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**DHANALAKSHMI SRINIVASAN COLLEGE
OF ARTS & SCIENCE FOR WOMEN
(AUTONOMOUS)**

(For Candidates admitted from 2019-2020 onwards)



UG DEGREE EXAMINATIONS APRIL - 2021

B.Sc., - PSYCHOLOGY

PRINCIPLES OF YOGA

Time: 3 Hrs

Max.Marks: 75

PART - A

CHOOSE THE CORRECT ANSWER

(10X1=10)

1. The Word "Yoga" comes from Sanskrit. What is the literal meaning of this word?
 - a) Hindu System of Philosophy & Meditation
 - b) Inner Peace & tranquility
 - c) Joining Together
 - d) Controlled Breathing
2. How many different Asanas does Surya Namaskar comprise of?
 - a) 12
 - b) 8
 - c) 7
 - d) 10
3. Who Compiled Yoga Sutra?
 - a) Patanjali
 - b) Gheranda
 - c) Svastmarma
 - d) None of the above
4. The Purpose of yoga as taught by the ancients is to attain:
 - a) Perfect Health
 - b) Peace of Mind
 - c) Stress Relief
 - d) Enlightenment of Self-realization
5. How many activities are there in Pranayama?
 - a) 2
 - b) 3
 - c) 5
 - d) 6
6. Out of the following which activity does not belong to Pranayama?
 - a) Dhouti
 - b) Purak
 - c) Rechak
 - d) Kumbhak
7. Which Asana is helpful in maintaining Normal Blood-Pressure?
 - a) Shavasana
 - b) Padmasana
 - c) Sheerashana
 - d) Shalabahasan
8. Which of the following is true about Meditation?
 - a) Your Mind will quiet itself
 - b) You will have to quiet your mind
 - c) You need an experienced trainer to quiet your mind
 - d) The mind need not to be quiet
9. ----- is one of the four Upavedas or secondary Vedic teachings, along with Gandharva Veda, Sthapatya Veda, and Dhanur Veda.
 - a) Yoga
 - b) Vedas
 - c) Ayurveda
 - d) None of the above
10. ----- is known as the science of health and healing.
 - a) Yoga
 - b) Ayurveda
 - c) Pranayama
 - d) Meditation

PART - B

ANSWER ALL THE QUESTIONS

(5X7=35)

11. a) Explain the 8 Limbs or Stages of Yoga?

(OR)

b) Explain the Concept of 'Yoga disciplined way of life'?

12. a) Explain about the types of Yoga?

(OR)

b) Explain about the paths of Yoga?

13. a) Describe about the Complete Breathing?

(OR)

b) List out the Components of Pranayama?

14. a) Explain Therapeutic Effects of Asana?

(OR)

b) Describe the Importance of yoga in Physical Education and Sports?

15. a) Explain about Holistic Health?

(OR)

b) Write down the Relationship between Ayurveda and Yoga?

PART - C

ANSWER ANY THREE QUESTIONS

(3X10=30)

16. Describe the Yoga Suturas of Pathanjali and Thirumoolar?

17. Describe about the Ashtanga Yoga?

18. Briefly Describe about Pranayama?

19. Explain about Meditation?

20. Explain about the complete system of Ayurveda?