

**R4691**

**Sub. Code**

**25BYG2C1**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**Second Semester**

**Yoga**

**YOGA SUTRAS**

**(CBCS – 2025 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. Who is the compiler of the Yoga Sutras? (CO1, K1)  
(a) Vyasa (b) Patanjali  
(c) Kapila (d) Vachaspati Mishra
2. How many total Sutras are there in Patanjali Yoga Sutras? (CO1, K1)  
(a) 195 (b) 198  
(c) 197 (d) 196
3. Abhyasa refers to \_\_\_\_\_. (CO2, K2)  
(a) Practice (b) Detachment  
(c) Meditation (d) Liberation
4. Which is NOT a type of Vritti? (CO2, K2)  
(a) Pramana (b) Viparyaya  
(c) Smriti (d) Tapas

5. Ashtanga Yoga consists of: (CO3, K1)  
(a) Six (b) Seven  
(c) Eight (d) Nine
6. Karma Yoga mainly focuses on \_\_\_\_\_ (CO3, K1)  
(a) Knowledge (b) Devotion  
(c) Action (d) Meditation
7. According to Patanjali, Siddhis are attained through \_\_\_\_\_ (CO4, K2)  
(a) Asana (b) Samyama  
(c) Pranayama (d) Yama and Niyama
8. Vibhutipada is deals with \_\_\_\_\_. (CO4, K2)  
(a) Liberation (b) Discipline  
(c) Ethics (d) Powers
9. What is mean by kaivalya? (CO5, K1)  
(a) Liberation (b) Detachment  
(c) Concentration (d) Discipline
10. \_\_\_\_\_ is associated with purusha. (CO5, K2)  
(a) Matter (b) Consciousness  
(c) Mind (d) Ego

**Part B**

(5 × 5 = 25)

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

11. (a) List out the types of padas of yoga sutra. (CO1, K1)

Or

- (b) Write down the classical yoga philosophy. (CO1, K1)

12. (a) Short note on Isvara pranidana. (CO2, K2)

Or

(b) List down the types of samadhi. (CO2, K2)

13. (a) Explain the concept of Kleshas. (CO3, K4)

Or

(b) Define Kriya yoga. (CO3, K3)

14. (a) Write the meaning of Dharana and Dhyana. (CO4, K4)

Or

(b) What is Viveka Vairagya? (CO4, K4)

15. (a) What are the ultimate goal of the Yoga? (CO5, K5)

Or

(b) Define Nature of Liberation. (CO5, K5)

**Part C**

(5 × 8 = 40)

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

16. (a) Discuss the purpose and relevance of Yoga Sutras in modern life. (CO1, K2)

Or

(b) Elaborate the historical background of Patanjali Yoga Sutras. (CO1, K2)

17. (a) Describe the concept and importance of Samadhipada. (CO2, K4)

Or

(b) Outline the role of Abhyasa and Vairagya in attaining Samadhi. (CO2, K4)

18. (a) Discuss the eight limbs of Ashtanga Yoga. (CO3, K4)

Or

- (b) List and explain the types of karma. (CO3, K4)

19. (a) Construct the role of Siddhi on the path of liberation. (CO4, K5)

Or

- (b) Evaluate the developing higher perception and knowledge. (CO4, K5)

20. (a) Difference between concept of Purusa and Prakriti. (CO5, K6)

Or

- (b) Describe about the cycle of Birth, Death and Rebirth. (CO5, K6)

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**R4692**

**Sub. Code**

**25BYG2A1**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**Second Semester**

**Yoga**

**Allied — HUMAN ANATOMY AND PHYSIOLOGY — II**

**(CBCS – 2025 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 part of the brain controls voluntary muscle movements? (CO1, K2)  
(a) Cerebellum (b) Forebrain  
(c) Midbrain (d) Hindbrain
2. Synaptic transmission involves the release of \_\_\_\_\_ (CO1, K1)  
(a) Hormones (b) Enzymes  
(c) Neurotransmitters (d) Antibodies
3. \_\_\_\_\_ gland regulates calcium metabolism. (CO2, K2)  
(a) Thyroid (b) Pituitary  
(c) Adrenal (d) Parathyroid

