

BIRLA INSTITUTE OF TECHNOLOGY, MESRA, RANCHI
(MID SEMESTER EXAMINATION)

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

SEMESTER :1ST
SESSION : MO/2024

SUBJECT: MN103 YOGA

TIME:02 Hours

FULL MARKS: 25

INSTRUCTIONS:

1. The question paper contains 5 questions each of 5 marks and total 25 marks.
2. Attempt all questions.
3. The missing data, if any, may be assumed suitably.
4. Tables/Data handbook/Graph paper etc. if applicable, will be supplied to the candidates.

		CO	BL
Q.1(a)	Explain origin of yoga in India. Describe limitations and misconceptions of yoga.	[2]	1 2
Q.1(b)	What is yoga? Elaborate on its definition and explore its applications across various fields.	[3]	2 3
Q.2(a)	Trace the historical evolution of yoga in India and its development over time.	[2]	2 2
Q.2(b)	How do yogic practices influence our physical body? Provide a detailed explanation.	[3]	2 3
Q.3(a)	What is Karma Yoga? Outline its principles and the benefits it offers.	[2]	2 2
Q.3(b)	Explain the concept of Pratyahara as described in the Patanjali Yoga Sutras and discuss its benefit	[3]	1 2
Q.4(a)	Define Bakti Yoga and its benefits.	[2]	2 2
Q.4(b)	Discuss the principles of Yama and Niyama as outlined in the Patanjali Yoga Sutras and their significance.	[3]	2 3
Q.5(a)	Explain the impact of Bhastrika Pranayama on the mental body in yoga.	[2]	2 2
Q.5(b)	Explain the effects of Ujjayi Pranayama on the body in yoga. Discuss its benefits related to physical health, respiratory function, mental clarity, and overall well-being.	[3]	2 3

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