

R2977

Sub. Code

7242C1

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Second Semester

Yoga

PATANJALI YOGA DHARSANA

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

Answer **ALL** the following objective type questions by choosing the correct option.

1. The philosophical school of patanjali was called _____
(CO1, K2)
(a) yoga (b) yoga darshana
(c) samyam (d) yogism
2. The body changes with age but the _____ remains unchanged
(CO1, K2)
(a) Chitta (b) Bhutas
(c) Self (d) Indriyas
3. What is asamprajnata-samadhi? (CO2, K2)
(a) a state of consciousness in which all the distractions of thought and ego are stilled
(b) a state in which a person can experience astral projections
(c) a state in which purusha identifies with buddhi
(d) a state which is made up of six stages

4. Which of the following would best describe the stage of samadhi? (CO2, K2)
- (a) The yogi is able to stay oblivious to distractions but is still aware that it is he who is meditating
 - (b) There is a transition between the ordinary mind and the disciplined mind.
 - (c) The meditator chooses an object of meditation- usually a mantra, a specific spot on the body, or a mental image
 - (d) The mind becomes fully absorbed in the object of meditation
5. Sadhanapada is in ——— part of yoga (CO3, K2)
- (a) First part (b) Second part
 - (c) Third part (d) Fourth part
6. Kriya Yoga means ——— (CO3, K2)
- (a) devotion (b) Yoga of action
 - (c) god worship (d) pleasure
7. The uninterrupted stream of the content of consciousness is ——— (CO4, K2)
- (a) Dharana (b) Samadhi
 - (c) Dhayana (d) Samyama
8. Vibhutipada means ——— (CO4, K1)
- (a) Power
 - (b) Weakness
 - (c) Super normal power
 - (d) Pleasure
9. Kaivalyapada means ——— (CO5, K1)
- (a) Purification (b) Sthidi
 - (c) Liberation (d) Peace of mind

10. Kaivalya is the eternal life of ————— (CO5, K1)
(a) man (b) Purusha
(c) soul (d) citta

Part B (5 × 5 = 25)

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

11. (a) Discuss about yoga dharshana of patanjali. (CO1, K2)

Or

- (b) Simplify the notion of mind in yoga. (CO1, K2)

12. (a) Explain the types of samprainatah samathi. (CO2, K2)

Or

- (b) Enumerate the types of Asamprainatah samathi. (CO2, K2)

13. (a) Compose the approaches of kriya yoga of patanjali. (CO3, K2)

Or

- (b) Discuss the nature of “Purusha”. (CO3, K2)

14. (a) List the features of vibhuti pada (CO4, K1)

Or

- (b) Identify the meaning and concepts of Indriya jaya. (CO4, K1)

15. (a) Examine the bahya pradartha and its benefits. (CO5, K1)

Or

- (b) List out the goals and powers of dhyana. (CO5, K1)

Part C

(5 × 8 = 40)

Answer **ALL** the questions not more 1000 words each.

16. (a) Outline the commentary on the yoga sutras of patanjali. (CO1, K2)

Or

- (b) Describe the stages of Samprajnata samadhi. (CO1, K2)

17. (a) Explain Savi-chara and Nirvichara, (CO2, K2)

Or

- (b) Describe the significance and key concepts of samadhipada (CO2, K2)

18. (a) Explain the foundational practice system of Kriya Yoga by Patanjali. (CO3, K2)

Or

- (b) Describe the theory of kleshes. (CO3, K2)

19. (a) Explain the key features of vibhuti pada. (CO4, K1)

Or

- (b) Differentiate Dharna, Dhyana and Samadhi. (CO4, K1)

20. (a) Explain the significance of kavailya pada. (CO5, K1)

Or

- (b) Explain the siddhis of patanjali. (CO5, K1)

R2978

Sub. Code

7242A2

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Second Semester

Yoga

Allied — HUMAN ANATOMY AND PHYSIOLOGY — II

(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. Which cranial nerve is responsible for vision (CO1, K1)
 - (a) Optic nerve (CNII)
 - (b) Olfactory nerve (CN1)
 - (c) Facial nerve (CNVII)
 - (d) Vagus nerve (CNX)
2. The spinal cord is involved in transmitting sensory signals to the brain (CO1, K1)
 - (a) Ventral root (b) Dordal root
 - (c) Gray matter (d) White mater
3. Which gland is considered the 'master gland' of the endocrine system (CO2, K2)
 - (a) Thyroid gland (b) Adrenal gland
 - (c) Pituitary gland (d) Pancreas