4. GI tract hormones primarily influence \_\_\_\_\_ (CO2, K2)
- (a) Digestion and absorption
  - (b) Heart rate
  - (c) Respiration
  - (d) Vision
5. The male reproductive system includes which organ for sperm production? (CO3, K1)
- (a) Prostate
  - (b) Testes
  - (c) Seminal vesicle
  - (d) Epididymis
6. The female reproductive system's main hormone is \_\_\_\_\_ (CO3, K1)
- (a) Insulin
  - (b) Pepsin
  - (c) Estrogen
  - (d) Thyroxin
7. The primary organ of the excretory system is the \_\_\_\_\_ (CO4, K1)
- (a) Kidney
  - (b) Liver
  - (c) Lungs
  - (d) Skin
8. The ureter transports urine from the kidney to the \_\_\_\_\_ (CO4, K1)
- (a) Bladder
  - (b) Urethra
  - (c) Intestine
  - (d) Liver
9. Which organ is a primary lymphoid organ? (CO5, K2)
- (a) Spleen
  - (b) Thymus
  - (c) Lymph node
  - (d) Bone marrow
10. Lymph is transported through \_\_\_\_\_ (CO5, K1)
- (a) Lymphatic vessels
  - (b) Blood arteries
  - (c) Nerves
  - (d) Ureters

**Part B**

(5 × 5 = 25)

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

11. (a) Write a short note on function of mid brain. (CO1, K1)

Or

- (b) List down the types of nerves – Explain any two. (CO1, K1)

12. (a) Write a short note on parathyroid. (CO2, K2)

Or

- (b) Explain the function of the GI tract hormones. (CO3, K4)

13. (a) Write about the functions of female reproductive system. (CO3, K3)

Or

- (b) Give a note on pregnancy. (CO4, K3)

14. (a) Write about function of urinary bladder. (CO4, K4)

Or

- (b) Short notes on osmosis regulation. (CO4, K4)

15. (a) What is hyper sensitivity? (CO5, K5)

Or

- (b) Define lymph node. (CO5, K5)

**Part C**

(5 × 8 = 40)

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

16. (a) Draw a neat diagram of ear and explain its mechanic system. (CO1, K1)

Or

- (b) Briefly explain the importance of posture and spinal deformities. (CO1, K4)

17. (a) Outline the mechanism of hormone action. (CO2, K2)

Or

- (b) Briefly explain about the effect of yoga on obesity and diabetes. (CO2, K4)

18. (a) Draw a neat diagram of male reproductive system explain its function. (CO3, K3)

Or

- (b) Outline the effect of yoga on prevention of infertility. (CO3, K3)

19. (a) Evaluate the effects of yoga on excretory system. (CO4, K5)

Or

- (b) Explain the mechanism of excretory System in detail. (CO4, K4)

20. (a) Short note on : (CO5, K5)

- (i) Hypertension.  
(ii) Auto-immunity

Or

- (b) List down the types of immunity system and explain it. (CO5, K5)

**R5062**

**Sub. Code**

**7244C1**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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. The spiritual dimension of health focuses on (CO1, K1)
  - (a) Social interactions
  - (b) Physical fitness
  - (c) Economic stability
  - (d) Inner peace and purpose
  
2. Which dimension of health emphasizes relationship and communication? (CO1, K1)
  - (a) Physical health
  - (b) Mental health
  - (c) Social health
  - (d) Spiritual health

3. Which Kosha is referred to as the bliss body? (CO2, K3)
- (a) Annamaya Kosha
  - (b) Pranamaya Kosha
  - (c) Manomaya Kosha
  - (d) Anandamaya Kosha
4. Panch Pranas are responsible for: (CO2, K3)
- (a) Physical digestion only
  - (b) Mental health only
  - (c) Healing through meditation
  - (d) Regulation of all bodily function and energy flow
5. "Duhkha" in yoga philosophy refers to (CO3, K1)
- (a) Happiness
  - (b) Suffering and distress
  - (c) Confusion
  - (d) Balance
6. Which Shuddhi Prakriya focuses on sensory and mental purification? (CO3, K1)
- (a) Pratyahara
  - (b) Asana
  - (c) Yama and Niyama
  - (d) Shatkarma

