

R3757

Sub. Code

7243C1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Yoga

BASIC PRINCIPLES OF YOGA THERAPY

(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. Life forces (doshas) and everything in the universe is connected is the concept of _____. (CO1, K3)
(a) Ayurvedha (b) Homeopathy
(c) Naturopathy (d) Unani
2. Naturopathic medicine is a system that uses natural remedies to help the body heal _____. (CO1, K3)
(a) itself (b) by vegetables
(c) by medicines (d) by herbs
3. Meaning of alasya is _____. (CO2, K1)
(a) active (b) lazy
(c) tired (d) brisk

4. _____ is the inability of the mind to stay in samadhi. (CO2, K1)
- (a) alabdha bhumikatva
(b) anavasthitatva
(c) bhranti darsana
(d) daurmanasya
5. Abhyasa means _____. (CO3, K2)
- (a) learn (b) play
(c) practice (d) meditate
6. Vairagya is known as _____. (CO3, K2)
- (a) samadhi (b) spiritual
(c) detachment (d) anger
7. Internal dialogue of a practitioner with his own mind is _____. (CO4, K2)
- (a) aachara (b) karma
(c) bhavas (d) vichara
8. Aahara denotes food; vihara denotes _____. (CO4, K2)
- (a) vegetable (b) exercise
(c) pranayama (d) lifestyle
9. Moral disciplines are known as _____. (CO5, K1)
- (a) yama (b) niyama
(c) dhyana (d) dharana
10. Tapas, burning desire is _____. (CO5, K1)
- (a) niyama (b) pratyahara
(c) samadhi (d) asana

Part B

(5 × 5 = 25)

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

11. (a) Define Yoga therapy. (CO1, K3)
Or
(b) Explain concept of health. (CO1, K3)
12. (a) Describe Vyadhi. (CO2, K1)
Or
(b) Explain principles to overcome emotional ill health. (CO2, K1)
13. (a) Explain the concept of abhyasa. (CO3, K3)
Or
(b) Explain the concept of Shuddhi. (CO3, K3)
14. (a) Write short notes on aahara and vihara. (CO4, K2)
Or
(b) Explain principles of yogic diet. (CO4, K2)
15. (a) Explain principles of Bandha. (CO5, K1)
Or
(b) Describe the benefits of Mudras. (CO5, K1)

Part C

(5 × 8 = 40)

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

16. (a) Elaborate the role of yoga in preventive health care. (CO1, K3)
Or
(b) Describe Tapatrayasand. (CO1, K3)

17. (a) Describe Angamejayatva and Svasa-prashvasa. (CO2, K1)

Or

(b) Explain yoga to overcome styana, samshaya and pramad. (CO2, K1)

18. (a) Summarize the principles of Kirya yoga for health and healing. (CO3, K2)

Or

(b) Illustrate the concept of Swara yoga on leading healthy life. (CO3, K2)

19. (a) Describe the role of yogic positive attitude for healthy living. (CO4, K2)

Or

(b) Prepare a yogic diet for healthy living. (CO4, K2)

20. (a) Elaborate the limbs of yoga. (CO5, K1)

Or

(b) Explain the health benefits of pranayama and meditation. (CO5, K1)

R3758

Sub. Code

7243C2

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Yoga

METHODOLOGY OF YOGA TEACHING

(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 Benjamin Bloom's taxonomy of educational objectives, which of the following is the highest level of cognitive skill? (CO1, K2)
 - (a) Remembering
 - (b) Understanding
 - (c) Analyzing
 - (d) Evaluating
2. To make learning effective, a goal must be meaningful in terms _____ ? (CO1, K2)
 - (a) Objectives of the curriculum
 - (b) Intellectual ideas
 - (c) Standards of others
 - (d) Needs and purposes of students

3. Following points help yoga teacher in imparting instructions in yoga class (CO2, K2)
- (1) Instructions should be short, slow and clear
 - (2) Teacher should maintain distance with students
 - (3) Several instructions should be given at a time
 - (4) If required instructions should be repeated
- (a) 1&4 (b) 2&3
(c) 3&4 (d) 2&4
4. What are the three components of the educational process in yoga? (CO2, K2)
- (a) Learning environment, teacher and curriculum.
 - (b) Teaching, Management, infrastructure
 - (c) Teacher, learner, parent
 - (d) Management, Administration, learner
5. What is the primary purpose of establishing rules and routines in the yoga classroom? (CO1, K2)
- (a) To limit student creativity
 - (b) To create a structured environment
 - (c) To discourage student engagement
 - (d) To ignore student needs
6. The most effective classroom management strategies in yoga are _____. (CO2, K2)
- (a) Punitive and focused on obedience.
 - (b) Preventive and focused on creating a positive learning environment.
 - (c) Rigid and inflexible.
 - (d) Based solely on teacher authority.

