

Roll No.

Total Pages : 2

321207

May 2026

B.S.C. II SEMESTER

Yoga & Meditation (AEC-117-V)

Time : 3 Hours]

[Maximum Marks : 75

Instructions :

1. *It is compulsory to answer all the questions (1.5 marks each) of Part-A in short.*
2. *Answer any **four** questions from Part-B in detail.*
3. *Different sub-parts of a question are to be attempted adjacent to each other.*
4. *Draw the neat sketch wherever necessary.*

PART-A

1. (a) What is Satvik Food? (1.5)
- (b) What is Yama and Niyama? (1.5)
- (c) Discuss Sanskara of a Yogi. (1.5)
- (d) Discuss the relation of Meditation with Yoga. (1.5)
- (e) What is the importance of Bhramari Pranayama? (1.5)
- (f) Discuss the role of 'Gayatri Mantra' in Meditation? (1.5)

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- (g) Mention the Tri-Doshas which lead to ill health. (1.5)
- (h) Throw light on 'Pratyahara' of Ashtanga Yoga. (1.5)
- (i) Mention the significance of Namokar Jaap. (1.5)
- (j) Enlist various names of God 'Surya' recited while performing Surya Namaskara. (1.5)

PART-B

2. (a) Describe all eight limbs of Astanga Yoga. (10)
- (b) Explain the importance of Mantra chanting. (5)
3. (a) How Yoga helps in the development of morality and ethics? (5)
- (b) Describe the procedure of 'Dhyaana' along with its benefits on human body. (10)
4. Explain any three Pranayamas along with their benefits on human body. (15)
5. (a) Explain how meditation improves concentration? (5)
- (b) Write a short note on either 'Panch Kosha' or 'Panch Prana'. (10)
6. (a) Explain the posture and benefits of Yogmudrasana. (5)
- (b) Discuss various classifications of Asanas with example. (10)
7. Describe various yogic postures of 'Surya Namaskara' along with its benefits. (15)