in 'I'.
12.	(a)	Explain the values in family and harmony in family.
		Or
	(b)	Write short notes on basic unit of human interaction.
13.	(a)	Write short notes on concept of samman.
		Or
	(b)	Explain the difference between respect and differentiation.
14.	(a)	Write about types of moral education.
		or
	(b)	What is the scope of morality?
15.	(a)	Explain the moral principles of social responsibility and yoga.
		Or
	(b)	Write short notes on health maintenance of employees through yoga.
		3 R8158

Social responsibility is a firm's recognition of ———

Growth

None of the above

(b)

Profit making

Social obligation (d)

10.

(a) (c) Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Describe the understanding the harmony of 'I' with the body, its instrument of 'I'.
- 17. What is human relationship. Briefly explain the yogic concept of human relationship.
- 18. What do you understand by harmony in human-human relationship?
- 19. Describe the role of yoga in development of ethics and ethical decision making.
- 20. Describe the relationship between democracy, civil society and social capital.
- 21. Discuss about the concept of vasudaiva kutumbakam.
- 22. Describe the ethics in professional practices, methods of teaching human values.

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Sixth Semester

Yoga

APPLIED YOGA

(CBCS - 2019 onwards)

Time: 3 Hours Maximum: 75 Marks

Part A $(10 \times 1 = 10)$

Answer all the questions.

- 1. Components of school health services are
 - (a) Health appraisal
 - (b) Immunization
 - (c) Healthy school environment
 - (d) All the above
- 2. Teacher focus groups and surveys can help assess which of the following?
 - (a) Curriculum content and instructional methods
 - (b) Front-line observations in the classroom
 - (c) How health education programs pan out over the long term
 - (d) All of the answers are correct
- 3. Which day is celebrated as international day of yoga?
 - (a) June 20
- (b) June 21
- (c) June 22
- (d) June 23

4.	4. The fibula bone is found in which part of the body			
	(a)	Upper Arm	(b)	Lower Leg
	(c)	Upper Leg	(d)	Foot
5.	A di	sease associated wi	th re	spiratory tracts is known as
	(a)	Diabetes	(b)	Obesity
	(c)	Asthma	(d)	Back pain
6.		ich asana is helpf ssure?	ul ir	n maintaining normal blood
	(a)	Shavasana	(b)	Padmasana
	(c)	Shalabhasana	(d)	Vakrasana
7.	Whi	ich of the following a	are th	ne basic sources of stress?
	(a)	The Environment	(b)	Social Stressors
	(c)	Physiological	(d)	All of the above
8.	The	best way to position	n you	r wrist while typing
	(a)	Resting on the des	sk	
	(b)	Wrists arched upv	vard	
	(c)	Straight across		
	(d)	It doesn't matter		
9.		at is the most clin crointestinal tract w		y significant change in the geing?
	(a)	A reduction in gut	moti	ility
	(b)	A reduction in par	ncrea	tic secretions
	(c)	A reduction in sm	all in	testinal absorptive area
	(d)	An increased prev	aleno	ce of atrophic gastritis
			2	R8159

	(c)	04 (0	d) 03	3
		Part	В	$(5 \times 5 = 25)$
	A	nswer all questions, c	hoosir	ng either (a) or (b).
11.	(a)	Write short notes on	comp	ponents of school health.
		()r	
	(b)	Explain the new dir yoga.	nensio	ons of personality through
12.	(a)	Explain the different and sports.	nce be	etween physical education
		()r	
	(b)	Briefly explain the in physical education		ance of integration of yoga
13.	(a)	Explain the yoga mo	dules	for group participation.
		()r	
	(b)	Briefly explain the sports activities.	relati	ionship between yoga and
14.	(a)	Explain the research techno stress.	eh rev	riews on effect of yoga on
		()r	
	(b)	Briefly explain the skills.	role of	f yoga in the promotion of
			3	R8159

10. How many limbs of yoga are mentioned in ashtanga

(b) 08

yoga?

(a) 07

15. (a) Explain the geriatric care aging its causes and features.

Or

(b) Briefly explain the research reviews on yoga and geriatric care.

Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Describe the psycho-physiological changes and development of cognitive functions in school going children.
- 17. Explain the nature of different sports injuries and its prevention and management through yoga.
- 18. Describe the application of yogic lifestyle in improving efficacy in sports personnels.
- 19. Briefly explain the techno stress its causes, symptoms and complications. How will yoga management to techno stress.
- 20. Describe the yoga in common geriatric problems and their prevention and management.
- 21. What is school health and parent-teacher-student relationship in a school health and role of social interaction.
- 22. Describe the yoga for physical, mental stamina and other faculties/skills in a sports personnel.

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4

(a)

(c)

Bacteria

Viruses

Sub. Code 724121

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Sixth Semester

Yoga

Elective: HEALTH AND YOGIC HYGIENE

		(CBCS -	2019	onwards)		
Time: 3 Hours			Maximum : 75 Mark			
		Pa	rt A		$(10 \times 1 = 10)$	
		Answer al	ll the	questions.		
1.	The	world health day is	s celel	orated on ———	 .	
	(a)	1 st March	(b)	7 th April		
	(c)	6 th October	(d)	10 th December		
2.	In a human body, percentage of water is					
	(a)	60%	(b)	70%		
	(c)	80%	(d)	90%		
3.	Grov	wth replication dete	ermin	ed by environme	ent	