7. The plan meant for evaluating the learning outcomes of the students in the classroom is called _____
(CO4, K2)
- (a) Unit plan
 - (b) Year plan
 - (c) Lesson plan
 - (d) Subject plan
8. Which of the following is a centre point of a lesson plan?
(CO4, K2)
- (a) Principal
 - (b) Teacher
 - (c) Student
 - (d) Parent
9. What does the abbreviation INFLIBNET stands for?
(CO5, K1)
- (a) International Forum of Library Network
 - (b) Information and Library Network
 - (c) International Faculty of Library Network
 - (d) Information Faculty for Library Network
10. The use of technology to enhance learning process is called _____ in education? (CO5, K1)
- (a) IT
 - (b) ICT
 - (c) Information technology
 - (d) Communication technology

Part B

(5 × 5 = 25)

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

11. (a) Identify the relationship between yoga teaching and learning. (CO1, K1)

Or

- (b) Illustrate the levels of yoga teaching and learning. (CO1, K1)

12. (a) Explain the scope of teaching methods. (CO2, K2)

Or

- (b) Write short notes on natural rejuvenation and vitality. (CO2, K2)

13. (a) Write shorts notes on time management. (CO3, K1)

Or

- (b) Describe teacher and student discipline during yoga class. (CO3, K1)

14. (a) Write down the concepts of planning to teach yoga. (CO4, K2)

Or

- (b) Discuss the needs of a lesson plan. (CO4, K2)

15. (a) Explain the uses of library. (CO5, K1)

Or

- (b) Examine the resources of yoga teacher. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Summarize the quality of perfect Yoga guru.
(CO1, K1)

Or

- (b) Evaluate the merits and demerits of guru and sishya teaching and learning process. (CO1, K1)

17. (a) Summarize the role of role teacher and yoga trainer.
(CO2, K2)

Or

- (b) Elaborate the Sources of teaching methods of yoga.
(CO2, K2)

18. (a) Evaluate practice of yoga at different categories.
(CO3, K1)

Or

- (b) Analyze the techniques of mass teaching. (CO3, K1)

19. (a) Prepare a model lesson plan to teach yoga for women.
(CO4, K2)

Or

- (b) Critize the lesson plan and its practical applications.
(CO4, K2)

20. (a) Outline how does library and other learning resources can be effective in yoga learning. (CO5, K2)

Or

- (b) Elaborate the role of educational technology in Yoga. (CO5, K2)
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R3759

Sub. Code

7243A3

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Third Semester

Yoga

Allied — FUNDAMENTALS OF NATUROPATHY

(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. Which of the following does naturopathy drink help resolve? (CO1, K1)
 - (a) Common cold
 - (b) Flu
 - (c) Stress
 - (d) Heart diseases
2. Naturopathy's basis and some of the methods used in the treatment are more than _____ years old. (CO1, K1)
 - (a) 1000
 - (b) 1500
 - (c) 2000
 - (d) 2500
3. Which of the following combination is correct about five mahabhutas present in all substances? (CO2, K2)
 - I. Akasha - subtleness
 - II. Vayu - touch
 - III. Prithvi-heaviness
 - (a) Only II
 - (b) II and III
 - (c) I and III
 - (d) I, II and III

4. The Mahabhutas are central to which ancient Indian system of medicine? (CO2, K2)
- (a) Yoga (b) Ayurveda
(c) Siddha (d) Unani
5. Cold water therapy is invigorating and causes constriction of outer blood vessels so blood is directed to _____ which helps treat inflammation. (CO3, K2)
- (a) Internal organs (b) The brain
(c) The intestine (d) The bones
6. Detoxification of harmful substances takes place in which of the human organs? (CO3, K2)
- (a) Spleen (b) Liver
(c) Colon (d) Kidney
7. Healing power of nature is called as _____ (CO4, K2)
- (a) Vital power (b) Swasthya
(c) Prana (d) Energy
8. _____ is used by the massage therapist during treatments and by the client after treatment as self-care. It includes range of motion, resistance exercise, and stretching. (CO4, K2)
- (a) Diaphragmatic breathing
(b) Remedial exercise
(c) Effleurage
(d) Manual Lymphatic Drainage (MLD)
9. Which of the following is used in acupuncture treatment? (CO5, K1)
- (a) Thread (b) Needles
(c) Knives (d) Cups

