

(FOR THE CANDIDATES ADMITTED

20 HEC 505

DURING THE ACADEMIC YEAR 2020 ONLY)

REG.NO.:

N.G.M.COLLEGE (AUTONOMOUS): POLLACHI**END-OF-SEMESTER EXAMINATIONS: DECEMBER-2022**

UG DEGREE PROGRAMMES (AIDED & SF)

MAXIMUM MARKS: 50

V - SEMESTER

TIME: 2 HOURS

PART – IV

HUMAN EXCELLENCE - NATIONAL VALUES & SKY YOGA PRACTICE - V

SECTION - A

(10 X 1 = 10 MARKS)

ANSWER THE FOLLOWING QUESTIONS:

(MULTIPLE CHOICE QUESTIONS)

(K1)

- "Mankind should put an end to war. Otherwise war will put an end to Mankind." This Statement is given by _____.
a) Gandhiji b) Eliot c) Todwell d) John Kennedy
- The country having the largest railway in the world is _____.
a) America b) India c) China d) Jappan
- Buddha preached dharma in the world and _____ implemented it.
a) Ashoka b) Kanishkar c) Chandragupta d) Chanakyar
- _____ is the birth name of Mother Teres.
a) Agnex b) Anex c) Marry d) Looyi
- _____is one of the Indian philosophy known to the world.
a) Morality b) Charity c) Niyayam d) Duty

ANSWER THE FOLLOWING IN ONE (OR) TWO SENTENCES

(K2)

6. Define - Hatha Yoga?
7. What are the two goals of Unity?
8. Which is the sixth centre in nine centre meditation?
9. What do you mean by enlightened citizenship?
10. What are the six religious sects?

SECTION – B

(5 X 8 = 40 MARKS)

ANSWER ANY FIVE QUESTIONS OUT OF THE EIGHT QUESTIONS. (K3, K4 & K5)

- 11.Explain the significance of Enlightened Citizenship.
- 12.Write an essay on the Emerging India.
- 13.Explain the Greatness of Indian Culture.
- 14.Write an essay on India and Peace.
- 15.Analyse the "Service and Sacrifice".
- 16.Analyse the unity in Diversity in India.
- 17.Write an essay on India and Spirituality.
- 18.Explain the performing Bavanamukthasana, Uthana padhasana, Dhanoorasana and Bujangasana with their benefits.

