QP Code: U25DRIS022

Reg. No : .....

Name : .....

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

I SEMESTER (FYUGP/FYVP) DEGREE EXAMINATIONS, NOVEMBER 2025

(Regular/Improvement/Supplementary)

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. How the Yamas of Ashtanga Yoga can influence interpersonal relationships.
2. Discuss the importance of incorporating a variety of Asanas in a Yoga practice for overall body conditioning.
3. Define Pranayama and explain its role in Yoga practice.
4. Define Physical stressors with suitable examples.
5. Who is Father of Yoga?
6. Analyse the differences between Jnana Yoga and Raja Yoga .
7. Name any two Sitting Asanas.
8. What are the technique of Nadi Shuddhi Pranayama.
9. Analyze how the definition of stress varies between psychological and physiological perspectives.
10. How does Bhujangasana help in improving spinal flexibility?

Section B

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

11. Define the term Shatkriyas and name any three types of Yoga cleansing techniques.
12. Define Asanas and list any four benefits of practicing asanas regularly.
13. Explain forward bending, backward bending, twisting, and balancing asanas.
14. Explain the techniques of Puraka, Rechaka and Kumbaka and detail the physiological benefits of each.

Turn Over

15. Evaluate the physiological and psychological impact of yoga in managing chronic stress and anxiety.

Section C

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

16. Apply the Surya Namaskar (Sun Salutation) technique in a structured practice session. Explain:
    - All 12 steps with correct posture and breathing.
    - Its physiological benefits on the muscular, respiratory, and digestive systems.
17. Describe the techniques and practices involved in Cyclic Meditation and Yoga Nidra. Explain the steps for each method. Discuss about benefits of Cyclic Meditation and Yoga Nidra.

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