10. Aquatic exercises are used to _____ (CO5, K2)
- (a) improve joint viscoelasticity
 - (b) decrease body fitness
 - (c) decrease muscle strength
 - (d) reduce coordination

Part B

(5 × 5 = 25)

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

11. (a) Explicate the meaning of naturopathy. (CO1, K1)

Or

- (b) Discuss the history of naturopathy. (CO1, K1)

12. (a) Summarize the types of immunity. (CO2, K2)

Or

- (b) Inscribe the laws of nature. (CO2, K2)

13. (a) Enlighten about the benefits of hydrotherapy. (CO3, K1)

Or

- (b) Write the principles of hydrotherapy. (CO3, K1)

14. (a) Expound principles of balanced diet. (CO4, K2)

Or

- (b) Discuss the scope of massage. (CO4, K2)

15. (a) Explain the principles of acupuncture. (CO5, K5)

Or

- (b) Elaborate the principles of color therapy. (CO5, K5)

Part C

(5 × 8 = 40)

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

16. (a) Accelerate the scope and limitations of naturopathy. (CO1, K1)

Or

- (b) Enumerate the principles of naturopathy. (CO1, K1)

17. (a) Illuminate the methods of acquiring natural immunity. (CO2, K2)

Or

- (b) Elucidate the role of naturopathy in prevention of diseases. (CO2, K2)

18. (a) Explain detoxification. (CO3, K1)

Or

- (b) Elaborate the role of fasting in health promotion. (CO3, K1)

19. (a) Summarize naturopathy diet in disease prevention. (CO4, K2)

Or

- (b) Elaborate the different massage techniques. (CO4, K2)

20. (a) Outline the benefits of under water exercises with suitable illustrations. (CO5, K5)

Or

- (b) Explain the procedure and benefits of magnet therapy. (CO5, K5)

R3760

Sub. Code

7245C1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Yoga

YOGIC DIET AND NUTRITION

(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. Pathya foods mean (CO1, K1)
 - (a) Fresh fruits and vegetables
 - (b) Milk and dairy products
 - (c) Whole grains and nuts
 - (d) Freshly cooked meals
2. Sattvic Ahara (CO1, K1)
 - (a) Creates mental restlessness
 - (b) Creates mental clarity
 - (c) Emotional imbalance
 - (d) Leads to dullness
3. Non vegetarian food is associated with which guna? (CO2, K4)
 - (a) Sattva
 - (b) Rajas
 - (c) Tamas
 - (d) Draksha

4. Which among the following has sheeta virya (CO2, K4)
(a) Karkata (b) Ela
(c) Rambha (d) Jati
5. What is the primary function of carbohydrates in the human body? (CO3, K1)
(a) Build and repair tissues
(b) Provide energy
(c) Transport nutrients
(d) Act as hormones
6. Which vitamin is essential for blood clotting? (CO3, K1)
(a) Vitamin A (b) Vitamin D
(c) Vitamin K (d) Vitamin C
7. Which food is the richest source of carbohydrates? (CO4, K3)
(a) Fish (b) Rice
(c) Cheese (d) Egg
8. Iron deficiency leads to (CO4, K3)
(a) Scurvy (b) Anemia
(c) Rickets (d) Goiter
9. Which is an example of Tamaric food (CO5, K2)
(a) Fresh salad (b) Alcohol
(c) Milk (d) Nuts
10. How long should be left between meals for proper digestion (CO5, K2)
(a) 1-2 hours (b) 2-3 hours
(c) 7-8 hours (d) 4-6 hours

Part B

(5 × 5 = 25)

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

11. (a) What are pathya and Apathya in the context of yogic diet? Provide examples. (CO1, K1)

Or

- (b) Describe the significance of a yogic diet in maintaining physical and mental health. (CO1, K1)

12. (a) Discuss the Ayurvedic perspective on vegetarian and non-vegetarian foods focusing on their guna and virya. (CO2, K4)

Or

- (b) Briefly explain the qualities of Ela and lavangh and their role in digestion. (CO2, K4)

13. (a) Describe the role of essential amino acid in protein synthesis. (CO3, K1)

