

**BIRLA INSTITUTE OF TECHNOLOGY, MESRA, RANCHI  
(END SEMESTER EXAMINATION)**

**CLASS:** BCA/BBA/BAM  
**BRANCH:** BCA/BBA/BAM

**SEMESTER : I**  
**SESSION : MO/2023**

**SUBJECT: MN103 YOGA**

**TIME:** 3 Hours

**FULL MARKS: 50**

**INSTRUCTIONS:**

1. The question paper contains 5 questions each of 10 marks and total 50 marks.
  2. Attempt all questions.
  3. The missing data, if any, may be assumed suitably.
  4. Before attempting the question paper, be sure that you have got the correct question paper.
  5. Tables/Data hand book/Graph paper etc. to be supplied to the candidates in the examination hall.
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- Q.1(a) Defination of asana (yogic sutra) and describe it with giving an example. [5]  
Q.1(b) Why asana comes first in hath Yoga? Explain. [5]
- Q.2(a) Describe with proper details that have asana effect on body, breath,mind and higher states as well as in meditation posture. [5]  
Q.2(b) According yogik scriptures how many asana and every asana represent how many incarnations. [5]
- Q.3(a) How asans and exercise difference explain it in term of medical science. [5]  
Q.3(b) What is prayanam and how many aspects of Pranayam?explain in details. [5]
- Q.4(a) What is Mudra? Give an example and explain it. [5]  
Q.4(b) What is Bandha and and how it is efeect on our human body? [5]
- Q.5(a) How vegetarian food beneficial in our life. [5]  
Q.5(b) Explain in details which vegetarian or non vegetarion food is better in yogic life. [5]

**:::::22/11/2023 E:::::**