4. Which hormone is secreted by the adrenal medullas?
(CO2, K2)
- (a) Cortisol (b) Adrenaline
(c) Thyroxine (d) Insulin
5. Which yoga practice is known to improve reproductive health?
(CO3, K2)
- (a) Shavasana (b) Baddha konasana
(c) Kapalbhathi (d) Neti
6. Which phase of the menstrual cycle is characterized by the shedding of the uterine lining?
(CO3, K2)
- (a) Ovulation phase (b) Luteal phase
(c) Menstrual phase (d) Follicular phase
7. The primary role of the kidneys in osmoregulation
(CO4, K1)
- (a) Maintain blood glucose levels
(b) Regulate water and salt balance
(c) Produce red blood cells
(d) Break down toxins
8. Which hormone regulates water reabsorption in the kidneys
(CO4, K1)
- (a) Insulin
(b) ADH (Antidiuretic Hormone)
(c) Thyroxine
(d) Glucagon
9. Which cells are primarily responsible for producing antibodies
(CO5, K5)
- (a) T-cells
(b) B cells
(c) Natural killer cells
(d) Macrophages

10. Autoimmune disease refers to (CO5, K5)
(a) Astma (b) Rheumatoid arthritis
(c) Influenza (d) Measles

Part B (5 × 5 = 25)

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

11. (a) Describe the structure and function of the forebrain in humans. (CO1, K1)

Or

- (b) Write a note on the autonomic nervous system and its two sub divisions. (CO1, K1)

12. (a) Describe the structure and function of the pituitary gland. (CO2, K2)

Or

- (b) Write a short note on the function of gastrointestinal (GI) tract hormones. (CO2, K2)

13. (a) Describe the structure and function of the testis in the male reproductive system. (CO3, K4)

Or

- (b) Discuss the hormonal regulation of the menstrual cycle. (CO3, K2)

14. (a) Explain the structure and function of the human kidney. (CO4, K1)

Or

- (b) Explain the significance of osmoregulation in the human body. (CO4, K1)

15. (a) Describe the composition and functions of the lymphatic system. (CO5, K5)

Or

- (b) Differentiate between innate and acquired immunity. (CO1, K5)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the structure and functions of the human brain, focusing on the forebrain, midbrain and hindbrain. (CO5, K1)

Or

- (b) Evaluate the effects of yoga on the nervous system including specific yogic practices beneficial for its health. (CO1, K1)

17. (a) Discuss the structure and function of the thyroid and parathyroid glands. (CO2, K2)

Or

- (b) Discuss the effects of yoga on the endocrine system. (CO2, K2)

18. (a) Discuss the structure and function of the female reproductive system, highlighting the roles of the ovary, uterus and fallopian tubes. (CO3, K2)

Or

- (b) Evaluate how yoga practices improve reproductive health and hormonal balance. (CO3, K2)

19. (a) Discuss the anatomy and physiology of the human excretory system. (CO4, K1)

Or

- (b) Elaborate on how yoga practices influence the functioning of the excretory system. (CO4, K1)

20. (a) Analyze the relationship between yoga and the lymphatic system and how yoga enhances immunity. (CO5, K5)

Or

- (b) Explain the composition and functions of the lymphatic system in maintaining immune response. (CO5, K5)

R2979

Sub. Code

7244C1

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Yoga

YOGA AND HOLISTIC HEALTH

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. According to WHO, health is defined as (CO1, K1)
 - (a) Absence of disease
 - (b) A state of fitness
 - (c) Freedom from illness
 - (d) Complete physical, mental and social well being
2. Yoga considers health as (CO1, K1)
 - (a) Absence of illness
 - (b) Unity of body, mind and spirit
 - (c) Regular physical activity
 - (d) Proper medication