Or

- (b) Describe the role of non-essential amino acid in protein synthesis. (CO3, K1)

14. (a) Discuss the relationship between proximate principles of diet and balanced diet. (CO4, K3)

Or

- (b) What are nutrients? And describe the importance in maintaining health. (CO4, K3)

15. (a) How does a yogic diet support physical stamina and flexibility required for aranas? (CO5, K2)

Or

- (b) Describe the principles of eating according to yogic diet. (CO5, K2)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the classification of yogic diets and their effects on the body and mind. (CO1, K1)

Or

- (b) Which type of diet is considered ideal for yoga practitioners? Why? (CO1, K1)

17. (a) Compare and contrast the digestive effects of masha and mudga based on their Guna, Rasa and vipaka. (CO2, K4)

Or

- (b) How can the classification of foods based on Rasa, Virya and vipaka be used in formulating diets for various doshas? (CO2, K4)

18. (a) Differentiate between saturated, unsaturated fats and explain their health implications. (CO3, K1)

Or

- (b) Explain the role of carbohydrates in providing energy to the body and how are they metabolized. (CO3, K1)

19. (a) Explain the role of macronutrients in human nutrition. (CO4, K3)

Or

- (b) What is balanced diet? Explain its significance for maintaining health. (CO4, K3)

20. (a) Discuss the relationship between a clean diet and prana for yoga practitioners. (CO5, K2)

Or

- (b) What are the ideal meal timings in a yogic diet? How does this help maintain the body's rhythm? (CO5, K2)

R3761

Sub. Code

7245C2

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Yoga

SCIENCE OF MEDITATION

(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. What is a common obstacle in meditation practice? (CO1, K1)
(a) Increased focus (b) Physical distractions
(c) Deep relaxation (d) Improved concentration
2. What is the primary goal of meditation? (CO1, K1)
(a) Physical exercise
(b) Social interaction
(c) Academic learning
(d) Mental relaxation and awareness
3. Object to enhance concentration (CO2, K4)
(a) Ajapadharana (b) Trataka
(c) Laya dharana (d) None of the above
4. Which term refers to the practice of fixing the mind on a particular object? (CO2, K4)
(a) Pranayama (b) Dharana
(c) Dhyana (d) Samadhi

5. Walking meditation involves (CO3, K4)
- (a) Focusing on the Chakras
 - (b) Breathing exercises
 - (c) Visualization of symbols
 - (d) Mindful awareness of each step
6. In Chakra meditation, the heart Chakra is also known as: (CO3, K4)
- (a) Vishudda
 - (b) Manipura
 - (c) Anahata
 - (d) Svadhisthana
7. What is the primary focus of Preksha meditation in stress management (CO4, K4)
- (a) Mindfulness and self awareness
 - (b) Control
 - (c) Excessive tension
 - (d) Emotional states
8. What technique is commonly used in Preksha meditation to develop concentration and reduce stress? (CO4, K4)
- (a) Cultivating inner peace
 - (b) Focusing on the breath
 - (c) Spiritual reality
 - (d) Challenges
9. Which principle is central to the concept of unity in yogic life (CO5, K3)
- (a) The interconnectedness of all life forms
 - (b) Mind
 - (c) Mental disciplines
 - (d) Promotes the unity of life

10. What is the primary focus of a yogic lifestyle? (CO5, K3)
- (a) Harmonizing the body, mind and spirit
 - (b) Harmony
 - (c) Peace
 - (d) Spiritual wellbeing

Part B

(5 × 5 = 25)

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

11. (a) Write the meaning, need and scope of meditation. (CO1, K1)

Or

- (b) Explain any two types of meditation. (CO1, K1)

12. (a) Write short notes on relaxation and concentration. (CO2, K4)

Or

- (b) Explain Panchaka Dharana. (CO2, K4)

13. (a) Explain Mantra meditation. (CO3, K4)

Or

- (b) Explain the importance of meditation in detail. (CO3, K4)

14. (a) What are the differences between Jainism and Buddhism. (CO4, K4)

Or

- (b) Explain transcendental meditation. (CO4, K4)

15. (a) What do you mean by the yogic concept of healthy life style. (CO5, K3)

Or

- (b) Why is yoga important in our daily life. (CO5, K3)

Part C

(5 × 8 = 40)

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

16. (a) Explain the purpose of practicing bandhas and Mudras in yoga – Discuss. (CO1, K1)

Or

- (b) Pranayama – Discuss. (CO1, K1)

