III Semester P.G. Degree Examination, February 2017
(CBCS)
YOGA AND WELLNESS (Open Elective)

Time : 3 Hours
Max. Marks : 70

Instructions: 1) Section – A: Answer ten questions.
2) Section – B: Answer four questions.
3) Section – C: Answer three questions.

SECTION – A

Answer any ten of the following. Each answer should not exceed four lines. (2x10=20)

1. A) योगिक साधन
   Yogic food

B) प्रान्याय
   Pranayam

C) ध्यान
   Dhyana

D) योगाधिकृत सिद्धांत
   Concept of Yoga

E) सामाधि
   Samadhi

F) विटामिन A
   Vitamin A

P.T.O.
G) Principles of Yoga

H) Cholesterol

I) Vital capacity

J) Asanas

K) Digestive system

L) Proteins

SECTION B

Answer any four of the following questions. Each answer should not exceed one page. (4x5= 20)

2. Discuss the benefits of Yoga.

3. Write the meaning and definition of Yoga.

4. Explain the aims and objectives of yoga.
5.  ಜೀವನದಲ್ಲಿ ಕ್ರಿಯೆದ ಕೂಡಿರುತ್ತದೆ ಕೇಂದ್ರಮಾಡಿ.
   Discuss the importance of carbohydrate.

6.  ಯೋಗದ ಎರಡು ಕ್ರಮವಾಗಿ ಸಾಮಾನ್ಯ ಕೃತಿಗಳು ಅಥವಾ ವಿಧಾನಗಳು ಅಥವಾ ಆಯೋಜನಗಳು.
   List the types and principles of Yoga and explain them.

7.  ಯೋಗದ ಐತಿಹಯ ಸಾಮಾನ್ಯವಾಗಿ ಆಯೋಜನಾಂಕಿಸಿ.
   Explain the historical development of yoga.

8.  ತಂತ್ರಾಂಗದ ಸಾಮಾನ್ಯವಾಗಿ ಸೂಚಿಸಿ.
   Explain the panchakosa’s in yoga.

9.  ಯೋಗದ ಜೀವನ ಕೃತಿಗಳಲ್ಲಿ ಸಾಮಾನ್ಯವಾಗಿ ಸೂಚಿಸಿ.
   List the types of Yoga and explain them.

10.  ಜೀವನದಲ್ಲಿ ಯೋಗದ ಸಾಮಾನ್ಯವಾಗಿ ಸಾಮಾನ್ಯವಾಗಿ ಸೂಚಿಸಿ.
    Discuss the effects of Yoga on physiological functions on human body.

11.  ತಂತ್ರಾಂಗದ ಸಾಮಾನ್ಯವಾಗಿ ಸೂಚಿಸಿ.
    Explain the principles of diet and their importance.

12.  ತಂತ್ರಾಂಗದ ಸಾಮಾನ್ಯವಾಗಿ ಸೂಚಿಸಿ.
    Discuss the importance of Yoga in the modern life.
INSTRUCTIONS TO CANDIDATES

1. Immediately after the commencement of the Examination, you should check that this Booklet does not have any unprinted or torn or missing pages or items, etc. If any of the above defects is found, get it replaced by a Complete Question Booklet of the available series.

2. Write clearly the Question Booklet Version Code A, B, C, D or E, in the appropriate space provided for the purpose, in the OMR Answer Sheet.

3. Enter the name of the Subject, Reg. No., Question Booklet version code and affix Signature on the OMR sheet. As the answer sheets are designed to suit the Optical Mark Reader (O.M.R.) system, special care should be taken to fill those items accurately.

4. This Question Booklet contains 55 questions, Part – A contains 40 questions of one mark each and Part – B contains 15 questions of two marks each. All questions must be attempted. Each question contains four answers, among them one correct answer should be selected and shade the corresponding option in the OMR sheet.

5. All the answers should be marked only on the OMR sheet provided and only with a black or blue ink ball point pen. If more than one circle is shaded / wrongly shaded / half shaded for a given question no marks will be awarded.

6. Immediately after the final bell indicating the closure of the examination, stop making any further markings in the OMR Answer Sheet. Be seated till the OMR Answer Sheet is collected. After handing over the OMR Answer Sheet to the Invigilator you may leave the examination hall.
Version Code

III SEMESTER M.B.A. DEGREE EXAMINATION, FEBRUARY 2016
(CBCS Scheme)

Open Elective : YOGA AND WELLNESS

Time Allowed : 3 Hours
Maximum Marks : 70

1. 

2. 

3. 

4. 

5. 

6. 

