

S.No. 5777

16 SACPE 2

(For candidates admitted from 2016–2017 onwards)

B.Sc. DEGREE EXAMINATION, APRIL 2022.

Part III — Allied

YOGA EDUCATION

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL questions.

1. Define meaning of Yoga.
2. Write a note on Thirumoolar.
3. Define Yama.
4. What is Hatha Yoga?
5. Write benefits of Surya namaskar.
6. Write a note on Relaxative asanas.
7. Define Naddi Suddhi.
8. Define Mudra.
9. Explain Yogic Practices.
10. Define Yoga Education.

SECTION B — (5 × 5 = 25)

Answer ALL questions, choosing either (a) or (b).

11. (a) Explain the aims of Yoga.
Or
(b) Explain historical back ground of Yoga.
12. (a) Explain Jnana Yoga.
Or
(b) Write about Meditation.
13. (a) Write about Makarasana.
Or
(b) Explain cultural asanas.
14. (a) Write about Sitali.
Or
(b) Explain Kriyas.
15. (a) Explain Respiratory System.
Or
(b) Write about Endocrine System.

SECTION C — (3 × 10 = 30)

Answer any THREE questions.

16. Write down the historical back ground of Yoga.
17. Briefly explain types of Yoga.
18. Discuss the importance of asanas.
19. Explain the methods and benefits of meditation.
20. Explain difference between Yogic practices and physical exercises.