

R0485

Sub. Code

813101

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Yoga

SCIENTIFIC BASIS OF YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Cultivating and maintaining health's called (CO1, K1)
 - (a) harmonious health
 - (b) Mental health
 - (c) Psycho-social enhancement
 - (d) None

2. Name the Stress Hormone (CO3, K2)
 - (a) Cortisol (b) Testosterone
 - (c) Estrogen (d) None

3. How to reduce frustration early (CO3, K3)
 - (a) Deep breathing
 - (b) Move away from the place
 - (c) Do alternate work
 - (d) None

4. Mental health otherwise called (CO2, K4)
(a) Mental clarity
(b) Emotion
(c) Both
(d) None
5. Yama means (CO1, K5)
(a) Not to do (b) things to do
(c) Both (d) None
6. Who is the father of modern yoga? (CO5, K6)
(a) Pathanjali (b) Tirumalai Krishnacharya
(c) Thirumoolar (d) None
7. Astanga means (CO2, K3)
(a) 8 limbs (b) 9 limbs
(c) 10 limbs (d) None
8. Duct less system (CO3, K4)
(a) Endocrine system (b) Digestive system
(c) Heart (d) None
9. Parasympathetic system activated through (CO4, K6)
(a) Yoga (b) Exercise
(c) both (d) None
10. Asana means (CO6, K5)
(a) Posture (b) Body
(c) Spine (d) None

Part B

(5 × 5 = 25)

Answer **all** questions not more than 500 words each.

11. (a) Draw the diagrams of the cell structure. (CO2, K1)

Or

- (b) Explain the types of nervous system (CO2, K1)

12. (a) Explain the modern concept of mental health.
(CO4, K2)

Or

- (b) Write the influence of yoga on digestive system.
(CO4, K2)

13. (a) Explain yogic approach to tackle the common conflicts.
(CO1, K3)

Or

- (b) Write any one technique of yoga for the promotion and mental health.
(CO1, K3)

14. (a) Write the contribution of Swami Kuvalayananda for enhancement of yoga.
(CO3, K5)

Or

- (b) Impact of early life on yoga—Explain. (CO3, K5)

15. (a) Explain yoga as a part of life. (CO5, K4)

Or

- (b) Yoga as a measure fostering positive mental health—Explain.
(CO5, K4)

Part C

(5 × 8 = 40)

Answer **all** questions not more than 1000 words each.

16. (a) Explain effect of yoga on endocrine system.
(CO2, K1)

Or

- (b) Draw the diagram of nerve cell. (CO2, K1)

17. (a) Enumerate influence of yoga on mental peace.
(CO4, K3)

Or

- (b) Explain modern concept of mental health. (CO4, K3)

18. (a) Explain yoga technique for emotional well being.
(CO3, K2)

Or

- (b) Explain how yoga helps to overcome Anxiety.
(CO3, K2)

19. (a) Write any one research institute of yoga and its contribution.
(CO5, K4)

Or

- (b) Write yoga research in India and Abroad. (CO5, K4)

20. (a) Explain how yoga helps to overcome frustration.
(CO1, K5)

Or

- (b) How yoga enhance the life quality–Explain.
(CO1, K5)

R0486

Sub. Code

813102

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Yoga

RESEARCH METHODOLOGY IN YOGA PRACTICE

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. _____ is creation of new knowledge and/or the use of existing knowledge in a new and creative way so as to generate new concepts and understandings. (CO1, K1)
(a) Research (b) Publication
(c) Statistics (d) Hypothesis
2. One of the _____ of Yogic research is assumed that not all persons or all diseases are not cured by Yoga. (CO1, K1)
(a) Limitation (b) Delimitation
(c) Ethics (d) Plagarism
3. _____ are the most heavily controlled form of experimental research. (CO2, K2)
(a) Historical Research
(b) Field research
(c) Survey Research
(d) Laboratory experiments

4. Case studies involve _____ research into a given subject. (CO2, K2)
(a) In-wide (b) Person
(c) In-depth (d) Lab experiments
5. A _____ is a list of questions or items used to gather data from respondents about their attitudes, experiences, or opinions. (CO3, K2)
(a) Annexure (b) Questionnaire
(c) Raw data (d) Appendix
6. A _____ is a closed-end survey question that is used to evaluate how survey responders feel about a particular product or statement. (CO3, K2)
(a) Interview (b) Rating scale
(c) Questionnaire (d) Observation
7. _____ is the study of ideas and beliefs about the meaning of life. (CO4, K3)
(a) Philosophy (b) Case Study
(c) Descriptive (d) Experiment
8. _____ is the analysis of available facts, evidence, observations, and arguments in order to form a judgement. (CO4, K3)
(a) Research (b) Critical thinking
(c) Statistics (d) Continuum
9. A _____ is a strategy for answering your research question using empirical data. (CO5, K4)
(a) Research design (b) Statement
(c) Hypothesis (d) Delimitation
10. A _____ is a statistical test that is used to compare the means of two groups. (CO6, K5)
(a) F test (b) T test
(c) Probability (d) Hull Scale