3. According to the Taittiriya Upanishad, the body is composed of (CO2, K3)
- (a) Trigunas (b) Chakras
- (c) Pancha Pranas (d) Pancha Koshas
4. Which Chakra is associated with the heart and emotions? (CO2, K3)
- (a) Muladara (b) Anahata
- (c) Vishudha (d) Manipura
5. 'Stryana' refer to in the context of mental health (CO3, K1)
- (a) Doubt
- (b) Grief
- (c) Restlessness
- (d) Laziness or Mental stagnation
6. Shuddhi Prakriya is associated with cleansing the nervous system (CO3, K1)
- (a) Shatkarma (b) Asana
- (c) Pranayama (d) Dharana
7. Which Pranayama technique is specifically known for calming the mind? (CO4, K1)
- (a) Bhastrika (b) Agnisara
- (c) Kapalabhati (d) Nadi Shodhana

8. Which yoga practice integrates mind, body and spirit?
(CO4, K1)
- (a) Only meditation
 - (b) Only asana
 - (c) Asanas, Pranayama and Medilation
 - (d) Only physical exercise
9. Which yogic concept emphasizes action without attachment to outcomes?
(CO5, K2)
- (a) Karma Yoga (b) Bhakti Yoga
 - (c) Jnana Yoga (d) Hatha Yoga
10. Which of the following is a benefit of yogic counseling for healthy living?
(CO5, K2)
- (a) increased stress levels
 - (b) insolation from society
 - (c) improved emotional stability
 - (d) dependence on external validation

Part B

(5 × 5 = 25)

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

11. (a) Define health according to WHO and explain its importance.
(CO1, K1)

Or

- (b) Describe the dimation of health and their interrelationship.
(CO1, K1)

12. (a) Explain the concept of body, health and disease as described in the Taittiriya Upanishad. (CO2, K3)

Or

- (b) Write a short note on Adhi and Vyadhi and their significance in holistic health care. (CO2, K3)

13. (a) Briefly describe 'Samshaya' and its impact on mental health. (CO3, K1)

Or

- (b) Define the term "Styana" and explain its causes in mental and emotional ill health. (CO3, K1)

14. (a) Explain the concept of personality integration in yoga and its benefits. (CO4, K1)

Or

- (b) Outline the benefits of Practicing Pranayama for healthy living. (CO4, K1)

15. (a) How does the Philosophy of Karma Yoga influence success and failure in daily life? (CO5, K2)

Or

- (b) Describe how yogic counseling can act as a remedial measure for stress and anxiety. (CO5, K2)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1,000 words each.

16. (a) Explain the health by WHO in detail, its importance and application in modern society. (CO1, K1)

Or

- (b) Discuss the concept of body, health and disease in yoga and how it integrates physical, mental and spiritual well being. (CO1, K1)
17. (a) Discuss how yoga utilizes the concepts of Pancha Mahabhutas, Panch Pranas and Trigunas for health and healing. (CO2, K3)

Or

- (b) Analyze the relationship between Chakras and holistic health care in the yogic system. (CO2, K3)
18. (a) Explain the role of Yama and Niyama in Karma Shuddhi and their impact on overall well being. (CO3, K1)

Or

- (b) Define ill health and explain its causes as per yogic philosophy. (CO3, K1)
19. (a) Discuss the role of asanas and Pranayama in Promoting Personal and interpersonal adjustments. (CO4, K1)

Or

- (b) Write a detailed account of the Psychological benefits of yoga, focussing on stress management. (CO4, K1)

20. (a) Explain the philosophy of Karma Yoga and its impact on our actions, mindset and life outcomes.
(CO5, K2)

Or

- (b) Write a detailed note on the importance of yogic counseling in promoting emotional resilience and physical well being.
(CO5, K2)
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R2980

Sub. Code

7244C2

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Yoga

PATHS AND SCHOOLS 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. What is the primary focus of Jnana Yoga? (CO1, K1)
 - (a) Physical postures
 - (b) Breath control
 - (c) Intellectual inquiry
 - (d) Devotional practices
2. Jnana Yoga emphasizes the importance of _____. (CO1, K1)
 - (a) Selfless service
 - (b) Ritualistic worship
 - (c) Self-realization
 - (d) Physical fitness
3. Chakras and Nadis are components of which Kosha? (CO2, K2)
 - (a) Annamaya
 - (b) Pranamaya
 - (c) Manomaya
 - (d) Vijnyayamaya