(b) Fungi

(d) Protozoa

4.	Cau	ses skin infections		
	(a)	Staphylococci	(b)	Streptoccia
	(c)	Diplococcic	(d)	None of the above
5.	Chil	dhood blindness car	n be o	caused due to
	(a)	HIV/AIDS	(b)	Malaria
	(c)	Measles	(d)	Tuberculosis
6.	In t	suberculosis, the bac	cteria	usually attack
	(a)	Skin	(b)	Lungs
	(c)	Heart	(d)	Limbs
7.	Infe	ctious diseases incl	ude	
	(a)	Malnutrition	(b)	Cystic fibrosis
	(c)	Retinoblastoma	(d)	Tuberculosis
8.	Poli	o is known as huma	ıns ha	aunt after the eradication of
	(a)	Tuberculosis	(b)	Measles
	(c)	Chickenpox	(d)	Smallpox
9.	Which of the following systems protects our body against disease-causing microbes?			
	(a)	Immune system	(b)	Digestive system
	(c)	Excretory system	(d)	Respiratory system
10.		at percentage of br wn germline mutati		cancers are associated with
	(a)	5	(b)	10
	(c)	15	(d)	20
			2	R8160

Part B $(5 \times 5 = 25)$

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

11. (a) Define health and factors affecting health.

Or

- (b) Explain the impurities present in water.
- 12. (a) Define infection and write short notes on infective agents.

Or

- (b) Write short notes on types of disinfection.
- 13. (a) What are the most common infectious diseases?

Or

- (b) Which bacteria is responsible for dengue?
- 14. (a) Explain causes, sympotoms and prevention on chicken pox.

Or

- (b) Briefly explain the diseases spread by ingestion.
- 15. (a) Write about the types of immunity.

Or

(b) Write short notes on immunization scheduel.

Part C
$$(5 \times 8 = 40)$$

Answer any **five** questions.

- 16. Describe the first aid and its importance in daily life.
- 17. Define disinfectants and its methods of disinfections with channels of infection.

3

R8160

- 18. What is the main causes, incubation period, mode of spread, symptoms, prevention and control of malaria?
- 19. Write about any two diseases spread by droplet infection.
- 20. Discuss about the common emerging health problems among women.
- 21. Which surface disinfectants are recommended to reduce spread of malaria.
- 22. Which surface disinfectants are recommended to reduce spread of measles.

R8160

B.Sc. DEGREE EXAMINATION, APRIL - 2023

Sixth Semester

Yoga

Elective - HUMAN SYSTEM ACCORDING TO YOGA

(CBCS - 2019 onwards)

Time: 3 Hours Maximum: 75 Marks

Part A $(10 \times 1 = 10)$

Answer all the questions.

- 1. In sankhya the equlipirium of the three gunas is called
 - (a) Purusa
 - (b) Mahat
 - (c) Prakriti
 - (d) Subtle essences
- 2. Who was the first one, who introduced the word yoga in classical way?
 - (a) Kapil manu
 - (b) Mahrishi patanjali
 - (c) Sampurnanand
 - (d) Arastu
- 3. In which kosha avidya goes on decreasing
 - (a) Manomaya kosha
 - (b) Pranamaya kosha
 - (c) Vijnanamaya kosha
 - (d) Annamaya kosha

	(a)	Shruti
	(b)	Smriti
	(c)	Sanhita
	(d)	Vedanga
5.		rding to Prashnopanishad, which of the following gs the man to different Lokas?
	(a)	Prana Vayu
	(b)	Udana Vayu
	(c)	Vyana Vayu
	(d)	Sarnana Vayu
6.	'Dha	ranasu Cha Yogyata manasah' is the result of :
	(a)	Dhyana
	(b)	Pratyahara
	(c)	Pranayama
	(d)	Sanyama
7.		ch one of the following is not included in ten cipal nadis?
	(a)	A lambusha
	(b)	Kuhu
	(c)	Koorma
	(d)	Shankhini
8.	The mean	word "Nadi" is derived from the word "Nad" which
	(a)	To flow
	(b)	To blow
	(c)	To run
	(d)	To carry
		2 R8161

4.

Vedic literature is also known as:

10.		ch one of the following is not included under namatraya? Ekagrata Parinama Nirodha Parinama Samadhi Parinama Dharana Parinama
		Part B $(5 \times 5 = 25)$
	A	nswer all questions, choosing either (a) or (b).
11.	(a)	Write about the Pancamahabhutas. Or
	(b)	Write short notes on jnanendriyas.
12.	(a)	Which layer of pancha kosha represents the physical body?
		Or
	(b)	Briefly explain the product of five koshas.
13.	(a)	Write short notes on anahata and vishuddha.
		Or
	(b)	Explain the evolution through the cakras.
14.	(a)	Write about the functions of the vayus.
		Or
	(b)	Write short notes on characteristics of nanes.
		3 R8161

According to Ishavasyopanishad, which one is the method to attain immortality?

9.

Vidya

Avidya

Dana

Tapa

(a) (b)

(c)

(d)

15. (a) Explain the importance of svarodaya in health and disease.

 O_1

(b) Briefly explain the relevance of svara-vijnana in day to day life.

Part C $(5 \times 8 = 40)$

Answer any **five** questions.

- 16. Discuss about the pancatattvas and pancatanmatras.
- 17. Explain the critical analysis of the story of bhagu and varuna.
- 18. Briefly explain the seven chakras in our body?
- 19. Discuss about the ten major nanes and their functions.
- 20. Discuss about the effects of svarayoga as explained in the haoha yogic texts.
- 21. Describe the types of vayus and nadi.
- 22. Discuss the existence of five koshas in the human body.