

(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)

- _____ is a breathing exercise that helps calm the mind.
a) Pratyakaram b) Dharanam c) Pranayam d) Samadhi
- A person who is focusing on the thoughts in analysis and in purity is called _____.
a) Politician b) Judge c) Saint d) Doctor
- 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
- 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
- “Infinite power, knowledge and endless energy are dwelling within you.” This statement was given by _____.
a) Bharathiyar b) Vivekananda c) Valluvar d) Gandhiji

ANSWER THE FOLLOWING IN ONE (OR) TWO SENTENCES

(K2)

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

SECTION – B

(5 X 8 = 40 MARKS)

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

(K3, K4 & K5)

- a) Write an essay on the purpose and philosophy of human life.

(OR)

- b) Explain the characteristics of Ashtanga Yoga.

- a) Explain the moralization of desires with table.

(OR)

- b) Analyse the six reasons for arising thoughts.

- 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.

- a) Explain the basic principles of Kayakalpa exercise with its benefits.

(OR)

- b) Write an essay about Self - Realization.

- 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.