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Recall nature of research in Yoga. (CO1, K1)

Or

- (b) Reproduce the scope of research in Yoga. (CO1, K1)

12. (a) Review the concept of Filed research. (CO2, K2)

Or

- (b) Express the need of analytical research in Yoga.
(CO2, K2)

13. (a) Recognise psychological scaling methods. (CO3, K2)

Or

- (b) Describe Interview methods. (CO3, K2)

14. (a) Illustrate Case study with examples. (CO4, K3)

Or

- (b) Examine the objectives of Philosophical study.
(CO4, K3)

15. (a) Categories Obesity. (CO5, K4)

Or

- (b) Compute Mean and Median: (CO6, K5)

15, 16, 17, 12, 15, 18, 19, 21, 22, 12, 14, 12, 16, 12.

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Enumerate the relationship of research to yoga. (CO1, K1)

Or

- (b) Define Research and list limitations of yogic research. (CO1, K1)

17. (a) Indicate and express the descriptive and qualitative research in yoga. (CO2, K2)

Or

- (b) Explain experimental research in yoga with examples. (CO2, K2)

18. (a) Discuss Psycho Physical scaling methods. (CO3, K2)

Or

- (b) Report the methods of constructing questionnaire. (CO3, K2)

19. (a) Interpret case study on individuals and institutions. (CO4, K3)

Or

- (b) Criticize critical thinking continuum. (CO4, K3)

20. (a) Compose yogic treatment for Low back pain and Hypertension. (CO5, K4)

Or

- (b) Find out “t” and interpret the result (CO6, K5)

Groups	Mean	SD	MD	t
Group I (n=15)	3.73	2.21		
Group II (n=15)	5.13	4.24	1.40	?

Required t = 2.05

R0487

Sub. Code

813103

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Yoga

ANATOMY AND PHYSIOLOGY

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. _____ the smallest living part of an animal or a plant. (CO1, K1)
(a) Tissue (b) Cell
(c) Cell Wall (d) Mitochondria
2. _____ is a specialized type of muscle tissue that forms the heart. (CO1, K1)
(a) Skelton (b) Cardiac
(c) Epithileum (d) Pulmonary
3. _____ system is a part of your body's immune system. (CO2, K2)
(a) Lymp (b) Tissue
(c) Tital Voule (d) Transfussion

4. _____ is the amount of air that moves in or out of the lungs with each respiratory cycle. (CO2, K2)
- (a) Tidal volume (b) vital Capacity
(c) Gas exchange (d) Alveoli
5. Reflex action is a sudden and involuntary response to _____. (CO3, K2)
- (a) Stimuli (b) lungs
(c) Symptom (d) Heart
6. Endocrine glands are _____ glands of the endocrine system that secrete their products, hormones, directly into the blood. (CO3, K2)
- (a) Duct (b) Ductless
(c) Tubed (d) hematological
7. _____ is the scientific study of how living things function. (CO4, K3)
- (a) Physiology (b) Anatomy
(c) Medial Physics (d) Biochemistry
8. _____ is the most abundant protein in most eukaryotic cells. (CO4, K3)
- (a) Actin (b) Myosin
(c) H-Zone (d) Z line
9. _____ is a lack of energy and motivation. (CO5, K4)
- (a) Fitness (b) Fatigue
(c) Fisuuere (d) Fat
10. Synaesthesia is also called as _____ Sense. (CO6, K6)
- (a) Somatic (b) Sight
(c) Hearing (d) Taste

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Relate gender difference in skelton. (CO1, K1)

Or

- (b) Reproduce the need for understanding anatomy and physiology. (CO1, K1)

12. (a) Classify Blood Groups. (CO2, K2)

Or

- (b) Review internal and external respiration. (CO2, K2)

13. (a) Compare Thyroid and para thyroid glands. (CO3, K4)

Or

- (b) Appraise Metabolism. (CO3, K4)

14. (a) Interpret the role of oxygen in physical activities. (CO4, K3)

Or

- (b) Analyse Oxygen debt and Second wind. (CO4, K3)

15. (a) Compose basic concept of balanced diet. (CO5, K5)

Or

- (b) Evaluate Sense of Taste. (CO6, K6)

