

**BA LLB
FOURTH SEMESTER
FUNDAMENTALS OF YOGA
BLB – 404B**

[USE OMR SHEET FOR OBJECTIVE PART]

**SET
A**

Duration: 1.30 hrs.

Full Marks: 35

[Objective]

Time: 15 min.

Marks: 10

Choose the correct answer from the following:

1 × 10 = 10

1. The state of our mind in which we feel stability and pleasure is called ----
a. Dhyana
b. Asana
c. Pranayama
d. Satkarma
2. To control the activity of inhale-exhale is called ----
a. Meditation
b. Pranayama
c. Asana
d. Satkarma
3. We should drink plenty of water with food---
a. True
b. False
c. None of the above
d. Both a and b
4. Excess food enhances health---
a. True
b. False
c. Both a and b
d. None of the above
5. ----- is the only posture which can be practiced after food
a. Bhujangasana
b. Vajrasana
c. Dhanurasana
d. Chakrasana
6. The yoga class usually begins with a -----
a. Prayer
b. Yogasana
c. Satkarma
d. Yogic Sukhshma Vyama
7. Which day is celebrated as international day of yoga----
a. June 20
b. June 21
c. June 22
d. June 23
8. Which is the most fertile period in the history and development of yogic tradition?
a. Vedic Period
b. Classical Period
c. Hatha yoga period
d. Modern Period

9. Which of the following is a balancing yoga posture?
- | | |
|------------------|------------------------|
| a. Hastapadasana | b. Ardhamatsyendrasana |
| c. Ustrasana | d. Natrajasana |
10. What should be the minimum gap between a meal and yoga practice -----
- | | |
|-----------|----------------------|
| a. 6 hour | b. 4 hour |
| c. 2 hour | d. None of the above |

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(Descriptive)

Time : 1 hrs. 15 min.

Marks : 25

[Answer the following question]

1. Write the meaning and definition of yoga? Write any five misconceptions on Yoga? 10
 2. What happens if you practice meditation everyday? Write the benefits of meditation and pranayam? 10
 3. Write a short note on karma yoga and yogic diet? 5
- Or
- How many Asanas are there in Surya namaskar? Name them?

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