

First Semester FYUGP Degree Supplementary Examination January 2025
KU1MDCSAN102 – YOGA FOR WELLNESS
2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. Write any two Sanskrit textual traditions of yoga.
2. who wrote the books Yogasutra and Hathayoga Pradeepika?
3. What is kundalini yoga?
4. What is hathayoga?
5. Write any three names of Yogasana.
6. Define Vikalpa Vritti.
7. Which Pranayama is known as skull shining breath? Why?
8. Write any three Yoga style for improve mental health.

Section B

Answer any 4 questions. Each carry 6 marks.

9. Reflect your views on the topic– "yoga helps to improve human health? "
10. What are the main differences between hathayoga and rajayoga.
11. Describe the Samadhi.
12. Explain Vikalpa Vritti and Viparyaya Vritti.
13. Compare Kapalabhati and Bhramari pranayama.
14. What yoga style are best for weight management.

Section C

Answer any 1 questions. Each carry 14 marks.

15. स्थिरसुखमासनम् –Describe any five asanas and its importance
16. Write an essay on Ashtangas of Yoga?