4. Where does Ajna Chakra located? (CO2, K2)
(a) Eyebrow centre (b) Chest
(c) Tongue (d) Legs
5. When the result of a deed is not expected it is called as _____ (CO3, K1)
(a) Bhakti Yoga (b) Kriya Yoga
(c) Raja Yoga (d) Karma Yoga
6. Who is the Sthitaprajna? (CO3, K1)
(a) One who is free from family attachment
(b) One who gives up non vegetarian food
(c) a man of steady wisdom
(d) One who is free from pleasure and pain
7. In which stage of yoga meditation and concentration have been experienced? (CO4, K2)
(a) Samadhi (b) Niyama
(c) Dharana (d) Pratyahara
8. Yama means _____ (CO4, K1)
(a) Social restraints and moral codes of yoga
(b) Detachment
(c) Desire
(d) Body
9. Where is kundalini located? (CO5, K1)
(a) at the base of the spine
(b) the brain
(c) the whole body
(d) none of the above

10. There are twenty-six postures that make up Bikram Yoga. Which of these is not one of those postures? (CO5, K1)
- (a) Sun Salutation Pose
 - (b) Cobra pose
 - (c) Palm tree pose
 - (d) Tree pose

Part B

(5 × 5 = 25)

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

11. (a) Explicate sadhana chatustaya. (CO1, K1)

Or

- (b) Describe the state of consciousness. (CO1, K1)

12. (a) Summarize the qualities of abhakta. (CO2, K2)

Or

- (b) Inscribe the benefits of chanting. (CO2, K2)

13. (a) Enlighten about karma yoga. (CO3, K4)

Or

- (b) Write the prerequisites of karma yoga. (CO3, K4)

14. (a) Expound yama. (CO4, K2)

Or

- (b) Discuss the benefits of asana. (CO4, K2)

15. (a) Explain the concepts of satyananda yoga. (CO5, K2)

Or

- (b) Elaborate the principles of Iyengar yoga. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Elaborate the energy pathways of human body.
(CO1, K1)

Or

- (b) Evaluate the energy that runs along the spine.
(CO1, K1)

17. (a) Illuminate the effects of chakrasana and explain how mantra chanting affect the mind. (CO2, K2)

Or

- (b) Evaluate the benefits of sanskrit chants, hymns , bhajans and satsang. (CO2, K2)

18. (a) Explain asthitaprajna. (CO3, K4)

Or

- (b) Elaborate the law of karma. (CO3, K4)

19. (a) Analyze the principles of dharana and dhyana.
(CO4, K2)

Or

- (b) Elaborate the concepts of samadhi. (CO4, K2)

20. (a) Outline the principles of ashtanga yoga. (CO5, K2)

Or

- (b) Explain the concept of kundalini yoga and its benefits.
(CO5, K2)

R2981

Sub. Code

7244A4

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Fourth Semester

Yoga

Allied — INTRODUCTION TO AYUSH

(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 the aspect of one's personality wherein the mind carries on its different functions such as perception (manah) memory (chittah) and ego (ahankara). (CO1, K2)
 - (a) Manomaya kosha
 - (b) Vijanamaya
 - (c) Anandamayakosa
 - (d) Annamaya
2. Annamaya Kosha consists _____ (CO1, K2)
 - (a) Prana
 - (b) Pancha Bhutas
 - (c) Food
 - (d) Shelter
3. Which element in pancha bhutas inspires us to burn away impurities, both physically and mentally? (CO2, K1)
 - (a) water
 - (b) air
 - (c) earth
 - (d) fire

4. _____ element in yoga is associated with grounding and stability. (CO2, K1)
(a) earth (b) sun
(c) moon (d) stars
5. The _____ mind is our soul's higher awareness. (CO3, K1)
(a) superconscious (b) subconscious
(c) conscious (d) underconscious
6. In the dhatu blood is denoted as _____. (CO3, K1)
(a) rasa (b) rakta
(c) asthi (d) meda
7. In 2014 Central Council of Indian Medicine established _____. (CO4, K2)
(a) Unani (b) Siddha
(c) AYUSH (d) Homeopathy
8. Thaavaram, thaathu and jangamam are the classification of drugs in _____. (CO4, K2)
(a) unanai (b) ayurvedha
(c) homeopathy (d) siddha
9. _____ is a medical system based on the belief that the body can cure itself. (CO5, K1)
(a) homeopathy (b) naturopathy
(c) allopathy (d) ayurvedha
10. AYUSH contains _____. (CO1, K1)
(a) allopathy (b) sowa rigpa
(c) chiropractic (d) moxibustion