7. What does personality integration aim to achieve in Yoga? (CO4, K1)
- (a) Physical fitness only
  - (b) Harmony between body, mind and spirit
  - (c) Intellectual development only
  - (d) Increased flexibility
8. Which aspect of yoga helps improve personal and interpersonal adjustments? (CO4, K1)
- (a) Asana
  - (b) Pranayama
  - (c) Meditation
  - (d) All of the above
9. What is the primary goal of yogic counseling? (CO5, K2)
- (a) Career success
  - (b) Physical fitness
  - (c) Psychological balance and self-awareness
  - (d) Financial management
10. “Secret of Karma” in yogic philosophy teach us (CO5, K2)
- (a) Hard work guarantees success
  - (b) Meditation is more important than action
  - (c) Success is determined by wealth
  - (d) Actions with pure intent lead to inner peace

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the concept of body, health and disease in yoga. (CO1, K1)

Or

- (b) How does yoga contribute to spiritual health? (CO1, K1)

12. (a) Define Pancha Mahabhutas and describe their role in health and healing. (CO2, K3)

Or

- (b) Explain the significance of the Chakras' in health and healing. (CO2, K3)

13. (a) Briefly explain Alabdha-Bhumikatva and Anavasthitatva. (CO3, K1)

Or

- (b) What are Shuddi Prakriyas in yoga and how do they contribute to preventive health. (CO3, K1)

14. (a) How does Yoga contribute to personal and interpersonal adjustment? (CO4, K1)

Or

- (b) Discuss the role of asanas in balancing the mind body and spirit. (CO4, K1)

15. (a) Discuss the psychological benefits of yogic counseling for healthy living. (CO5, K2)

Or

- (b) What are the key aspects of yogic counselling that contribute to holistic health? (CO5, K2)

**Part C**

(5 × 8 = 40)

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

16. (a) Describe the four dimensions of health and their significance in daily life. (CO1, K1)

Or

- (b) Elaborate on the role of yoga in promoting holistic health with examples. (CO1, K1)

17. (a) Elaborate on the concepts of Adhi and Vyadhi in yoga and their relevance to modern health challenges. (CO2, K3)

Or

- (b) Explain the Panchakoshas and how they contribute to holistic health and healing in yoga. (CO2, K3)

18. (a) Describe how Satkriyas and Asanas help on physical and mental purification. (CO3, K1)

Or

- (b) Analyze the significance of yoga in achieving holistic health through Shuddhi at all levels. (CO3, K1)

19. (a) Elaborate on how yoga helps in achieving personality integration and its psycho-social implications. (CO4, K1)

Or

- (b) Explain the practice of Pranayama and its contribution to health living, emphasizing its physiological and psychological benefits. (CO4, K1)

20. (a) Elaborate on the psychological and physiological benefits of yogic counselling for a health and balanced life. (CO5, K2)

Or

- (b) How can yogic counseling serve as an effective remedy for mental health issues? (CO5, K2)
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**R5063**

**Sub. Code**

**7244C2**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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 type questions by choosing the correct option.

1. The term “Jnana” means \_\_\_\_\_ (CO1, K1)  
(a) Union (b) Knowledge  
(c) Discipline (d) Surrender
2. The practice of self-inquiry in Jnana Yoga involves \_\_\_\_\_ (CO1, K1)  
(a) Controlling the breath  
(b) Renouncing the world  
(c) Questioning one’s own nature  
(d) Performing rituals
3. Which Chakra Symbolized by a lotus often petals? (CO2, K2)  
(a) Muladhara Chakra (b) Anahata Chakra  
(c) Manipura Chakra (d) Visuddha Chakra
4. Chakras and Nadis are components of which Kosha? (CO2 K2)  
(a) Annamaya (b) Pranamaya  
(c) Manomaya (d) Vijnyayamaya

5. Karma yoga is a branch of yoga based on the teachings of which text? (CO3, K1)
- (a) Patanjali Yoga sutras
  - (b) Bhagavad Gita
  - (c) Hatha pradipika
  - (d) Upanishads
6. A Sthitaprajna is also known as \_\_\_\_\_ (CO3, K1)
- (a) Jivan mukta
  - (b) Videhamukti
  - (c) Both (a) and (b)
  - (d) None of these
7. Niyama means \_\_\_\_\_. (CO4, K1)
- (a) Observance
  - (b) Practices of self-restraint
  - (c) Detachment
  - (d) Desire
8. \_\_\_\_\_ is fixing the mind in a particular spot. (CO4, K2)
- (a) dharana
  - (b) yama
  - (c) soul
  - (d) body
9. What is not one way to awaken Kundalini, according to hatha yoga? (CO5, K1)
- (a) Samaved
  - (b) Mula Bandha
  - (c) Kumbhaka
  - (d) Pranayam
10. India's biggest Yoga Centre has been constructed in village Mantalai in which state/UT? (CO5, K1)
- (a) Jammu and Kashmir
  - (b) Orissa
  - (c) Kolkatta
  - (d) Gujarat

