

- 13. a. What are the benefits of Yoga?
(or)
- b. Explain briefly about Raja Yoga?

- 14. a. Explain the role of Meditation in stress management
(or)
- b. Write about the role of Yoga among youth.

- 15. a. Write the procedure to perform Padmasana with diagram.
(or)
- b. List out and explain the types of Stress.

PART - C

Answer should not exceed 800 words or four pages

5 X 12 = 60

- 16. a. Write the methods of performing Surya Namaskar
(or)
- b. Explain briefly about the healthy life style through Yoga.

- 17. a. Explain about the Eight limbs of Yoga.
(or)
- b. Write briefly about the types of Asanas.

- 18. a. Explain Pranayama and it different phases.
(or)
- b. Elucidate about the practicing of Kriyas and its types.

- 19. a. Explain about Bandha and Mudra.
(or)
- b. Explain the impact of Yoga on Muscular system.

- 20. a. Explain the impact of Yoga on Respiratory system
(or)
- b. Explain briefly about the stress management through yoga.

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