Part C (5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Reproduce the structure of Cell with a neat diagram. (CO1, K1)

Or

- (b) Name and order Ribs and Vertebral Column. (CO1, K1)

17. (a) Indicate and express circulatory system. (CO2, K2)

Or

(b) Explain structure of Heart with a diagram.
(CO2, K2)

18. (a) Compose the structure of Digestive system.
(CO3, K4)

Or

(b) Examine Constituents of Blood and their functions.
(CO3, K4)

19. (a) Illustrate structure of Skeletal Muscles. (CO4, K3)

Or

(b) Interpret Nerve Control of Muscular activity and
Nerve Impulse. (CO4, K3)

20. (a) Enumerate the effect of exercise on cardiovascular
system. (CO5, K5)

Or

(b) Appraise and argue Receptors and Sensations with
suitable illustrations. (CO6, K6)

R0488

Sub. Code

813501

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

First Semester

Yoga

Elective – FUNDAMENTALS OF YOGA EDUCATION

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. _____ is a spiritual discipline focuses on bringing harmony between mind and body. (CO1, K2)
(a) Yoga (b) Pranayama
(c) Yama (d) Niyama
2. _____ yoga is the yoga of mind and body control, with a focus on meditation and energetics. (CO1, K2)
(a) Bakthi (b) Raja
(c) Gana (d) Karma
3. The main work of Thirumoolar _____ (CO2, K4)
(a) Tirumantiram (b) Yoga Sutra
(c) Vamsa (d) Thirukural

4. The roots of Yoga can also be found in the _____
evidence from Harappa and Mohenjo-Daro civilizations. (CO2, K4)
- (a) Archaeological (b) Museum
(c) Anthropometric (d) Yoga Centres
5. _____ is the union of the five bodies of which
the human being is made up. (CO3, K4)
- (a) Pancha Karma (b) Punch Therapy
(c) Sheaths (d) Pancha Kosha
6. _____ a Sanskrit word meaning “reclining” or
“reclined”, (CO3, K4)
- (a) Supta (b) Dhathus
(c) Guna (d) Malas
7. _____ is the state of being able to see, hear,
feel. (CO4, K2)
- (a) Memory (b) Medication
(c) Consciousness (d) Bias
8. _____ is connected with space or the universe.
(CO4, K2)
- (a) Cosmic (b) Air
(c) Circulation (d) Atom
9. _____ were characterized by ancient yogis as
energy-flowing postures meant to connect individual
pranic force with universal or cosmic force. (CO5, K5)
- (a) Posture
(b) Balance Asanas
(c) Meditative Posture
(d) Mudras

10. _____ the main work of Patanjali. (CO6, K5)
- (a) Prathipkka (b) Yoga Sutra
- (c) Tirumantiram (d) Thirukural

Part B (5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Restate the need of yoga. (CO1, K2)
- Or
- (b) Describe Karma Yoga. (CO1, K2)
12. (a) Interpret Yoga during Vedic period. (CO2, K4)
- Or
- (b) Criticize Tantras. (CO2, K4)
13. (a) Examine three gunas. (CO3, K4)
- Or
- (b) Appraise Jnana yoga. (CO3, K4)
14. (a) Describe the five states of consciousness. (CO4, K2)
- Or
- (b) Recognise Mukhya Pranas. (CO4, K2)
15. (a) Compose yogic diet. (CO5, K5)
- Or
- (b) Evaluate modern renaissance in yoga. (CO6, K5)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Describe the different paths of yoga. (CO1, K2)

Or

- (b) Restate Hatha and Laya Yoga. (CO1, K2)

17. (a) Express history of yoga through Buddhism and Jainism. (CO2, K4)

Or

- (b) Criticise SHAT Dharsanas. (CO2, K4)

18. (a) Examine the human body in relation with yogic concepts. (CO3, K4)

Or

- (b) Appraise Pancha Koshas. (CO3, K4)

19. (a) Describe the Shat Chakras. (CO4, K2)

Or

- (b) Recognise types of students and teachers. (CO4, K2)

20. (a) Synthesize the Positive health and its relationship with yoga. (CO5, K5)

Or

- (b) Assess and interpret the modern trends in yoga in education and health. (CO6, K5)

R0489

Sub. Code

813301

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Yoga

YOGA AND POSITIVE HEALTH

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct options.