**Part B**

(5 × 5 = 25)

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

11. (a) Summarize the concepts of Ida nadi (CO1, K2)

Or

- (b) Discuss the location, energy, body parts and functions of pingla nadi. (CO1, K2)

12. (a) Write about the path of knowledge in Jnana Yoga. (CO2, K2)

Or

- (b) Demonstrate the ability to create abhakti bhava during chanting and singing. (CO2, K2)

13. (a) Explain the concepts of nishkama karma. (CO3, K4)

Or

- (b) Describe the prerequisites of sthitaprajnalakshana. (CO3, K4)

14. (a) Differentiate yama and niyama. (CO4, K2)

Or

- (b) Elaborate pratyahara. (CO4, K2)

15. (a) Describe hatha yoga. (CO5, K2)

Or

- (b) Elaborate yoga anusandhana samsthana. (CO5, K2)

**Part C**

(5 × 8 = 40)

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

16. (a) Enumerate the stages of jnana yoga and its benefits  
(CO1, K1)

Or

- (b) Detail the states of consciousness in yoga. (CO1, K5)

17. (a) Analyze the effect of mantra chanting on nadi and chakaras.  
(CO2, K4)

Or

- (b) Elaborate the meaning of any two mantras.  
(CO2, K4)

18. (a) Determine the four principles of karma yoga.  
(CO3, K4)

Or

- (b) “Sthitaprajna Lakshana – the characteristics of the Man of Perfection” – Elaborate. (CO3, K4)

19. (a) Describe the types of asanas and its advantages.  
(CO4, K2)

Or

- (b) Appraise the four parts of the mind in yoga.  
(CO4, K2)

20. (a) Address the concepts of Bikram yoga. (CO5, K2)

Or

- (b) Analyze the contribution of various schools of yoga center towards yoga practices. (CO5, K4)

**R5064**

**Sub. Code**

**7244A4**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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 type questions by choosing the correct option.

1. Dynamic pranayama like Bhastrika \_\_\_\_\_.  
(CO1, K2)
  - (a) Ujjai
  - (b) NadiShodhana
  - (c) Surya Bedha
  - (d) Moorcha
2. Which practices are beneficial for hypertension and cardiac problems?  
(CO1, K2)
  - (a) Asanas
  - (b) Dynamic Kriya
  - (c) Relaxation
  - (d) Dynamic pranayama like Bhastrika
3. According to Fundamentals of Naturopathy, Acute diseases are \_\_\_\_\_  
(CO2, K1)
  - (a) Remedial/Cleansing agents
  - (b) Detrimental
  - (c) Unfavorable condition for the body
  - (d) Enervation

4. According to Naturopathy, Primary manifestation of disease is due to \_\_\_\_\_. (CO2, K1)
- (a) Parasites
  - (b) Virus
  - (c) Wrong food habits and lifestyle
  - (d) Bacteria
5. Proper balance of sleep is known as \_\_\_\_\_. (CO3, K1)
- (a) nidra
  - (b) aahara
  - (c) vihara
  - (d) brahmacharya
6. Purisha, mutra and sveda are \_\_\_\_\_. (CO3, K1)
- (a) dhatu
  - (b) malas
  - (c) dona
  - (d) ausadhi
7. The Unani system of medicine emphasizes on diagnosing a disease through \_\_\_\_\_. (CO4, K2)
- (a) medicine
  - (b) scan
  - (c) nabz (pulse)
  - (d) skin colour
8. Vatham, pitham, kapham are the humours of \_\_\_\_\_. (CO4, K2)
- (a) naturopathy
  - (b) unani
  - (c) homeopathy
  - (d) siddha
9. In India homoeopathy introduced in early 1810 by \_\_\_\_\_ disciple of Dr. Samuel Hahnemann. (CO5, K1)
- (a) John Martin Honigberger
  - (b) Bhagavananda
  - (c) Nithyapedam
  - (d) Rober clive

