

(FOR THE CANDIDATES ADMITTED

22 HEC 101

DURING THE ACADEMIC YEAR 2022 ONLY)

REG.NO.:

N.G.M.COLLEGE (AUTONOMOUS): POLLACHI

END-OF-SEMESTER EXAMINATIONS: DECEMBER 2022

UG DEGREE PROGRAMMES (AIDED & SF)

MAXIMUM MARKS: 50

I - SEMESTER

TIME: 2 HOURS

PART - IV

HUMAN EXCELLENCE-PERSONAL VALUES & SKY YOGA PRACTICE-I

SECTION - A

(10 X 1 = 10 MARKS)

ANSWER THE FOLLOWING QUESTIONS:

MULTIPLE CHOICE QUESTIONS

(K1)

1. _____ is a breathing exercise that helps calm the mind.
 - a) Pratyakaram
 - b) Dharamam
 - c) Pranayam
 - d) Samadhi
2. A person who is focusing on the thoughts in analysis and in purity is called _____.
 - a) Politician
 - b) Judge
 - c) Saint
 - d) Doctor
3. The thing that cannot be seen with eyes but with which the eyes are seeing is known as _____.
 - a) Mirror
 - b) Brahman
 - c) Body
 - d) Magnetism
4. Whenever the mind or body faces a complication, the state of mind which cannot face the dilemma is known as _____.
 - a) Anger
 - b) Jealousy
 - c) Worry
 - d) Thought
5. "Infinite power, knowledge and endless energy are dwelling within you." This statement was given by _____.
 - a) Bharathiyan
 - b) Vivekananda
 - c) Valluvar
 - d) Gandhiji

ANSWER THE FOLLOWING IN ONE (OR) TWO SENTENCES

(K2)

6. Write any two benefits of Santhi Meditation.
7. Define – Anger.
8. What are the respectable Desires?
9. Write any two objectives of Kayakalpa practice.
10. How many types are there in Simplified Physical Exercises?

SECTION – B

(5 X 8 = 40 MARKS)

ANSWER THE FOLLOWING QUESTIONS. ANSWER EACH IN QUESTION IN FOUR PAGES.

(K3, K4 & K5)

11. a) Write an essay on the purpose and philosophy of human life.
(OR)
- b) Explain the characteristics of Ashtanga Yoga.
12. a) Explain the moralization of desires with table.
(OR)
- b) Analyse the six reasons for arising thoughts.
13. a) Elaborate on the practical method of neutralisation of anger with table.
(OR)
- b) Describe four types of worries and the practical method to eradicate worries.
14. a) Explain the basic principles of Kayakalpa exercise with its benefits.
(OR)
- b) Write an essay about Self - Realization.
15. a) Describe the Agna Meditation with its benefits.
(OR)
- b) Explain the method of doing Hand Exercise, Leg Exercise, Breathing and Eye exercise with its benefits.