17. (a) How can you practice Dharana in daily life – Discuss. (CO2, K4)

Or

- (b) Discuss about the importance Vyoma and Panchaka Dharana. (CO2, K4)

18. (a) Explain in different types of trataka – Discuss. (CO3, K4)

Or

- (b) Write short notes on Chakra meditation, walking meditation and Mantra meditation. (CO3, K4)

19. (a) Discuss about the common beliefs shared by Jainism, Zoroastrainism and Christianity. (CO4, K4)

Or

- (b) What do you learn about islam, sikhism and Hinduism. (CO4, K4)

20. (a) Why is self realization important in students life? – Discuss. (CO5, K3)

Or

- (b) Discuss about the yogic life style and unity of life. (CO5, K3)

R3762

Sub. Code

7245C3

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Yoga

APPLIED PSYCHOLOGY AND YOGIC COUNSELLING

(CBCS – 2022 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Developmental psychology focuses on (CO1, K1)
 - (a) Genetic disorders
 - (b) Cognitive functions
 - (c) Changes across the life span
 - (d) Social behaviour

2. Superconsciousness in yoga is achieved through (CO1, K1)
 - (a) Physical exercise
 - (b) Meditation and samadhi
 - (c) Asana practice only
 - (d) Reading spiritual texts

3. Which method is commonly used for diagnosing mental disorders? (CO2, K3)
- (a) ECG
 - (b) Psychodynamic assessment
 - (c) Clinical interviews and standardised scales
 - (d) Genetic testing
4. Which hormone is most associated with stress response? (CO2, K3)
- (a) Insulin
 - (b) Cortisol
 - (c) Dopamine
 - (d) Serotonin
5. Which is a common feature of autism? (CO3, K5)
- (a) Impaired motor skills
 - (b) Hallucinations
 - (c) Extreme mood swings
 - (d) Repeated behaviours and restricted interests
6. Which of the following is an example of a social phobia? (CO3, K5)
- (a) Fear of public speaking
 - (b) Fear of spiders
 - (c) Fear of flying
 - (d) Fear of heights

7. The term 'action in relaxation' in karma yoga refers to (CO4, K4)
- (a) Avoiding any work under pressure
 - (b) Effortless focus on work without stress
 - (c) Combining meditation with action
 - (d) Practicing relaxation techniques while working
8. What is the primary aim of yogic counselling? (CO4, K4)
- (a) Promote physical fitness
 - (b) Focus on philosophical aspects
 - (c) Avoid psychological challenges
 - (d) Address conflicts and frustrations holistically
9. Meaning of the term Anahata is (CO5, K4)
- (a) Infinite
 - (b) Soundless sound
 - (c) Vital energy
 - (d) Source of creation
10. Which mudra helps in activating the Vishuddhi chakra? (CO5, K4)
- (a) Jnana mudra
 - (b) Shunya mudra
 - (c) Khechari mudra
 - (d) Chin mudra

Part B

(5 × 5 = 25)

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

11. (a) Describe the importance of diagnostic classification systems in psychology. (CO1, K1)

Or

- (b) Briefly explain the role of Nadis in maintaining mental and physical balance. (CO1, K1)

12. (a) Explain the positive and negative symptoms of schizophrenia with examples. (CO2, K3)

Or

- (b) Discuss the diagnostic criteria for any two personality disorders. (CO2, K3)

13. (a) Describe the role of early diagnosis and intervention in managing learning disabilities. (CO3, K5)

Or

- (b) Describe the importance of early intervention and therapy in Autism. (CO3, K5)

14. (a) What is the significance of Shatkarma practices in promoting mental and physical well being? (CO4, K4)

Or

- (b) What are the benefits of meditation in enhancing psychological adjustment? (CO4, K4)

15. (a) Describe the practice of Nadi shodhana Pranayama? (CO5, K4)

Or

- (b) Describe the functions of Ida-Pingala nadi in dilant. (CO5, K4)

Part C

(5 × 8 = 40)

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

16. (a) Discuss the specific yoga practices that activate the chakras. (CO1, K1)

Or

- (b) Explain how sociology contributes the understanding health and illness in society. (CO1, K1)

17. (a) Discuss the challenges in diagnosing and treating adult mental disorders. (CO2, K3)

Or

- (b) Explain perceptual disorders and provide examples of two they manifest in mental illness. (CO2, K3)

18. (a) Explain the role of individualised counselling in attitude change towards yoga. (CO3, K5)