10. Homeopathy has the origin of \_\_\_\_\_. (CO5, K1)
- (a) Tibet (b) German  
(c) India (d) China

**Part B**

(5 × 5 = 25)

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

11. (a) Explain the principles of yoga therapy based on yoga vasistha. (CO1, K2)

Or

- (b) Explain the principles of yoga therapy. (CO1, K2)

12. (a) How does Naturopathy and Yoga jointly prevent diseases? (CO2 K1)

Or

- (b) Write short notes on Naturopathy treatment. (CO2, K1)

13. (a) Explain the pillars of Ayurveda. (CO3, K1)

Or

- (b) Explain number of Dosa. (CO3, K1)

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

Or

- (b) Explain the history of Siddha. (CO4, K2)

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

Or

- (b) Differentiate Allopathy and Homeopathy. (CO5, K1)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain Hatha Ratnavali text about yoga therapy principles. (CO1, K2)

Or

- (b) Elaborate Gheranda Samhita text on the principles of yoga therapy. (CO1, K2)

17. (a) Explain the principles of Naturopathy and its importance in human life. (CO2, K2)

Or

- (b) Develop a model Naturopathy treatment schedule for an obese person. (CO2, K2)

18. (a) Explain the principles of Updhatu. (CO3, K1)

Or

- (b) Elaborate the concept of Trayo Upasthambas. (CO3, K1)

19. (a) Elaborate the need and importance of Siddha. (CO4, K2)

Or

- (b) Explain the Siddha medicines and their uses. (CO4, K2)

20. (a) Explain the merits and demerits of Homeopathy and Naturopathy. (CO5, K1)

Or

- (b) How does Homeopathy work on human body? Describe. (CO5, K1)

**R5065**

**Sub. Code**

**7246C1**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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 options.

1. The common yogic practice for managing respiratory disorders (CO1, K1)  
(a) Meditation (b) Suryanamaskar  
(c) Savasana (d) Parnayama
2. The hyper-responsiveness of the respiratory track due to allergy or infections leads to (CO1, K1)  
(a) Tuberculosis (b) Asthma  
(c) Jaundice (d) Malaria
3. The organ which is affected in cardiovascular disorders (CO2, K1)  
(a) Lungs (b) Heart  
(c) Liver (d) Brain
4. The major risk factor for hypertension is (CO2, K2)  
(a) Physical activity (b) Low cholesterol levels  
(c) High salt intake (d) Hypotension

5. Which one is not a feature of type 2 diabetes? (CO3, K2)
- (a) Obesity (b) Autoimmune response  
(c) Insulin resistance (d) Gradual onset
6. How is obesity classified? (CO3, K4)
- (a) Based on weight alone  
(b) Based on BMI  
(c) Based on calorie intake  
(d) Based on Height alone
7. Which pranayama is beneficial for metabolic syndrome? (CO4, K2)
- (a) Kapalabathi (b) Bhastrika  
(c) Nadi shodhana (d) All of the above
8. The hormone which is primarily associated with oligo memorrhea? (CO4, K1)
- (a) Estrogen deficiencies  
(b) Excess progesterone  
(c) Hyper and rogenism  
(d) Increased oxytocin
9. The yoga pose which is recommended during pregnancy for relaxation. (CO5, K1)
- (a) Cobra pose (b) Cat-low pose  
(c) Plank pose (d) Wheel pose
10. The common cause of peptic ulcer (CO5, K1)
- (a) E.Coli (b) Pylori  
(c) Staphylococcus (d) Candid

**Part B**

(5 × 5 = 25)

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

11. (a) Describe the IAYT and its significance in managing street related disorder. (CO1, K2)

Or

- (b) What is allergic rhinitis? Briefly explain its causes and yogic management. (CO1, K2)

12. (a) Write a note on the etiopathogenesis and classification of angina pectoris. (CO2, K3)

Or

- (b) Describe the clinical features and management strategies of congestive cardiac failure. (CO2, K2)

13. (a) Describe the diagnostic criteria for metabolic syndrome and its complications. (CO3, K2)

