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YSE 457

Second Semester M.Sc. Degree Examination, September/October 2022
YOGIC SCIENCE (Elective)
Yoga for Personal Health

Time : 3 Hours

Max. Marks : 70

I. Answer the following questions in **one** word/**one** sentence **each**. (10×1=10)

- 1) Define Yoga according to Maharshi Patanjali.
- 2) Write the Aim of yoga.
- 3) Define *Pratyahara*.
- 4) Write the WHO definition of Health.
- 5) Who wrote *Hatha Yoga* ?
- 6) Write the normal HDL Cholesterol level.
- 7) Define *Mitahara*.
- 8) Write the benefit of *Ahimsa*.
- 9) Give one example for *Rajasika* food.
- 10) Write a name of Karma Yogi.

II. Write short notes to **any six** of the following : (6×5=30)

- 1) Kriyas.
- 2) *Satvika* food.
- 3) Functions of Fats.
- 4) *Bhakti*.
- 5) Apathya concept of food.
- 6) Fat soluble vitamins.
- 7) *Niyama*.

III. Explain **any three** of the following : (3×10=30)

- 1) Concepts and Misconcepts of Yoga.
 - 2) Pre Patanjali Period.
 - 3) Jnana Yoga.
 - 4) Sources, Role and deficiency problems of Minerals.
 - 5) Indian Concept of Health.
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