

QP CODE: 25011018



Reg No :
Name :

**UNDER GRADUATE (CBCS) SPECIAL REAPPEARANCE EXAMINATIONS,
FEBRUARY 2025**

Fifth Semester

(Offered by the Board of Studies in Sanskrit)

OPEN COURSE - SA5OPT01 - YOGA -THEORY AND PRACTICE

2022 Admission Only

980E5FDF

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. Which are the two systems of Indian Philosophy?
2. What is Vikalpah?
3. What can be controlled through Abhyasa and Vairagya?
4. What is Samprajnata samadhi?
5. What is Sraddha?
6. Eswara is the preceptor of all ancient teachers. Why?
7. What are the symptoms of a distracted condition of Mind ?
8. What is Cittaprasadanam?
9. What helps to make the mind steady?
10. Write any two advantages of Bhujangasana.
11. What is the meaning of the term Jivahbandha?
12. What is the personality of a humanbeing?

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Pramanavipariyavikalpanidrasmrityah- Explain.





14. What are the powers that can be acquired by the practice of Yoga?
15. Yoga is very effective for stress management' Evaluate the statement.
16. Write a short note on Jalandharabandha.
17. Describe the posture of Matsyasana.
18. Give a brief note on the benefits of Tolangulasana.
19. Benefits the practice of mental hygiene.
20. Genesis of emotion.
21. Describe the cause of ulcer.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Mental modifications are five in number- Explain.
23. Write an essay on Chakrasana.
24. Write an essay on the importance of Yoga.
25. Describe the emotional backgrounds of health and yogic culture.

(2×15=30)