Or

- (b) Explain the psycho-physiological effects and health benefits of pranayama. (CO3, K5)

19. (a) Explain the causes and core symptoms of attention deficit hyper activity disorder. (CO4, K4)

Or

- (b) Explain the classification of mental retardation based on severity. (CO4, K4)

20. (a) Explain the role of any two chakras in human body.
(CO5, K4)

Or

(b) Discuss the connection between yogic postures and activation of chakras.
(CO5, K4)

R3763

Sub. Code

7245C4

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

Fifth Semester

Yoga

YOGA AND HUMAN VALUES

(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. I and ‘T’ what does ‘T’ stand for (CO1, K1)
 - (a) Thoughts
 - (b) Time
 - (c) Tranquility
 - (d) Physical body

2. Swasthya describes (CO1, K1)
 - (a) Wealth accumulation
 - (b) Social status
 - (c) Professional success
 - (d) Physical health and well being

3. ‘Vasudhaiva Kutumbakam’ signify (CO2, K2)
 - (a) Family as the central unit of society
 - (b) The world as one family
 - (c) National boundaries
 - (d) Individualism

4. Which value is most directly associated with Karuna in human relationships? (CO2, K2)
- (a) Wealth (b) Compassion
(c) Power (d) Status
5. Samman refers to: (CO3, K3)
- (a) Wealth (b) Power
(c) Respect (d) Knowledge
6. Which of the following is NOT considered a silent value in relationships? (CO3, K3)
- (a) Trust (b) Greed
(c) Love (d) Compassion
7. Moral education defines (CO4, K1)
- (a) Teaching academic subjects
(b) Training on physical exercises
(c) Promoting cultural activities
(d) Importing ethical values and principles
8. What is the key role of yoga in ethical decision-making? (CO4, K1)
- (a) Enhancing physical strength
(b) Increasing social influence
(c) Teaching philosophical doctrines
(d) Cultivating mindfulness and self awareness

9. Primary focus of social responsibility refers to (CO5, K1)
- (a) Maximizing profit
 - (b) Ethical behaviour
 - (c) Reducing competition
 - (d) Expanding market share
10. Civil society is best described as (CO5, K1)
- (a) Government institutions
 - (b) Business organizations
 - (c) Voluntary associations and NGOs
 - (d) Military organizations

Part B

(5 × 5 = 25)

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

11. (a) What is Sanyam and how does it contribute to harmony between “I” and the body? (CO1, K1)

Or

- (b) Discuss the role of yoga in developing self-discipline and health. (CO1, K1)

12. (a) Discuss the importance of harmony. (CO2, K2)

Or

- (b) How does the concept of universal harmonious order (Sarvabhaum Vyawastha) contribute to a peaceful society? (CO2, K2)

13. (a) Explain the concept of Samman (respect) in human relationships. (CO3, K3)

Or

- (b) Differentiate between 'respect' and differentiation in the context of human relationships. (CO3, K3)

14. (a) Define moral education and briefly describe its types. (CO4, K1)

Or

- (b) Discuss the interrelationship between values, yoga and reality. (CO4, K1)

15. (a) Explain the moral principles of social responsibility (SR). (CO5, K1)

Or

- (b) Outline the key challenges of environmental ethics. (CO5, K1)

Part C (5 × 8 = 40)

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

16. (a) Discuss in detail the concept of 'I' and 'T' and explain how this understanding impacts of human life and activities. (CO1, K1)

Or

- (b) Explain how Sanyam contributes to both physical and mental health. (CO1, K1)

17. (a) Explain the yogic concepts of Maitri, Karuna upeksha and meditation and how they contribute to harmony in human relationships and society. (CO2, K2)

Or

- (b) Evaluate the role of meditation in transforming personal relationships — Discuss. (CO2, K3)
18. (a) Explain the importance of silent values in human relationship and how they contribute to a harmonious society. (CO3, K3)

Or

- (b) Critically analyse the impact of differentiation on relationships and society as a whole. (CO3, K3)
19. (a) Discuss the role of a yoga in the development of Ethics and Ethical decision-making. (CO4, K1)

Or

- (b) Evaluate how the practice of yoga can contribute to building a moral and ethical society. (CO4, K1)

20. (a) In what ways can a holistic approach to social responsibility, incorporating yoga, benefit both employees and the environment? (CO5, K1)

Or

- (b) Discuss the values of social responsibility within a civil society. (CO5, K1)
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