1. Meaning of Health (CO1, K1)
 - (a) physical, mental and social well-being
 - (b) fundamental right
 - (c) social well being only
 - (d) modern
2. WHO established year? (CO2, K2)
 - (a) 1967 (b) 1947
 - (c) 1948 (d) 1975
3. Emotion and somatic disorders given by (CO5, K3)
 - (a) Jourard (b) Maslow
 - (c) Pavlov (d) Smith
4. Body and mind in yoga (CO3, K4)
 - (a) influences the chemistry
 - (b) awareness in everyday life
 - (c) improved mental health
 - (d) fitness

5. Meaning of pranidhana (CO2, K5)
(a) identity of God
(b) dedicate
(c) devote and dedicate
(d) dedicate, devote or surrender
6. Which diet is best? (CO4, K6)
(a) *Nuts and whole grains*
(b) Only fruits
(c) Mediterranean
(d) *Legumes*
7. Healing practice around the India (CO3, K3)
(a) Lomilomi (b) Ikebana
(c) Ayurveda, reiki (d) Ayurveda
8. Is there a relationship between happiness and health yes or no? (CO6, K4)
(a) its only improves our health
(b) there's no doubt that a strong connection exists
(c) two are only correlated is difficult to tease
(d) both is differ
9. Psychosomatic medicine (CO1, K6)
(a) primary care crew
(b) interdisciplinary medical field
(c) anti-anxiety medications
(d) antidepressants
10. Ayurveda swasthavritta (CO2, K5)
(a) healthy living practices
(b) conduct or behavior
(c) disease free life
(d) promote overall well-being

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Explain the Dimensions of health. (CO2, K1)

Or

- (b) Write about the Criteria of health. (CO2, K1)

12. (a) Discuss the Healthy Personality according to gita. (CO1, K2)

Or

- (b) Write the characteristics of healthy personality according to modern psychologists. (CO1, K2)

13. (a) Write the emotional disorganization levels according to Karl Menninger. (CO3, K3)

Or

- (b) Explain the body and mind in yoga sutras. (CO3, K3)

14. (a) Write down the Positive hygiene of yoga. (CO4, K5)

Or

- (b) Explain the stress response Vs Cultivation of Relaxation Response. (CO4, K5)

15. (a) Write about the yogic principles of diet. (CO5, K4)

Or

- (b) Discuss the Health and happiness. (CO5, K4)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain the important yard sticks of health. (CO3, K1)

Or

- (b) Discuss about the responsibility and control over one's health status. (CO3, K1)

17. (a) Illustrate the Superior mental health aids to a health personality. (CO1, K3)

Or

- (b) Write the emotion and somatic disorders. (CO1, K3)

18. (a) Write about the Basic unity of physiological and psychological action. (CO2, K2)

Or

- (b) Explain the Positive hygiene of yoga. (CO2, K2)

19. (a) Explain the role of Purification of Nadis Cultivation of correct psychological attitudes. (CO5, K4)

Or

- (b) Discuss about the improve the flow of healing practice life energy. (CO5, K4)

20. (a) Write the role of different limbs of yoga in the development of positive health. (CO4, K5)

Or

- (b) Discuss the Facilitate natural emotion of wastes. (CO4, K5)

R0490

Sub. Code

813302

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Yoga

PRINCIPLES OF HATHA YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. How many principals in Hatha yoga? (CO2, K1)
(a) 3 (b) 4
(c) 5 (d) 6
2. Samadhi means (CO1, K2)
(a) enlightenment (b) excitement
(c) environment (d) peace
3. Satkarmas means (CO3, K3)
(a) Hatha Yoga Pradipika
(b) Cleaning
(c) Meditation
(d) Asanas
4. Types of Nadis (CO5, K4)
(a) ida, pingala and sushumna
(b) hastajihva
(c) yashasvini
(d) pusha

5. Gherand Samhita (CO4, K5)
(a) Yoga in Hinduism (b) Religion
(c) Yoga for all (d) None of the above
6. Concept of Mitahara (CO1, K6)
(a) the habit of moderate food
(b) jung food
(c) good habits
(d) classic foods
7. Relationship between Hatha Yoga and Raja Yoga (CO2, K3)
(a) well-being of the physical body
(b) inner peace
(c) well-being of the physical, body inner peace
(d) well being
8. Sanskrit word of Yoga (CO4, K4)
(a) yuj (b) posture
(c) united (d) yuj and asana
9. Concept of Nada and Nadanusandhana in HYP (CO3, K6)
(a) sound (b) aiming at
(c) being intent upon (d) technique
10. What is HYP and GS? (CO5, K5)
(a) Hatha Yoga Pradipika and Gherand Samhita
(b) Samhita
(c) Hatha Yoga pradi
(d) Pranayama

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Explain the Psychophysical self training method.
(CO1, K1)

Or

- (b) Write about the Kundalini and Nada yoga.(CO1, K1)