Part B

(5 × 5 = 25)

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

11. (a) What is meant by body, health and diseases?
(CO1, K2)

Or

- (b) Explain the yoga practices for Adhi and Vyadhi.
(CO1, K2)

12. (a) Describe the history of Naturopathy. (CO2, K1)

Or

- (b) Explain the concept of Naturopathy. (CO2, K1)

13. (a) Explain the aspects of life. (CO3, K1)

Or

- (b) Write short notes on element theory of Panchamahabhutas.
(CO3, K1)

14. (a) Explain the principles of Unani. (CO4, K2)

Or

- (b) Describe the concept of Siddha. (CO4, K2)

15. (a) Explain the concept of Homeopathy. (CO5, K1)

Or

- (b) Describe the history of Homeopathy. (CO5, K1)

Part C

(5 × 8 = 40)

Answer **all** the questions not more than 1,000 words each.

16. (a) Elaborate the practices of Panchakosa level.
(CO1, K2)

Or

- (b) Explain the advantages and disadvantages of yoga therapy.
(CO1, K2)

17. (a) Elaborate the five elements of Naturopathy.
(CO2, Ki)

Or

- (b) Explain different treatment approaches of Naturopathy.
(CO2, K1)

18. (a) Differentiate the concept of Dinacarya and Ritucarya.
(CO3, K1)

Or

- (b) Explain the principles of Dhatu and Mala. (CO3, K1)

19. (a) Differentiate the system of medicine between Siddha and Unani.
(CO4, K2)

Or

- (b) Describe the need and importance of Unani.
(CO4, K2)

20. (a) Summarize the role of yoga on AYUSH treatment.
(CO5, K1)

Or

- (b) Explain Homeopathy medicines with examples.
(CO5, K1)

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Sub. Code

7246C1

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Yoga

YOGA THERAPY FOR COMMON AILMENTS

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Adhija Vyadhi means the disorder caused by (CO1, K1)
(a) Stress (b) Infection
(c) Bronchitis (d) Allergy
2. Which of the following is an obstructive respiratory disorder? (CO1, K2)
(a) Tuberculosis (b) Pneumonia
(c) Emphysema (d) Sinusitis
3. Cardiac Asthma is caused by (CO2, K1)
(a) Bronchial inflammation
(b) Bacterial infection
(c) Blood clot in the lungs
(d) Left ventricular failure
4. Atherosclerosis is primarily affects (CO2, K1)
(a) Veins (b) Arteries
(c) Capillaries (d) Lymphatic vessels

5. Which hormone deficiency causes diabetes mellitus? (CO3, K2)
- (a) Glucagon (b) Insulin
(c) Thyroxine (d) Cortisol
6. Which hormone is deficient in Hypothyroidism? (CO3, K2)
- (a) Thyroxine (b) Insulin
(c) Cortisol (d) Adrenaline
7. The most common causes of Hyperthyroidism (CO3, K1)
- (a) Hashimoto's thyroiditis
(b) Grave's disease
(c) Iodine deficiency
(d) Pituitary adenoma
8. The best yogic practices to come gestational diabetics. (CO4, K1)
- (a) Kapalabhati (b) Meditation
(c) Sirasasana (d) Agnisara
9. The pranayama which is beneficial be stress related IBS. (CO5, K2)
- (a) Kapalabhati (b) Bhramari
(c) Surya Bhadran (d) Sheetali
10. Which is common side effect of radio therapy? (CO5, K2)
- (a) Diarrhea (b) Hair loss
(c) Skin burns (d) Weight gain

Part B (5 × 5 = 25)

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

11. (a) Describe the causes and symptoms and yoga therapy management emphysema. (CO1, K2)

Or

- (b) Write a note on the causes, symptoms and yoga therapy management of Tuberculosis. (CO1, K2)

12. (a) Describe the medical and yogic management of hypertension. (CO2, K3)

