

S.NO: 22N1- UEC1

Course Code: ECS1

A.D.M.COLLEGE FOR WOMEN, NAGAPATTINAM

(AUTONOMOUS)

UG Degree Examination – Extra Credit I

I Semester –November– 2022

EC I – YOGA FOR HEALTH

Time: 3 hours

Maximum Marks: 100

Section –A

(10X2=20)

Answer ALL the Questions

1. What is meant by Kundalini?
2. Define Yoga.
3. What is Hatha Yoga?
4. What do you meant by classical yoga?
5. Give the meaning of Ashtanga.
6. List out the five niyama.
7. What does Mantra yoga mean?
8. What are the components of Jnana yoga?
9. What is meant by Pranamaya kosha?
10. What is the role of yoga?

Section -B

(5X6=30)

Answer **ALL** the Questions

11. a) Explain the needs of Yoga.

(Or)

b) Briefly explain the importance of yoga in our daily life.

12. a) Write a short note on Vedic yoga.

(Or)

b) Explain in detail about Preclassic yoga.

13. a) Write a short note on Yamas and Niyama.

(Or)

b) Explain about Pratyahara.

14. a) What is Bhakti Yoga? Explain.

(Or)

b) Briefly explain the Hatha Yoga.

15. a) Explain the following : (i) Annamaya kosha (ii) Manomaya kosha

(Or)

b) Write short notes on vijinanamaya kosha and Anandanaya kosha.

Section -C

(5 X 10 = 50)

Answer any **FIVE** Questions

16. Discuss on the misconception of yoga.
17. Explain the following (i) Vinyasa yoga (ii) Iyengar yoga
18. Discuss in detail about the eight limbs of Astanga yoga.
19. Explain about Karma yoga.
20. Discuss on Patanjali's astanga yoga.
21. Explain the Philosophy of yoga.
22. Explain how yoga play a vital role in Personality development.
23. Explain the various types of yoga.