12. (a) Discuss the concept of Kriyas. (CO2, K2)

Or

- (b) Write the types of Nadis. (CO2, K2)

13. (a) Write the origin of Hatha Yoga. (CO3, K3)

Or

- (b) Explain the Concept of Mata and Mitahara.
(CO3, K3)

14. (a) Write down the Asanas in Hatha Yogapradipika.
(CO4, K5)

Or

- (b) Explain the Asanas in Gheranda Samhita.(CO4, K5)

15. (a) Write about the concept of Puraka, Kumbhaka and
Recaka. (CO6, K4)

Or

- (b) Discuss the Pranyama practices in HYP. (CO6, K4)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain the Aims and Objectives of Hatha Yoga. (CO1, K1)

Or

- (b) Discuss about the Brief introduction to Great Hatha Yogic of Natha School. (CO1, K1)

17. (a) Illustrate the Classifications of Satkarmas. (CO2, K3)

Or

- (b) Write the Important Hatha Yogic Texts. (CO2, K3)

18. (a) Write about the Relationship between Hatha Yoga and Raja Yoga. (CO3, K2)

Or

- (b) Explain the Types of Dharnas and their benefits in Gheranda Samhita. (CO3, K2)

19. (a) Explain the role of Bandhatrayas in Yoga Sadhana. (CO4, K4)

Or

- (b) Discuss about the Concept of pratyahara in Gheranda Samhita. (CO4, K4)

20. (a) Write the kriyas in Yoga sadhana and their importance in Modern day-to-day life. (CO6, K5)

Or

- (b) Discuss the Pranayama and its importance in Hatha yoga Sadhana. (CO6, K5)

R0491

Sub. Code

813506

M.Sc. DEGREE EXAMINATION, NOVEMBER – 2023

Third Semester

Yoga

BRAIN CONSCIOUSNESS AND YOGA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **all** the following objective questions by choosing the correct option.

1. Change of the Human Brain (CO1, K1)
(a) Round (b) Oval
(c) Square (d) None
2. Brain divided in to how many number of human (CO3, K2)
(a) 5 (b) 3
(c) 4 (d) None
3. Yoga Means (CO3, K3)
(a) Unite (b) Separate
(c) Going Up (d) None
4. Asmita Means (CO2, K4)
(a) Confident (b) Ego
(c) Other you (d) None

5. Avidhya (CO1, K5)
(a) Ignorance
(b) Spiritual Ignorance
(c) Ego
(d) None
6. Spiritual perception personal experience related God (CO5, K6)
(a) Phenomena (b) Avidhya
(c) Agnita (d) None
7. Core values of Yoga (CO2, K3)
(a) Kindness (b) Completion
(c) Breath (d) None
8. Sathic food contain (CO3, K4)
(a) Spicy food
(b) high chill food
(c) light and Health food
(d) None
9. Suttle body is also known as (CO4, K6)
(a) Astral body
(b) Gness body
(c) Casual body
(d) None
10. Unconscious is known as (CO6, K5)
(a) Deep recesses of our past
(b) Reaction and action
(c) Thoughts of awareness
(d) None

Part B

(5 × 5 = 25)

Answer **all** the questions not more than 500 words each.

11. (a) Explain Brief Triune Brain Theory. (CO2, K1)

Or

- (b) Explain Brain Hemispheres. (CO2, K1)

12. (a) Explain Consciousness. (CO1, K2)

Or

- (b) Cosmic Consciousness. (CO1, K2)

13. (a) Explain Avidhya. (CO3, K3)

Or

- (b) Explain Sub consciousness. (CO3, K3)

14. (a) Explain pure consciousness, (CO5, K5)

Or

- (b) Explain Meditation any one type. (CO5, K5)

15. (a) Explain food as a base for healthy living. (CO4, K4)

Or

- (b) Explain Emotional Intelligence. (CO4, K4)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1000 words each.

16. (a) Explain Evolution of consciousness. (CO1, K1)

Or

- (b) Enumerate gate control theory of pain. (CO1, K1)

17. (a) Mind as the object of Consciousness. (CO5, K3)

Or

(b) Enumerate cosmic consciousness. (CO5, K3)

18. (a) Enumerate how our process if the life will affect by Asmita. (CO3, K2)

Or

(b) Enumerate the changes accrued by training yoga. (CO3, K2)

19. (a) Enumerate how meditations enhance to realize the pure consciousness. (CO4, K4)

Or

(b) How meditational practices help for Deautomatisation of practices (CO4, K4)

20. (a) Enumerate static food habits essential to utain higher self. (CO2, K5)

Or

(b) Describe wise use of emotion by practices yoga. (CO2, K5)