Or

- (b) Describe the etiopathogenesis and classification of Atherosclerosis. (CO2, K2)
13. (a) Define hypothyroidism and explain the etiopathogenesis and classification. (CO3, K1)

Or

- (b) Describe how yoga can aid in the management of obesity. (CO3, K2)
14. (a) Define PCOD and explain its etio-pathogenesis, clinical features in yoga. (CO4, K1)

Or

- (b) Explain the role of yoga in pregnancy and explain the e complication like gestational diabetes. (CO4, K2)
15. (a) Compare and contrast constipation and diarrhea. (CO5, K3)

Or

- (b) Write a note on inflammatory bowel disease. (CO5, K2)

Part C (5 × 8 = 40)

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

16. (a) Compare and contrast the medical and yogic management for respiratory disorders such as bronchial asthma and sinusitis. (CO1, K3)

Or

- (b) Discuss the classification of respiratory disorders into obstructive and restrictive types with examples. (CO1, K3)

17. (a) Explain the classification of hypertension and discuss the clinical features. (CO2, K2)

Or

- (b) Discuss the clinical features and yogic management of Atherosclerosis. (CO2, K3)

18. (a) Describe the medical and yogic management strategies for diabetes mellitus. (CO3, K4)

Or

- (b) Describe specific postures and their benefits to cure thyroid problems. (CO3, K4)

19. (a) Write a detailed note on postnatal care including the role of yoga in physical, emotional recovery after birth? (CO4, K2)

Or

- (b) Write a detailed note on post natal care and explain the role of yoga in recovery of physical and mental recovery after birth. (CO4, K2)

20. (a) Write a note on the causes, types and clinical features of cancer. (CO5, K2)

Or

- (b) Explain the causes, symptoms and management strategies of Gastro intestinal disorders. (CO5, K4)

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Sub. Code

7246C2

B.Sc. DEGREE EXAMINATION, APRIL – 2025.

Sixth Semester

Yoga

YOGA AND WOMEN

(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 average age of Puberty onset in girls. (CO1, K1)
(a) 10-11 yrs (b) 8-9 yrs
(c) 12-15 yrs (d) below 10 yrs
2. Menopause occurs during the age of (CO1, K1)
(a) 45-55 yrs (b) 12-15 yrs
(c) 40-50 yrs (d) 55-60 yrs
3. What is the average age for the outset of menarche? (CO2, K1)
(a) 8-10 yrs (b) 6-8 yrs
(c) 12-13 yrs (d) 14-16 yrs
4. The yogic practice which is designed to focus on hormone balance and its beneficial during menopause. (CO2, K1)
(a) Hatha yoga Therapy
(b) Suryanamaskar
(c) Padmadesana
(d) Meditation

5. Which urinary system disorder involves involuntary leakage of urine (CO3, K4)
- (a) urinary tract infection
 - (b) kidney stones
 - (c) urinary incontinence
 - (d) Bladder cancer
6. The major contributing factor to Varicose veins (CO3, K4)
- (a) High blood pressure
 - (b) poor posture
 - (c) Weak valves in veins
 - (d) over eating
7. What is a common cause of backache in woman. (CO4, K3)
- (a) poor posture
 - (b) sedentary life style
 - (c) hormonal changes during mensuration
 - (d) All of the above
8. Whitish or yellowish discharges from the female genital tract is (CO4, K3)
- (a) Dysmenorrhea (b) Leucorrhea
 - (c) Amenorrhea (d) Menopause
9. Which of the following is a Satkriya (CO5, K1)
- (a) Nadi Sadhana (b) Neti
 - (c) Surya Namaskar (d) Tadasana
10. How many types of Neti are commonly practiced. (CO5, K1)
- (a) 2 (b) 4
 - (c) 6 (d) 8

Part B

(5 × 5 = 25)

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

11. (a) Describe the growth and Development phases in woman. (CO1, K1)

Or

- (b) Briefly explain the differences of fat distribution in Men and Women. (CO1, K1)

12. (a) Describe the significance of menarche in woman's life. (CO2, K1)

Or

- (b) How does menopause represent a spiritual transformation for woman? (CO2, K1)

13. (a) Describe how specific Yoga Practices can help prepare the body for child birth. (CO3, K4)

