

Reg No:.....

K24FY1260

Name :.....

**First Semester FYUGP Sanskrit Examination**  
**NOVEMBER 2024 (2024 Admission onwards)**  
**KU1MDCSAN102 (YOGA FOR WELLNESS)**  
(DATE OF EXAM: 29-11-2024)

Time : 90 min

Maximum Marks : 50

**Part A (Answer any 6 questions. Each carries 2 marks)**

1. write the total number of yogasutra and what is the first sutra in it? 2
2. Define Asana. 2
3. Write the names of Trigunas. 2
4. What is- निर्बीजसमाधि ? 2
5. Define Pramana Vritti. 2
6. Write any three Yoga style for improve mental health. 2
7. White any three benefits of yoga. 2
8. What is Ushtrasana? 2

**Part B (Answer any 4 questions. Each carries 6 marks)**

9. "योगश्चित्तवृत्तिनिरोधः" – Explain. 6
10. Explain Prathyahara and Dharana. 6
11. Describe Ekagram (Concentrated mind) 6
12. Explain Vikalpa Vritti and Viparyaya Vritti. 6
13. How does meditation reduce stress. 6
14. What are the benefits of practicing garudasana? 6

**Part C (Answer any 1 question(s). Each carries 14 marks)**

15. (a) write the importance of Yoga for improving our mental health. 7  
(b) Explain five seats of Chitta or Mind 7
16. Explain the concept of Pranayama and its importance. 14