Or

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

14. (a) Define menopause and discuss the role of yoga in alleviating menopausal symptoms. (CO4, K1)

Or

- (b) List the clinical features of PCOD and explain role of lifestyle modifications such as yoga and its management. (CO4, K1)

15. (a) Describe the side effects of chemotherapy. (CO5, K2)

Or

- (b) Describe the yogic management of irritable bowel syndrome. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Explain the concept of Adhija vyadhi and its relevance to stress related disorders. (CO1, K4)

Or

- (b) Define bronchial asthma and explain its etio-pathogenesis, clinical features and management using yogic approaches. (CO1, K2)

17. (a) Define ischemic heart disease and explain the post CABG rehabilitation methods. (CO2, K2)

Or

- (b) Define cardiac asthma and discuss the medical and yogic approaches for managing cardiac asthma. (CO2, K2)

18. (a) Compare and contrast type-I and type –II diabetes millitus based on their path physiology and treatment. (CO3, K5)

Or

- (b) Discuss the similarities and differences in the presentation and management of Hypo and hyperthyroidism. (CO3, K2)

19. (a) Discuss the clinical features and yoga management of menorrhagia. (CO4, K2)

Or

- (b) Compare and contrast the medical and yogic management of PMS (Pre menstrual syndrome). (CO4, K5)

20. (a) Explain the causes and clinical features of chronic gastritis. (CO5, K4)

Or

- (b) Explain the classification and features of inflammatory bowel disease. (CO5, K4)

**R5066**

**Sub. Code**

**7246C2**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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 type questions by choosing the correct option.

1. The hormone which is responsible for secondary sexual characters. (CO1, K1)
  - (a) Testosterone
  - (b) Estrogen
  - (c) Progesterone
  - (d) Prolactin
  
2. The stage in woman in which the brain development and emotional sensitivity occurs (CO1, K1)
  - (a) Early childhood
  - (b) Adolescence
  - (c) Adulthood
  - (d) Old age

3. The yoga pose which is often recommended for relieving menstrual cramps. (CO2, K1)
- (a) Nataraja pose
  - (b) Cobra pose
  - (c) Peacock pose
  - (d) Child's pose
4. The hormone is responsible for regulating menstrual cycle. (CO2, K1)
- (a) Thyroxine
  - (b) Estrogen and progesterone
  - (c) Testosterone
  - (d) Oxytocin
5. 'Bandha' in yoga (CO3, K4)
- (a) Gesture
  - (b) Lock
  - (c) Breath
  - (d) Movement
6. 'Yogic diet' — emphasizes (CO3, K4)
- (a) Rajasic
  - (b) Sattvic
  - (c) Tamasic
  - (d) Spicy

7. The primary symptom of prolapsed uterus (CO4, K3)
- (a) Back ache
  - (b) Pain during urination
  - (c) Bulging tissue at vaginal opening
  - (d) Irregular menstruation
8. Which of the following is not a common symptom of depression? (CO4, K2)
- (a) Loss of interest
  - (b) Persistent fatigue
  - (c) Weight gain
  - (d) Frequent urination
9. Nadi shodhana pranayama means (CO5, K1)
- (a) Cooling breath
  - (b) Channel cleansing breath
  - (c) Bee breath
  - (d) Lion's breath
10. 'Cooling breath' Technique of Pranayama is (CO5, K1)
- (a) Bhastrika
  - (b) Sitali
  - (c) Kapalabhati
  - (d) Anulom Vinolom

**Part B**

(5 × 5 = 25)

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

11. (a) Explain how reproductive health differs in woman during early adulthood. (CO1, K4)

Or

- (b) Describe the emotional development of woman in early childhood and adolescence. (CO1, K2)

12. (a) Describe the link between yoga and menstrual cycle. (CO2, K2)

Or

- (b) Briefly explain the concept of Shakti and its role in women's spirituality. (CO2, K4)

13. (a) How can yoga postures be used to support healing during postpartum period? (CO3, K2)

Or

- (b) Briefly explain the importance of sacral chakra during pregnancy and its role on emotional development. (CO3, K4)

14. (a) Explain the urinary system disorders common in women and their prevention techniques. (CO4, K4)

Or

- (b) What are the causes of menstrual irregularities and how can they be treated? (CO4, K3)