Or

- (b) Explain the prenatal Yoga practices that help balance the Chakras during early pregnancy. (CO3, K4)

14. (a) Describe the causes, symptoms and treatment options for Leucorrhea. (CO4, K3)

Or

- (b) What is prolapsed uterus? Explain its causes symptoms and management approaches. (CO4, K3)

15. (a) What are bandhas? Explain the types of bandhas and purposes in Yoga. (CO5, K1)

Or

- (b) Describe the principles and provide examples of foods included in sattvic diet. (CO5, K1)

Part C

(5 × 8 = 40)

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

16. (a) Explain how reproductive health differs in woman during early adulthood and late adulthood. (CO1, K1)

Or

- (b) Analyse the role of estrogen in women's health. (CO1, K1)

17. (a) Explain the relationship between women's menstrual cycles and the moon phases. (CO2, K1)

Or

- (b) Discuss the physical and emotional challenges woman face during menopause. (CO2, K1)

18. (a) Explain any 3 yogic poses that in promoting stability and grounding which supports the Root Chakras. (CO3, K4)

Or

- (b) Write an account on "pranayama" (CO3, K4)

19. (a) What are physical, mental health implications of untreated varicose veins? Discuss in detail. (CO4, K3)

Or

- (b) Explain the complications of being overweight during pregnancy and the measures to manage it. (CO4, K3)

20. (a) Write a detailed note on the connection between yoga asanas and overall health improvement. (CO5, K1)

Or

- (b) Describe the sequence of suryanamaskar and its benefits for beginners and intermediate practitioners. (CO5, K1)

R2984

Sub. Code

7246C3

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Yoga

HEALTH AND HYGIENE

(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. Which nutrients is essential for tissue repair in the human body. (CO1, K1)
(a) Carbohydrate (b) Vitamin
(c) Fat (d) Protein
2. Which vitamin deficiency can lead to poor immune function? (CO1, K1)
(a) Vitamin D (b) Vitamin C
(c) Vitamin A (d) Vitamin B₁₂
3. Disease spreads through direct contact (CO2, K4)
(a) airborne disease
(b) contact disease
(c) water borne disease
(d) animal borne disease
4. Malaria transmitted (CO3, K2)
(a) Through direct contact with an infected person
(b) Through of air borne droplets
(c) By consuming contaminated food or water
(d) Through bite of an infected Anopheles mosquito

5. Which types of disease is primarily spread through Vector-borne transmission? (CO2, K4)
(a) Tuberculosis (b) Malaria
(c) Cholera (d) Common cold
6. Incubation period of malaria (CO3, K2)
(a) 1-3 days (b) 7-14 days
(c) 14-30 days (d) 30-60 days
7. The best prevention method of typhoid (CO4, K1)
(a) vaccination (b) wearing masks
(c) avoiding cold food (d) all of the above
8. Mumps primarily affects which glands. (CO4, K1)
(a) salivary gland (b) thyroid glands
(c) adrenal glands (d) pituitary gland
9. BCG vaccine typically given (CO5, K4)
(a) at birth (b) at 6 months
(c) at 1 year (d) at 2 years
10. The purpose of MMR vaccine (CO5, K4)
(a) To prevent measles, mumps and rubella
(b) To prevent malaria
(c) To prevent measles tuberculosis
(d) To prevent chicken box

Part B (5 × 5 = 25)

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

11. (a) Explain the role of cleanliness and exercise in maintaining good health. (CO1, K1)

Or

- (b) List and explain any two methods of water purification. (CO1, K1)

12. (a) Define infective agents and describe their types. (CO2, K4)

Or

- (b) List the different types of diseases and describe their mode of spread. (CO2, K4)
13. (a) Describe the causes, symptoms and transmission of malaria. (CO3, K2)

Or

- (b) What measures can be taken to prevent the spread of malaria? (CO3, K2)
14. (a) Describe the causes, symptoms and transmission of cholera. (CO4, K1)

Or

- (b) Write a short note on typhoid fever, its mode of spread and prevention. (CO4, K1)
15. (a) Define immunity and explain its type. (CO5, K4)

Or

- (b) Write a short note on breast cancer focussing on its symptoms and risk factors. (CO5, K4)

Part C (5 × 8 = 40)

