

QP Code : U24A032

Reg. No : .....

Name : .....

**ST MARY'S COLLEGE (AUTONOMOUS), THRISSUR-20**

**I SEMESTER B A/B Sc /B Com/BBA/BCA/BSW (FYUGP) DEGREE EXAMINATION**

**November 2024**

**PEN1FM105(1) : Yoga & Stress Management**

**2024 Admission Onwards**

**(Credits: 3)**

**Time : 1.5 Hours**

**Maximum Marks : 50**

**Section A**

*[Answer All. Each question carries 2 Marks] (Ceiling: 16 Marks)*

1. Discuss how Karma Yoga can be applied to everyday activities to reduce stress and enhance productivity. [BTL1]
2. What are the steps to perform Vajrasana and how does it aid digestion? [BTL1]
3. Describe the correct steps to perform Ardachakrasana and its effect on flexibility. [BTL1]
4. In what way can Eustress contribute to personal growth and development? [BTL1]
5. Evaluate how cyclic meditation can be used as a tool for improving focus and productivity of an individual. [BTL1]
6. What is meant by Yuj in Sanskrit? [BTL4]
7. How do practicing balancing posture such as Vrikshsana improve focus and stability. [BTL1]
8. Define Pranayama. [BTL3]
9. What effect does Yoga have on heart rate during Stress? [BTL1]
10. Name two types of Pranayama techniques. [BTL2]

**Section B**

*[Answer All. Each question carries 6 Marks] (Ceiling: 24 Marks)*

11. Evaluate the significance of eight limbs of Ashtangayoga. [BTL4]
12. Analyze the techniques involved in practicing Suryanamaskar, including the proper breathing patterns associated with each pose. [BTL4]
13. Critically evaluate the various breathing exercises and their physiological and psychological benefits. [BTL4]

**Turn over**

14. Describe the different types of Stressors. Provide examples of each type and explain how they can impact an individual's overall well-being. [BTL5]
15. Evaluate the physiological and psychological benefits of Prone asanas and Supine asanas. [BTL4]

### Section C

*[Answer any one. Each question carries 10 Marks] (1x10=10Marks)*

16. Evaluate the effectiveness of various Yogic Stress Management techniques. Discuss the Physiological and Psychological mechanisms underlying each technique and analyze their impact on stress reduction and overall wellbeing. [BTL5]
17. Analyze the various cleansing techniques used in Yoga. Discuss each technique, including its purpose and methodology. [BTL4]

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