15. (a) Explain the concept of Satkriyas and its importance in yoga practice. (CO5, K4)

Or

- (b) How do Mudras influence energy flow in the body? (CO5, K1)

**Part C** (5 × 8 = 40)

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

16. (a) Explain the role of testosterone and estrogen play in determining the physical and emotional characteristics of men and women. (CO1, K4)

Or

- (b) Write an account on physiological changes in old age differ for men and women. (CO1, K2)

17. (a) What role does primal energy play in a woman's journey through life style? (CO2, K1)

Or

- (b) Explain the importance of acknowledging the goddess archetype within women. (CO2, K4)

18. (a) Explain any two charkas which is most directly involved in birthing process. (CO3, K4)

Or

- (b) Explain any two yoga practices which is most beneficial for calming the mind and balancing the energies post-child birth. (CO3, K4)

19. (a) Discuss the relationship between backache and sedentary life styles and suggest preventive measures. (CO4, K3)

Or

- (b) Discuss the role of lifestyle factors in the development of varicose line. (CO4, K3)

20. (a) Discuss any three Mudras in detail. (CO5, K2)

Or

- (b) Explain the role of meditation in achieving self-awareness and inner peace. (CO5, K4)

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**R5067**

**Sub. Code**

**7246C3**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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 type questions by choosing the correct option.

1. What is recommended daily water intake for an average adult? (CO1, K1)
  - (a) 2-3 liters
  - (b) 1 liter
  - (c) 5-6 liters
  - (d) 500 mili liter
  
2. One source of water contamination (CO1, K1)
  - (a) Industrial Waste
  - (b) Rain Water harvesting
  - (c) Forest Conservation
  - (d) Sevage disposal

3. Disinfection refers to (CO2, K4)
- (a) Boosting immunity naturally
  - (b) Healing wounds
  - (c) Eliminating harmful pathogens
  - (d) None of the above
4. Bacterium causes cholera. (CO3, K2)
- (a) *Vibrio cholerae*
  - (b) *Salmonella Typhi*
  - (c) *Escherichia Coli*
  - (d) Bacteria
5. Which of the following is a natural disinfectant? (CO2, K2)
- (a) Hydrogen Peroxide
  - (b) Bleach
  - (c) Sunlight
  - (d) Phenol
6. Average incubation period of dengue (CO3, K2)
- (a) 1-3 days
  - (b) 3-7 days
  - (c) 7-14 days
  - (d) 14-21 days

7. The incubation period for chicken pox is (CO4, K1)  
(a) 1-3 days (b) 10-21 days  
(c) 30 days (d) 15-25 days
8. Common emerging health problem (CO4, K1)  
(a) Malaria  
(b) Tuberculosis  
(c) Obesity  
(d) Chicken pox
9. Virus is associated with cervical cancer. (CO5, K4)  
(a) HIV  
(b) HPV  
(c) Hepatitis  
(d) Epstein-Barr Virus
10. Common early symptoms of cervical cancer (CO5, K4)  
(a) Persistent cough  
(b) Pain in joints  
(c) Abnormal Vaginal bleeding  
(d) None of the above

**Part B**

(5 × 5 = 25)

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

11. (a) What are the different sources of water contamination? (CO1, K1)

Or

- (b) Discuss the significance of first aid in daily lives. (CO1, K1)

12. (a) Write short notes on channels of infection with examples. (CO2, K4)

Or

- (b) Describe the role of disinfection in controlling infections. (CO2, K4)

13. (a) Describe the symptoms of dengue fever. (CO3, K2)

Or

- (b) Write a short note on the role of Public health. (CO3, K2)

14. (a) Explain how measles is spread and mention its symptoms. (CO4, K4)

Or

- (b) What is Aids? Explain its mode of spread and Preventive measures. (CO4, K1)

15. (a) What are the major causes and prevention methods for cervical cancer? (CO5, K4)

Or

- (b) Explain the difference between active and passive immunity with example. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) Write a detailed note on water purification techniques and their relevance in preventing water borne disease. (CO1, K1)

Or

- (b) Explain the meaning of first aid and its importance with examples of its application in emergency situations. (CO1, K4)
17. (a) Describe the stages of an infection and how they relate to the period of infection. (CO2, K4)