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

16. (a) Define health and explain the factors that affect it such as food habits, cleanliness, exercise and sleep. (CO1, K1)

Or

- (b) Discuss the concept of personal hygiene, its practices and its impact on overall health. (CO1, K1)

17. (a) Discuss the channels of infection in detail, providing preventive measures with examples. (CO2, K4)

Or

- (b) What is disinfection? Explain its methods with examples. (CO2, K4)
18. (a) Describe the life style of the malaria parasite and its significance in disease transmission and prevention. (CO3, K2)

Or

- (b) Elaborate on community - based approaches the controlling vector borne disease such as malaria and dengue. (CO3, K2)
19. (a) Discuss the role of vaccination in controlling diseases like chicken box, measles and mumps. (CO4, K1)

Or

- (b) Explain the public health significance of water borne and droplet - infection diseases and their prevention strategies. (CO4, K1)
20. (a) Elaborate on cervical cancer including its risk factors, symptoms, diagnosis and prevention. (CO5, K4)

Or

- (b) Discuss the importance of immunization in maintaining public health. Provide an overview of the immunization schedule for children and adult. (CO5, K4)

R2985

Sub. Code

7246C4

B.Sc. DEGREE EXAMINATION, APRIL – 2025

Sixth Semester

Yoga

HUMAN SYSTEM ACCORDING TO 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. The element of aakash or space is related to freedom of _____ (CO1, K1)
(a) movement (b) religion
(c) living (d) speech
2. Fire's qualities are _____ (CO1, K1)
(a) emotion
(b) perception of light
(c) anger
(d) laugh
3. Food sheath is _____ kosha. (CO2, K3)
(a) vijñanamaya (b) anandamaya
(c) annamaya (d) manomaya

4. Life forces to keep the body alive including the respiratory, and circulatory systems are _____
(CO2, K3)
- (a) annamaya (b) circulamaya
(c) andamaya (d) pranamaya
5. Major chakras are _____ (CO3, K4)
- (a) 7 (b) 21
(c) 86 (d) 114
6. Mandala means _____ (CO3, K4)
- (a) leg (b) spiritual center
(c) head (d) hip
7. Nadi of spiritual awareness is _____ (CO4, K4)
- (a) ida (b) pingala
(c) sushmna (d) shankhini
8. Chandra nadi is _____ (CO4, K4)
- (a) Kuhu (b) Ajna
(c) Muladhara (d) Ida
9. Svava-Vijnana is _____ (CO5, K3)
- (a) Balancing brain (b) Control of heart
(c) Soul (d) Spirit
10. Swarodaya yoga Ida breathing pattern is, inhaling and exhaling through _____ (CO5, K3)
- (a) right nostril (b) left nostril
(c) both nostrils (d) left to right

Part B

(5 × 5 = 25)

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

11. (a) Write short notes on Pancatanmatras. (CO1, K1)

Or

- (b) Explain the evolution of human body based on yoga.
(CO1, K1)

12. (a) Describe story of Varuna. (CO2, K3)

Or

- (b) Write down the disturbance of any one kosha.
(CO2, K3)

13. (a) Explain Svadishohana. (CO3, K4)

Or

- (b) Explain concept of Mandalas. (CO3, K4)

14. (a) List down the ten major names of Nadi. (CO4, K4)

Or

- (b) Explain the functions of any five Nadis. (CO4, K4)

15. (a) Write short notes on Hatha Yoga. (CO5, K3)

Or

- (b) Explain Svarodaya. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Evaluate the evolution of Karmendriyas. (CO1, K1)

Or

- (b) Describe the four parts of mind in yoga and its functions. (CO1, K1)

17. (a) Illustrate the kosha of human body and its purpose. (CO2, K3)

Or

- (b) Explain pancha kosha concept of education. (CO2, K3)

18. (a) Classify Chakra. (CO3, K4)

Or

- (b) Classify Mandala and explain their uses. (CO3, K4)

19. (a) Describe the concept of Vayus, type, their names and function. (CO4, K4)

Or

- (b) Explain the concept of channels and unblocking the channels. (CO4, K4)

20. (a) Describe the benefits of svarayoga. (CO5, K3)

Or

- (b) Explain the technique of Svarodaya. (CO5, K3)