

(FOR THE CANDIDATES ADMITTED  
DURING THE ACADEMIC YEAR 2025 ONLY)

25HEC101

REG.NO. :

**N.G.M.COLLEGE (AUTONOMOUS): POLLACHI**  
**END-OF-SEMESTER EXAMINATIONS: NOVEMBER-2025**  
**UG DEGREE PROGRAMMES (AIDED & SF) MAXIMUM MARKS: 50**  
**SEMESTER: I TIME: 2 HOURS**

**PART - IV**

**HUMAN EXCELLENCE -PERSONAL VALUES AND INDIAN YOGA PRACTICE - I**  
**SECTION – A (10 X 1 = 10 MARKS)**

**ANSWER THE FOLLOWING QUESTIONS.**

**MULTIPLE CHOICE QUESTIONS.**

**(K1)**

1. The total number of philosophy of life is \_\_\_\_\_components.  
a) 12                      b) 14                      c) 16                      d) 18
2. One of the causes of diabetes is\_\_\_\_\_  
a) Obesity                      b) Life-force                      c) Mind                      d) Energy
3. When a person tries to remove the obstruction in his desire with force, it is called\_\_\_\_\_  
a) Greedy                      b) Anger                      c) Worry                      d) Sorrow
4. Kayakalpa is a practice that enriches\_\_\_\_\_  
a) The body                      b) The mind                      c) The life-force                      d) Life
5. Vidya is referred to as\_\_\_\_\_  
a) Consciousness                      b) Strength                      c) Love                      d) Power

**ANSWER THE FOLLOWING IN ONE OR TWO SENTENCES.**

**(K2)**

6. What is the meaning of the word "Yoga"?
7. What are the three types of desires?
8. What are the three doshas according to Ayurveda?
9. Name any two benefits of Agna Meditation.
10. What is thought?

**SECTION – B**

**(5 X 8 = 40 MARKS)**

**ANSWER EITHER (a) OR (b) IN EACH OF THE FOLLOWING QUESTIONS.**

**(K3 & K4)**

11. a) Explain the concept of Human Excellence Education.  
**(OR)**  
b) Describe the status of Yoga in Modern Education.
12. a) Explain the Ashtanga Yoga of Sage Patanjali.  
**(OR)**  
b) Analyze the reasons for the arising of thoughts with examples.
13. a) Describe the features of the three Gunas in Ayurveda.  
**(OR)**  
b) Explain the Yogic treatments for Traditional diseases.
14. a) Write a detailed essay on Indian Philosophy.  
**(OR)**  
b) Explain the principles and benefits of Kayakalpa Practice.
15. a) Explain the greatness of Shanthi Meditation.  
**(OR)**  
b) Describe the benefits of Hand exercise, Leg exercise, Breathing exercise, Eye exercise and Kabalopathy exercise.

