

R4314

Sub. Code

25BYG1C1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

First Semester

Yoga

HISTORY AND FUNDAMENTALS OF YOGA

(CBCS – 2025 onwards)

Time : 3 Hours

Maximum : 75 Marks

Part A

(10 × 1 = 10)

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

1. Where did yoga originate? (CO1, K2)
(a) China (b) India
(c) Japan (d) Egypt
2. Who is credited with compiling the Yoga Sutras? (CO1, K2)
(a) Patanjali
(b) Tirumalai Krishnamacharya
(c) B.K.S. Iyengar
(d) Swami Vivekananda
3. What is the literal meaning of the word “yoga”? (CO2, K2)
(a) Posture (b) Breath
(c) Mind (d) Union
4. What is the nature of yoga? (CO2, K1)
(a) Physical (b) Spiritual
(c) Mental (d) All of the above

5. Which is the basic text of yoga philosophy? (CO3, K2)
(a) Patanjali yoga sutra
(b) Shiva samhita
(c) Gheranda samhita
(d) Meditation
6. What does Ashtanga Yoga mean? (CO3, K1)
(a) Six-limbed yoga (b) Four-limbed yoga
(c) Eight-limbed yoga (d) Ten-limbed yoga
7. Who wrote the Hatha Ratnavali? (CO4, K1)
(a) Srinivasa (b) Gheranda
(c) Svatmarama (d) Patanjali
8. What is Gheranda Samhita? (CO4, K1)
(a) A text on Ayurveda
(b) A text on Yoga
(c) A text on Vedanta
(d) A text on Tantra
9. Which yoga path combines physical postures and breathing techniques? (CO5, K2)
(a) Jhana Yoga (b) Hatha Yoga
(c) Bhakti Yoga (d) Laya Yoga
10. Which yoga path emphasizes the importance of meditation? (CO5, K2)
(a) Raja Yoga (b) Karma Yoga
(c) Bhakti Yoga (d) Mantra Yoga

Part B

(5 × 5 = 25)

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

11. (a) Write the meaning of post classical modern yoga. (CO1, K2)
- Or
- (b) Explain the different paths of yoga. (CO1, K2)
12. (a) What are the principles of yoga? (CO2, K4)
- Or
- (b) Write the need of yoga. (CO2, K4)
13. (a) Give a note on Indian yoga philosophy. (CO3, K4)
- Or
- (b) Write about misconception on yoga. (CO3, K5)
14. (a) Short note on hatha yoga gherand samhita. (CO4, K5)
- Or
- (b) Write about the hatha rathavalli in yoga perspectives. (CO4, K1)
15. (a) Explain raja yoga. (CO5, K6)
- Or
- (b) Write down the concepts of bakthi yoga. (CO5, K6)

Part C

(5 × 8 = 40)

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

16. (a) Explain about the history and evaluation of yoga. (CO1, K1)
- Or
- (b) Describe the history of post classical modern yoga. (CO1, K1)

17. (a) List out the natures of yoga in detail. (CO2, K4)

Or

(b) Construct the aim and objectives of yoga. (CO2, K4)

18. (a) Briefly explain about the scope of yoga. (CO3, K4)

Or

(b) Outline the astanga yoga in detail. (CO3, K4)

19. (a) Explain the perspectives of siva samhita in detail.
(CO4, K5)

Or

(b) Describe the perspectives of hatha yoga pradeepika
in detail. (CO4, K5)

20. (a) Construct the concepts of laya yoga. (CO5, K6)

Or

(b) Detail and explain the concepts of karma yoga.
(CO5, K6)

R4315

Sub. Code

25BYG1A1

B.Sc. DEGREE EXAMINATION, NOVEMBER – 2025

First Semester

Yoga

Allied : HUMAN ANATOMY AND PHYSIOLOGY — I

(CBCS – 2025 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 study of Physiology deals with _____. (CO1, K1)
 - (a) Functions of the human body
 - (b) Structure of the human body
 - (c) Energy system of the body
 - (d) Movement of the body
2. Which type of tissue includes bone, cartilage and fat? (CO1, K1)
 - (a) Epithelial
 - (b) Connective
 - (c) Muscle
 - (d) Nervous
3. How many bones are located in the human facial region? (CO2, K2)
 - (a) 14
 - (b) 8
 - (c) 22
 - (d) 15
4. Which type of joint is situated in the knee? (CO2, K2)
 - (a) Hinge joint
 - (b) Ball-and-socket joint
 - (c) Pivot joint
 - (d) Gliding joint

5. Which part of the digestive system is responsible for absorbing nutrients? (CO3, K3)
(a) Mouth (b) Esophagus
(c) Small intestine (d) Large intestine
6. Endocrine system secretes _____. (CO3, K3)
(a) Insulin (b) Pepsin
(c) Hormone (d) Thyroxin
7. The full form of CNS is _____. (CO4, K4)
(a) Cranial Nerve System
(b) Central Nervous System
(c) Cerebral Nerve System
(d) Circulatory Nervous System
8. The exchange of air occurs in _____. (CO4, K4)
(a) Heart (b) Muscles
(c) Liver (d) Lungs
9. How many chambers are there in the human heart? (CO5, K5)
(a) Three (b) Two
(c) Four (d) Five
10. Stroke volume is also referred to as _____. (CO5, K5)
(a) Cardiac output (b) Heart volume
(c) Ventricular output (d) Beat volume

Part B

(5 × 5 = 25)

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

11. (a) Write a short note on physiology in the field of Physical education. (CO1, K1)
- Or
- (b) List down the classification of joints — Explain any two. (CO1, K1)

12. (a) Write a short note on major muscles of shoulder. (CO2, K2)

Or

- (b) Explain the function of the cardiac cycle. (CO3, K2)

13. (a) Draw the structure of the Respiratory system. (CO3, K3)

Or

- (b) Explain about endocrine system and its function. (CO4, K3)

14. (a) Write about function of autonomic nervous system. (CO4, K4)

Or

- (b) Write short notes on (CNS) and its function. (CO4, K4)

15. (a) List down the classification of muscle contraction and explain. (CO5, K5)

Or

- (b) Describe vital capacity and its measurement methods. (CO5, K5)

Part C (5 × 8 = 40)

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

16. (a) Draw a neat diagram of cell and explain its function. (CO1, K1)

Or

- (b) Mention the classification of bones with suitable diagram. (CO1, K1)

17. (a) Draw and explain the functions of digestive system. (CO2, K2)

Or

- (b) Draw the heart diagram and explain the function of heart. (CO2, K2)

18. (a) Explain the mechanism of Respiratory System. (CO3, K3)

Or

- (b) Explain the functions of the Kidney. (CO3, K3)

19. (a) Evaluate the functions of the brain in detail. (CO4, K4)

Or

- (b) Discuss the Peripheral Nervous System (PNS). (CO4, K4)

20. (a) Describe the effect of post aerobic exercise. (CO5, K5)

Or

- (b) Write the effect of exercise on respiratory system. (CO5, K5)
