

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

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

**SEMESTER :I<sup>ST</sup>**  
**SESSION : MO/2024**

**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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		CO	BL
Q.1(a)	Define is Yoga? Explain its meaning and origin.	[5] 1	2
Q.1(b)	Compare the benefits of Yoga with other forms of physical exercises in physical education.	[5] 2	2
Q.2(a)	In your opinion, how can Hath Yoga benefit individuals with a sedentary lifestyle?	[5] 3	3
Q.2(b)	Define Mantra Yoga, and what is the significance of chanting mantras in this practice?	[5] 4	3
Q.3(a)	Explain Patanjali's Ashtanga Yoga, and what does the term "Ashtanga" mean?	[5] 4	3
Q.3(b)	Explain the effects of Ashtang Yoga practices on student mental health.	[5] 5	3
Q.4(a)	Describe the role of Asana in daily life, providing examples, and explain their impact on physical and mental health.	[5] 5	2
Q.4(b)	Define a yogic diet and explain the importance of vegetarianism in this context.	[5] 3	3
Q.5(a)	Describe Pranayama and its importance, with special reference to its physiological effects, including an example of Bhramari Pranayama.	[5] 5	3
Q.5(b)	Explain Bandhas and highlighting their physiological effects.	[5] 5	3

:::10/12/2024:::M