Note: English version of the instructions is printed on the front page of this booklet.
PART - A

Choose the correct answer. All question carry equal marks. (40x1=40)

1. Which one of the following is king of all asanas?
   a) Padmasana  
   b) Simhasana  
   c) Sirshasana  
   d) Sarvangasana

2. How many chapters are there in Patanjali Yoga Sutra?
   a) 3  
   b) 4  
   c) 2  
   d) 5

3. Which is the rules of conduct of an individual?
   a) Yama  
   b) Niyama  
   c) Dharana  
   d) Asana

4. Mitahara in Hatha yoga means
   a) Little eating  
   b) Neither over eating nor under eating  
   c) Under eating  
   d) Only over eating

5. International Day of Yoga was celebrated in
   a) 21st May  
   b) 21st June  
   c) 21st July  
   d) 21st January

SPACE FOR ROUGH WORK
6. While arranging your Yoga classroom/Studio/Hall in general, what ‘background sound’ will you prefer among the following?
   a) Good rhythmic music
   b) Soothing and meditative instrumental music
   c) Silence
   d) Sounds of nature [eg. water, birds, wind sounds]

7. Jnana yoga is path of
   a) Creativity
   b) Meditation
   c) Physical fitness
   d) Knowledge

8. The third limb of yoga is
   a) Pranayama
   b) Asana
   c) Niyama
   d) Dharana

9. Inhalation means
   a) Puraka
   b) Rechaka
   c) Kumbhaka
   d) None of these
10. In all the asanas the breathing should be done through:
   a) Nostrils
   b) Breathing
   c) Mouth
   d) None of these

11. The sentence “yoga chittavrutti nirodhah” is in:
   a) Yoga Vasishtha
   b) Baba Ramdev
   c) Ravishankar Guruji
   d) Sage Patanjali

12. The other name for patanjali yoga is:
   a) Hatha yoga
   b) Mantra yoga
   c) Tantra yoga
   d) Rajayoga

13. Surya namaskara has __________ asanas.
   a) Among all asanas
   b) All kriyas
   c) All bandhas
   d) All mudras

14. The word yoga is derived from the Sanskrit word:
   a) Yama
   b) Yuz
   c) Yogasana
   d) Yoga

15. Who is the father of yoga?
   a) Patanjali
   b) Valmiki
   c) B. K. S. Iyengar
   d) Ravishankar Guruji

   SPACE FOR ROUGH WORK
16. Who is the father of Ashtanga Yoga?
   a) Swamy Vivekananda
   b) B. K. S. Iyanger
   c) Patanjali Maharshi
   d) Ravishankar Guruji

17. Which food yogis like preferably?
   a) Rajasika
   b) Tamasika
   c) Sattvika
   d) None of these

18. Dress for yoga practice should be
   a) Tight fitting jeans
   b) Costly and sophisticated dresses
   c) Protective covering from head to toe
   d) Loose fitting and comfortable

19. Which one of the following is an essential component of a healthy diet?
   a) Pasta
   b) Fish
   c) Water
   d) Bread

20. Which one of the following is the most appropriate method of training to improve your flexibility?
   a) Circuit training
   b) Weight training
   c) Yoga
   d) Aerobics
21. __________ means a sealing posture.
   a) Suryanamaskara   b) Bandhas
   c) Mudras            d) Kriyas

22. Asanas should be done at least ________ hours after food.
   a) One-two         b) Two
   c) Three-four      d) Five

23. Exhalation means
   a) Puraka       b) Rechaka
   c) Kumbhaka     d) None of these

24. Yoga is originated
   a) India        b) Karnataka
   c) China        d) Japan

25. Japa means repetition of
   a) Mudras       b) Mantra
   c) Meditation   d) Pranayama

26. Which one used as the important body part in doing pranayamas?
   a) Heart        b) Lungs
   c) Brain        d) Stomach
27. Bhakti yoga is
   a) The mastery of the scriptures
   b) Work is done without attachment
   c) The personality of the gods are important
   d) Education in the Upanishads

28. Yoga is a tradition seen as means to
   a) Physical Health and Spiritual Mastery
   b) Muscle Toning and Physical Endurance
   c) Balanced Diet and Daily Exercise
   d) Improvement of breathing practices

29. Match the items in the two columns:

A) Yama  
B) Niyama  
C) Asana  
D) Pranayama

   a) A – 1  B – 2  C – 3  D – 4
   b) A – 2  B – 3  C – 4  D – 1
   c) A – 3  B – 1  C – 4  D – 2
   d) A – 1  B – 3  C – 2  D – 4

   SPACE FOR ROUGH WORK
30. Which one of the following attribute satisfies the criteria of Sattvic Food?
   a) Spicy, hot, bitter, sour and pungent
   b) Pure, essential, natural, vital, energy containing
   c) Unnatural, overcooked, stale, left over and processed food
   d) None of the above

31. Ashtanga yoga comes in
   a) Rajayoga
   b) Bhakti yoga
   c) Karma yoga
   d) Hatha yoga

32. In yama panchaka __________ is one.
   a) Niyama
   b) Asana
   c) Pranayama
   d) Truth

33. The benefit gain due to yoga practice is
   a) Body weight decreases
   b) Concentration improve
   c) Body weight increases
   d) Creates unity

34. The pranayama perform with the help of teeth is called
   a) Sheethali
   b) Sheethkari
   c) Sadanta
   d) Brahmari
35. The fourth part of ashtanga yoga is
   a) Yama
   b) Pranayama
   c) Dharana
   d) Niyama

