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YSH 452

Second Semester M.Sc. Degree Examination, Sept./Oct. 2022
YOGIC SCIENCE
Basics Relevant to Yogic Science – II

Time : 3 Hours

Max. Marks : 70

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

- 1) What is Swara according to Swara Yoga ?
- 2) Name the Asana that a pregnant lady must not practice according to yoga rahasya.
- 3) Name the taste which supplies minimum energy.
- 4) Name the *Mahabhutas* which constitute “kasaya rasa”.
- 5) Give an example for *tamasika* diet.
- 6) Name the swara which aids in the practice of meditation.
- 7) How many ‘Sastriya Karmas’ are specified according to yoga rahasya ?
- 8) Give an example for *Pathya* food.
- 9) Name the most abundant dietary source of energy for all organisms.
- 10) Name a taste which reduces *vata dosa*.

II. Answer **any six** of the following questions :

(6×5=30)

- 1) What are lipids ? Write a note on classification of lipids.
- 2) Define calorie. Add a note on energy requirements of a man.
- 3) Explain swarayoga in brief.
- 4) Write a note on *Tridosha*.

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- 5) Explain briefly practice of yoga for women according to yoga rahasya.
- 6) Write a note on *Triguna*.
- 7) Explain in short, practice of yoga to promote and maintain health and treat illness according to yoga rahasya.
- 8) Write the philosophy of Pranayama.

III. Explain **any Three** of the following :

(3×10=30)

- 1) Describe yoga practice according to yoga rahasya.
 - 2) What are minerals ? Explain their classification and the biological role of minerals.
 - 3) Describe the relationship between the *tridosha*, taste and the *mahabhuta*.
 - 4) Compare and contrast *asanas* with physical exercises.
 - 5) Define and explain health according to Indian and modern System.
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