Or

- (b) Explain the significance of disinfection in Public health and compare various methods. (CO2, K4)
18. (a) Describe the prevention and control measures for diseases spread by musquitos, with a focus on malaria and dengue. (CO3, K2)

Or

- (b) Explain the epidemiology of dengue fever and its impact on Public health. (CO3, K4)
19. (a) Describe the symptoms transmission and control measures for leprosy and AIDS. (CO4, K1)

Or

- (b) Compare and contrast waterborne diseases (dysentery, cholera, typhoid) based on their causes, symptoms and prevention. (CO4, K6)

20. (a) Explain the immunization schedule for children and its significance in Public health. (CO5, K4)

Or

- (b) Describe the causes, symptoms, prevention and treatment of breast cancer. (CO5, K4)
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**R5068**

**Sub. Code**

**7246C4**

**B.Sc. DEGREE EXAMINATION, APRIL – 2026**

**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 type questions by choosing the correct option.

1. Movement or expansion is the element of \_\_\_\_\_.  
(CO1, K1)  
(a) Aakash                      (b) Vayu  
(c) Tapasya                      (d) Tantra
2. Penetration and digestion is the functions of \_\_\_\_\_.  
(CO1, K1)  
(a) Vayu                          (b) Agni  
(c) Space                          (d) Jhal
3. Vijnanamaya is \_\_\_\_\_ sheath.                      (CO2, K1)  
(a) Food                          (b) Emotion  
(c) Wisdom                      (d) Strength
4. Being aware of oneself and joy experienced in being aware of oneself is, \_\_\_\_\_.                      (CO2, K3)  
(a) Annamaya                      (b) Pranamaya  
(c) Manomaya                      (d) Anandamaya

5. Chakras also called as \_\_\_\_\_. (CO3, K1)  
(a) Lotus (b) Lilly  
(c) Jasmine (d) Rose
6. \_\_\_\_\_ mandala helps to calm the creator or viewer. (CO3, K1)  
(a) Emotional (b) Healing  
(c) Sand (d) Teaching
7. Nadi that represents mental energy is \_\_\_\_\_. (CO4, K1)  
(a) Sushmna (b) Alambusha  
(c) Ida (d) Pingala
8. Pingala nadi represents \_\_\_\_\_. (CO4, K1)  
(a) Moon (b) Sea  
(c) Sky (d) Sun
9. Systematic study of the breath flow through the nostrils is \_\_\_\_\_. (CO5, K3)  
(a) Swarayoga (b) Swarodaya  
(c) Svarovijnana (d) Svaronanda
10. Breathing pattern of sushmana system in Swarodaya yoga is \_\_\_\_\_. (CO5, K3)  
(a) right to left (b) both nostrils  
(c) left to right (d) left alone

**Part B**

(5 × 5 = 25)

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

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

Or

- (b) Explain Pancamahabhutas. (CO1, K4)

12. (a) Explain story of Bhagu (Bhrigu). (CO2, K4)

Or

(b) Write short notes on Upanishad. (CO2, K3)

13. (a) What is meant by Chakra? (CO3, K1)

Or

(b) Describe Muladhara. (CO3, K2)

14. (a) Explain the concept of Nadi. (CO4, K4)

Or

(b) Explain the characteristics of Nadi. (CO4, K4)

15. (a) Explain the concept of Svava-Vijnana. (CO5, K4)

Or

(b) Explain the origin of Swava-Yoga. (CO5, K4)

**Part C**

(5 × 8 = 40)

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

16. (a) How does evolution of human body is described in Saikhya Yoga? (CO1, K1)

Or

(b) Describe the evolution of Jnanendriyas. (CO1, K2)

17. (a) Explain the benefits of meditation through bhrigu and varuna. (CO2, K4)

Or

(b) Describe the factors that disturb kosha. (CO2, K3)

18. (a) Explain the benefits of Chakra. (CO3, K4)

Or

(b) Describe the principles of Mandala. (CO3, K4)

19. (a) Differentiate Ida, Pingala and Sushumna Nadi.  
(CO4, K5)

Or

(b) Explain the concept of activation and purification of Nadis. (CO4, K4)

20. (a) How does Swara Yoga turns movement into energy?  
Explain. (CO5, K3)

Or

(b) Explain the procedure of healing through Svava  
Yoga. (CO5, K4)

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