

(FOR THE CANDIDATES ADMITTED  
DURING THE ACADEMIC YEAR 2021 ONLY)

21HEC505

REG.NO.:

**N.G.M.COLLEGE (AUTONOMOUS): POLLACHI**  
**END-OF-SEMESTER EXAMINATIONS: NOVEMBER- 2023**  
**UG DEGREE PROGRAMMES (AIDED & SF) MAXIMUM MARKS: 50**  
**SEMESTER-V 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)**

1. The country having the largest railway system in the world is .....  
a) America      b) India      c) China      d) Japan
2. Buddha preached Dharma in the world and it was implemented by .....  
a) Ashoka      b) Kanishkar      c) Chandragupta      d) Chanakyar
3. “Mankind should put an end to war otherwise war will put an end to mankind.”  
This statement was given by.....  
a) John Kennedy      b) Elliot      c) Gandhiji      d) Nehru
4. .... is one of the Indian philosophy known to the world.  
a) Morality      b) Charity      c) Niyayam      d) Duty
5. “The entire world my land, and all people, My Kin.” This statement was given by.....  
a) Bharathiar      b) Kaniyan Poongundranar      c) Vallalar      d) Kambar

**ANSWER THE FOLLOWING IN ONE OR TWO SENTENCES. (K2)**

6. Name two of the great personalities who excelled in enlightened citizenship.
7. Define Hatha Yoga.
8. What do you mean by Service?
9. Write any two religious sects among six religious sects.
10. Which is the seventh centre in nine centre meditation?

**SECTION – B (5 X 8 = 40 MARKS)**

**ANSWER ANY FIVE OF THE FOLLOWING QUESTIONS IN FOUR PAGES EACH. K3 & K4**

11. Discuss the fundamental rights and duties of enlightened citizenship.
12. Write an essay on Emerging India.
13. Explain the greatness of Indian culture.
14. Write an essay on India and peace.
15. “India’s message to the world” - Analyze.
16. Write an essay on "Service and Sacrifice".
17. Analyze the concept “unity in diversity” in India.
18. Explain the practicing methods and benefits of Mandukasana, Navasana, Bhujangasana and Dhanurasana