36. Which time is suitable to do Suryanamaskara?
   a) Early morning
   b) Evening
   c) Afternoon
   d) Moonlight

37. Balance diet is involved
   a) Carbohydrates
   b) Proteins
   c) Fat
   d) All of above

38. Fight or Flight gland is
   a) Pituitary gland
   b) Thyroid gland
   c) Adrenal gland
   d) Thymus gland

39. Yoga sutra are the compilation of aphorisms
   a) 206
   b) 198
   c) 190
   d) None of these

40. Which one is not direct proportionate to the energy?
   a) Carbohydrates
   b) Proteins
   c) Fat
   d) Vitamins

SPACE FOR ROUGH WORK
PART – B

Choose the correct answer. All question carry equal marks. (15x2=30)

41. Which of the following describes Kali Ray Triyoga?
   a) It puts emphasis on proper breath, alignment, coordination of breath and movement and ‘honouring the wisdom of the body’
   b) It puts equal emphasis on pranayama, meditation and on the Asanas
   c) It brings posture, breath and focus together to create dynamic, intuitive flows
   d) It focuses on the controlled release of the kundalini energy

42. All our energy, whether manifested in the growth of our body or the activities we perform, comes from
   a) The eatable we buy
   b) The food we eat
   c) Fruit and vegetables
   d) The process of photosynthesis

43. The food that we eat, yields energy in the form of
   a) Carbohydrate
   b) Nerve stimulations
   c) Heat units called calories
   d) Thermal waves

44. Breathing in pranayamas practices is done through the______only except in sitali and sitkari.
   a) Lung
   b) Stomach
   c) Nose
   d) None of these
45. Yoga is classified into three types – Meditative asana and cultural asana are the two types, write the name of third type.
   a) Pranayama Lung  
   b) Relaxative Asana  
   c) Tivra-gati Asana  
   d) Purak  

46. What are the benefits of practising Matasyasana?
   a) It is helpful in removing back pain, knee pain and Tonsillitis  
   b) It also removes the defects of Eyes  
   c) Skin diseases can be removed, if we practise this asana regularly  
   d) All of the above  

47. An appropriate proportion of essential ingredients of food in a good diet, besides vitamins and minerals salts in adequate quantity, is:

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Fat</th>
<th>Proteins</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) 63%</td>
<td>20%</td>
<td>17%</td>
</tr>
<tr>
<td>b) 57%</td>
<td>30%</td>
<td>13%</td>
</tr>
<tr>
<td>c) 50%</td>
<td>25%</td>
<td>25%</td>
</tr>
<tr>
<td>d) 45%</td>
<td>15%</td>
<td>40%</td>
</tr>
</tbody>
</table>

48. People differ significantly in their need for flexibility depending quite a lot upon their
   a) Daily routine  
   b) Occupation  
   c) Exercise workout  
   d) Standard of fitness  

49. In most cases of obesity, the strongest reason is
   a) Eating junk food  
   b) Doing no exercise  
   c) Nibbling between meals  
   d) Excessive eating
50. Match the following:

A) Annamaya kosha
B) Pranamaya kosha
C) Manomaya kosha
D) Vijnanamaya kosha
E) Anandamaya kosha

1) Intellectual body
2) Mental body
3) Physical body
4) Causal body
5) Energy body

a) A – 5  B – 4  C – 3  D – 2  E – 1
b) A – 3  B – 5  C – 2  D – 1  E – 4
c) A – 3  B – 5  C – 1  D – 2  E – 4
d) A – 1  B – 2  C – 3  D – 4  E – 5

51. Write the following in proper order:

A) Yama
B) Niyama
C) Asana
D) Prathyahara
E) Dhyana
F) Pranayama
G) Dharana
H) Samadhi

a) A, B, C, D, E, F, G, H
b) A, B, C, F, D, G, E, H
c) A, B, C, D, F, G, E, H
d) A, B, C, G, E, F, D, H

SPACE FOR ROUGH WORK
52. Karma yoga  
   a) Concentrate fully and completely on each duty  
   b) A preliminary to the use of japam  
   c) The way of knowledge  
   d) The way of psychological experiment  

53. Niyama is said to be  
   a) Three part breath  
   b) The eight limbs of yoga practice  
   c) The five personal disciplines of cleanliness, contentedness, self discipline, study, study of the scriptures and dedication to God  
   d) All of the above  

54. A client presents under the influence of recreational drugs. Would they be contraindicated to Yoga?  
   a) It would depend upon their behaviour  
   b) They could only do Yoga after obtaining medical approval  
   c) They could do the standing poses only  
   d) They would not be allowed to do Yoga  

55. What should you advise your client to do if he/she feels out of breath during your Yoga class?  
   a) Change to another exercise  
   b) Continue making sure the client inhales more deeply  
   c) Continue but do the exercise more slowly  
   d) Stop  

SPACE FOR ROUGH WORK