

(8 pages)

Reg. No. :

Code No. : 22739 E Sub. Code : SYOG 3 A

U.G. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2018.

Third Semester
Part IV — YOGA

(For those who joined in July 2017 onwards)

Time : One and half hours Maximum : 50 marks

Answer ALL the questions.

Choose the correct answer :

1. The study of the structure of body parts is called _____.
(a) Cytology (b) Anatomy
(c) Histology (d) Physiology
2. The study of the function of body parts is called _____.
(a) Cytology (b) Anatomy
(c) Histology (d) Physiology
3. The urinary system consists of
(a) Kidney (b) Neuron
(c) Heart (d) Lungs

4. The ability to perform daily tasks with vigor and without undue fatigue
(a) Mental Fitness (b) Social Fitness
(c) Physical Fitness (d) Emotional Fitness
5. The ability to make judgments in a group situation
(a) Mental health (b) Social health
(c) Physical health (d) Emotional health
6. At present the highest population of youth resides in the country of
(a) China (b) USA
(c) India (d) Australia
7. The circulatory system consists of
(a) Kidney (b) Neuron
(c) Heart (d) Lungs
8. The structural and functional unit of human body is
(a) Tissue (b) Cell
(c) Organ (d) System
9. A state of physical well-being is called
(a) Mental health (b) Social health
(c) Physical health (d) Emotional health

Page 2 **Code No. : 22739 E**



10. Who organized the practice of yoga into an "eight limbed path"?
 (a) Patanjali (b) B.K.S. Iyengar
 (c) Agathiyar (d) Sivananda
11. _____ helps to promote physical, mental and spiritual well-being.
 (a) Exercise (b) Aerobics
 (c) Yoga (d) Sports
12. International Day of Yoga celebrate on
 (a) June 21 (b) April 21
 (c) July 21 (d) June 12
13. Yoga is the union of
 (a) Body, Mind and Soul
 (b) Body, Mind and Prayer
 (c) Body, Fitness and Stamina
 (d) None
14. Attention training also known as
 (a) Wisdom (b) Meditation
 (c) Asana (d) Pranayama
15. Which level of mind holds the control of the basic functions of the human body?
 (a) Subconscious mind (b) Unconscious mind
 (c) Conscious mind (d) None
16. The highest frequency of brain waves is called as
 (a) Gamma (b) Beta
 (c) Alpha (d) Theta

Page 3 Code No. : 22739 E

17. Cultivating thoughts and thinking processes that support your goals is a _____ Training.
 (a) Attention (b) Insight
 (c) Skillful actions (d) None
18. Memory is our ability to _____ in the human brain
 (a) Encode and store
 (b) Retain and subsequently recall information
 (c) Past experiences
 (d) All of these
19. Which training develops the mind and its ability to direct attention where you want it to go?
 (a) Attention (b) Insight
 (c) Skillful actions (d) None
20. The frequency of beta waves is
 (a) 1-4 Hz (b) 4-7 Hz
 (c) 8-12 Hz (d) 12-30 Hz
21. The frequency of Alpha waves is
 (a) 1-4 Hz (b) 4-7 Hz
 (c) 8-12 Hz (d) 12-30 Hz
22. Alpha wave denotes
 (a) Awake (b) Relaxed
 (c) Mental imagery (d) Deep sleep
23. Beta wave denotes
 (a) Awake (b) Relaxed
 (c) Mental imagery (d) Deep sleep

Page 4 Code No. : 22739 E

[P.T.O.]



24. The term Asana is derived from the
 (a) Sanskrit (b) Latin
 (c) English (d) Urdu
25. A concentration technique is an exercise used to improve
 (a) Focus (b) Awareness
 (c) Mental discipline (d) All of these
26. Cultural asana also called as
 (a) Meditative asana (b) Corrective asana
 (c) Relaxative asana (d) None
27. Kapalabhati is breathing at the speed of _____ breaths per minute
 (a) 180 (b) 120
 (c) 110 (d) 100
28. Varksasana looks like a _____ Posture
 (a) Lotus (b) Palm tree
 (c) Locust (d) Tree
29. Jnana Yoga means
 (a) Action (b) Devotion
 (c) Wisdom (d) None
30. Ardha Cakrasana looks like a _____ Posture
 (a) Lotus (b) Locust
 (c) Half Wheel (d) Cobra
31. Raja yoga also called as
 (a) Action yoga (b) Devotion yoga
 (c) Classical yoga (d) Physical yoga

32. Savasana looks like a _____ Posture
 (a) Hare (b) Spinal Twist
 (c) Crocodile (d) Dead body
33. Pranayama is performed in
 (a) Shavasana (b) Makarasana
 (c) Padmasana (d) Kneeling position
34. Surya Bhedana is
 (a) Sun cleaving breath
 (b) Hissing Breath
 (c) Beak tongue breath
 (d) Sound of Bee Breath
35. Pranayama is a practice of
 (a) Exhalation (b) Inhalation
 (c) Both (a) and (b) (d) None
36. Which pranayama helps to purifies blood?
 (a) Nadisodhana (b) Sitali
 (c) Sitkari (d) Bhramari
37. Warming up increases _____
 (a) Circulation (b) Temperature
 (c) Muscle tone (d) All of these
38. The term asana is derived from the Sanskrit term Asi, Which means?
 (a) To be (b) To sit
 (c) Both (a) and (b) (d) None



39. Which one given below cleanses the entire respiratory passage?
 (a) Asanas (b) Kapalabhati
 (c) Mudras (d) Bhandas
40. Which Asana brings stability in the body, helps to clear up congestion of the spinal nerves, and corrects faulty posture?
 (a) Tadasana (b) Vakrasana
 (c) Bhujangasana (d) Pada Hastasana
41. Which Asana Prevents flat foot?
 (a) Tadasana (b) Trikonasana
 (c) Bhujangasana (d) Pada Hastasana
42. Which asana increases blood circulation to the head and cardiac region?
 (a) Bhujangasana (b) Trikonasana
 (c) Bhadrasana (d) Ardhastrasana
43. _____ asana Stimulates pancreas and helps in the management of diabetes.
 (a) Bhujangasana (b) Sasakasana
 (c) Vakrasana (d) Ardhastrasana
44. _____ asana Tones the hip muscles and those in the kidney region.
 (a) Bhujangasana (b) Sasakasana
 (c) Vakrasana (d) Ardhastrasana

45. _____ asana Stretches abdominal organs, improves digestion and helps to relieve constipation.
 (a) Pavanamuktasana (b) Salabhasana
 (c) Makarasana (d) Sethubandhasana
46. _____ asana Helps to relieve all kinds of tensions and gives rest to both body and mind.
 (a) Savasana (b) Salabhasana
 (c) Makarasana (d) Sethubandhasana
47. How many types in Kapalabhati?
 (a) 5 (b) 4
 (c) 7 (d) 6
48. Meditation is a great way to
 (a) Reduce stress (b) Burn Calories
 (c) Develop strength (d) None
49. Makarasana looks like a _____ Posture.
 (a) Hare (b) Spinal Twist
 (c) Crocodile (d) Dead body
50. How many types in Pranayama?
 (a) 7 (b) 8
 (c) 9 (d) 6

