

**R1355**

**Sub. Code**

**724119**

**B.Sc. DEGREE EXAMINATION, APRIL – 2024**

**Sixth Semester**

**Yoga**

**YOGA AND HUMAN VALUES**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** the questions.

1. Which is one not correct pair?
  - (a) Maitri-Sukha
  - (b) Karuna-Dukha
  - (c) Mudita-Punya
  - (d) Upeksha-Positive thinking
2. “Accepting the individuality and doing the right evaluation” which means.
  - (a) Sanadhana dharma
  - (b) Samman
  - (c) Sama
  - (d) Samana
3. “Feeling of being related to every unit including human beings and other entities of nature” It refers \_\_\_\_\_?
  - (a) Vyavastha
  - (b) Bainka vyavastha
  - (c) Sarvabhauma Vyavastha
  - (d) Akhand Samaj

4. Which is one related to “Swasthya”?
- (a) Patience and Effort
  - (b) Restraint
  - (c) One who has self-control
  - (d) Health
5. Yogic concept of human relationship is mentioned by whom?
- (a) Lord Krishna      (b) Kapila Muni
  - (c) Patanali Muni      (d) Vyasa Maharishi
6. The “World Is A Family” verse of \_\_\_\_\_ Upanishad is engraved in the entrance hall of the Parliament Of India.
- (a) Munadaka      (b) Mandukhya
  - (c) Matriyani      (d) Maha
7. In Social Responsibility there are \_\_\_\_\_ principles of CSR are derived from the ISO 26000 Standard.
- (a) 5      (b) 6
  - (c) 7      (d) 8
8. Yoga is a holistic philosophy that encompasses
- (a) Physical postures (asanas)
  - (b) Breath control (pranayama)
  - (c) Ethical principles (yamas and niyamas)
  - (d) All of the above

9. In Bhagavavt Gita, Which among following Chapter is mentioned that word “vasudeva kutumbhakam?”
- (a) Chapter - 4 Verse 9
  - (b) Chapter - 4 Verse 10
  - (c) Chapter - 4 Verse 11
  - (d) Chapter - 4 Verse 9
10. Who defines Civil Society?
- (a) Mary Wilson      (b) Charles Taylor
  - (c) Anderson      (d) Joseph

**Part B** (5 × 5 = 25)

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

11. (a) Write a short notes on: Sanyam and Swasthya.
- Or
- (b) What are the characteristics and activities of ‘T’ and Harmony in ‘T’?
12. (a) What are all the Yogic concept of human relationship?
- Or
- (b) Write a short notes on concept of Vasudaiva Kutumbakam and its benefits.
13. (a) What is the concept of Samman? Explain it.
- Or
- (b) Write about Human Relationship.
14. (a) Definition and types of Moral Education.
- Or
- (b) Explain the qualities of teacher and students.

15. (a) What are all the Moral Principles of Social Responsibility?

Or

- (b) Write a short notes about the concepts of Civil Society.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. How to bring the harmony through Yoga? Briefly explain it.
17. Discuss about the Harmony in human and Human Relationship.
18. Explain the concept of Harmony in family and Society.
19. Briefly explain about human values and Moral Education.
20. Discuss about the Social Responsibility and health Maintenance of employees through yoga.
21. Explain about the Principles of Environmental Ethics.
22. What are all the role of yoga in development of ethics and ethical decision making?

**R1356**

**Sub. Code**

**724120**

**B.Sc. DEGREE EXAMINATION, APRIL – 2024**

**Sixth Semester**

**Yoga**

**APPLIED YOGA**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Yoga and Physical Dimension of Personality that includes
  - (a) Asana and Pranayama only
  - (b) Bandha
  - (c) Mudras
  - (d) All of the above
  
2. \_\_\_\_\_ will protect us from negative emotions and develop positive feelings of love and kindness.
  - (a) Ahimsa
  - (b) Sathya
  - (c) Asteya
  - (d) Aparigraha
  
3. Which among the following symptoms of Technostress?
  - (a) Increased fatigue
  - (b) Difficulty sleeping
  - (c) Feelings of not being effective at one's job
  - (d) All the above



**Part B**

(5 × 5 = 25)

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

11. (a) How should be Parent-Teacher-Student relationship in a School health?

Or

- (b) Write short notes about new dimensions of personality through yoga.
12. (a) Discuss about Yoga for physical, Mental stamina and Other faculties in a sports personnels.

Or

- (b) What are the difference between Physical Education and Sports?
13. (a) Write about Research reviews on Yoga and Sports.

Or

- (b) List out the relationship between Yoga and Sports Activities.
14. (a) Write about Research reviews on effect of yoga on Technostress.

Or

- (b) What is Technostress? Explain its cause, symptoms and complications.
15. (a) List out the common Geriatric Problems.

Or

- (b) Write short notes on Research reviews on Yoga and Geriatric care.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Write brief notes about Psycho-Physiological changes and development of cognitive functions in School going Children.
17. Write notes on :
  - (a) Track events
  - (b) Field events
  - (c) Single Participation
  - (d) Group Participation
18. Discuss about Application of Yoga in common Geriatric Problems. How to prevent and manage it?
19. Briefly explain about Application of Yoga for Management of Technostress.
20. List out the different Sports injuries. How to prevent and Manage through yoga?
21. Discuss about the role of yoga in setting up of values for School going children.
22. Write about Health hazards in Computer Professionals. How to prevent through yoga.



**R1357**

**Sub. Code**

**724121**

**B.Sc. DEGREE EXAMINATION, APRIL – 2024**

**Sixth Semester**

**Yoga**

**Elective – HEALTH AND YOGIC HYGIENE**

**(CBCS – 2019 onwards)**

Time : 3 Hours

Maximum : 75 Marks

**Part A**

(10 × 1 = 10)

Answer **all** questions.

1. Meaning of Yoga
  - (a) Exercise
  - (b) Meditation
  - (c) To unite
  - (d) Asana
2. Astanga yoga has \_\_\_\_\_ limbs.
  - (a) 12
  - (b) 16
  - (c) 8
  - (d) 32
3. Which one of the following is a viral disease?
  - (a) Measles
  - (b) AIDS
  - (c) Tuberculosis
  - (d) Dengu
4. Which of the following disease is not caused by bacteria?
  - (a) Typhoid
  - (b) Tuberculosis
  - (c) Poliomyelitis
  - (d) Malaria

5. Which of the following factor is necessary for a healthy person?
- (a) Personal hygiene (b) Proper diet  
(c) Vaccination (d) Clean Water
6. Germs live in
- (a) Dust (b) Water  
(c) Air (d) All of these
7. Which of the following is the main cause for transmission of the hepatitis virus?
- (a) The bite of a mosquito  
(b) Sharing drug needles  
(c) Drinking contaminated water  
(d) The bite of snake
8. The main cause of contagious disease is \_\_\_\_\_.
- (a) Contaminated Air  
(b) Contaminated Food  
(c) Poor hygienic conditions  
(d) Cotaminated water
9. Asanas means \_\_\_\_\_.
- (a) Posture (b) Stance  
(c) Position (d) Body exercise
10. Karma yoga is a \_\_\_\_\_.
- (a) Selfish action (b) Reverse action  
(c) Normal action (d) Perform action

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the sources of contamination of water.

Or

- (b) Explain the personal hygiene.

12. (a) Write the periods of infectivity.

Or

- (b) Discuss about the types of disinfection.

13. (a) Explain the Sign and symptoms of leprosy.

Or

- (b) Discuss about the AIDS.

14. (a) Explain the symptoms and prevention of dysentery.

Or

- (b) Discuss about the causes and incubation period of chicken pox.

15. (a) Write about the cancer of breast.

Or

- (b) Briefly explain the cancer of cervical.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Discuss about first aid importance in daily life.

17. Discuss about the types of diseases and their modes of spread.

18. Write about the infectious diseases.
  19. Explain the symptoms and prevention of Malaria and Dengue.
  20. Discuss about the common emerging health problems among women.
  21. Write about the diseases spread by droplet infection.
  22. Explain the types of immunity.
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**R1358**

**Sub. Code**

**724122**

**B.Sc. DEGREE EXAMINATION, APRIL – 2024**

**Sixth Semester**

**Yoga**

**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. The five fundamental elements of life are called \_\_\_\_\_.  
(a) Moon  
(b) Sun  
(c) Panchamahabhuta  
(d) Water
2. In yoga, Citta means \_\_\_\_\_.  
(a) sleep                      (b) consciousness  
(c) buddhi                      (d) manas
3. A Hindu god associated with water and the oceans is known as \_\_\_\_\_.  
(a) Varuna                      (b) Agani  
(c) Sun                              (d) Earth

4. Which of the following is not part of five kosha?  
(a) Annamaya            (b) Anandamaya  
(c) Pranayama        (d) Medimaya
5. Evolution through the chakras is a spiritual journey that starts at the root chakra, \_\_\_\_\_.  
(a) Sahasrara            (b) Muladhara  
(c) Manipura            (d) Anahata
6. Name the second chakras from the bottom.  
(a) Anahata            (b) Svadhisthana  
(c) Sahasrara            (d) Manipura
7. The number of nadis in the human body is \_\_\_\_\_  
(a) 72000                (b) 5  
(c) 9                      (d) 8400000
8. \_\_\_\_\_ are energy channels in the subtle body that allow prana, or life-energy, to flow.  
(a) Manipura            (b) Citta  
(c) Nadis                (d) Vayus
9. The special branch of yoga that studies the upsurge of flowing energy within these nadis is called \_\_\_\_\_.  
(a) Cakras                (b) Svarodaya  
(c) Kohas                (d) Mannalas
10. \_\_\_\_\_ is a branch of yoga that uses physical techniques to try to preserve and channel vital force or energy.  
(a) Karma yoga        (b) Gnana yoga  
(c) Mandra yoga        (d) Hatha yoga

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the evolution of Jnanendriyas.

Or

- (b) Write short notes on Pancamahabhutas and Pancatattvas.

12. (a) Discuss the product of five kohas.

Or

- (b) Elaborate the disturbance of each koha.

13. (a) Describe the evolution through the cakras.

Or

- (b) Write a short note on manipura.

14. (a) Narrate the types and functions of vayus.

Or

- (b) Write a note on nanes.

15. (a) Explain the importance of Svarodaya in health and fitness.

Or

- (b) Write short notes on Svava yoga.

**Part C**

(5 × 8 = 40)

Answer any **five** questions.

16. Describe the evolution of human body in the context of Saikhya yoga.

17. Elaborate the story of Bhagu and Varuna.

18. Write an essay on mantras in detail.
  19. State the difference between Ida, Pingala and Sushumna.
  20. Narrate the relevance of Svara vijnana in day-today life.
  21. Explain the effects of Svara Yoga as explained in the Hatha yogic texts.
  22. Write an essay on chakras.
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