



**PART - B**

**Answer the Following in One or Two Sentences 5 X 2 = 10**

- 6. Write the meaning of Yoga C1K1
- 7. What is Karma yoga? C2K1
- 8. What are the components of Pranayama ? C3K2
- 9. What is niyama? C2K2
- 10. List out the limbs of Yoga. C3K3

**PART - C**

**Answer the Following**

**Answer should not Exceed 200 Words or One Page 3 X 5 = 15**

- 11. a. List out the benefits of Yogasana. C2K1  
Or
- 11. b. What are the importance of Yoga C2K2
- 12. a. Explain about the Nadis and its types. C3K2  
Or
- 12. b. Explain the views of Yoga in Bhagavad Gita C3K3
- 13. a. Explain about Bhakthi Yoga and Jnana Yoga. C4K4  
Or
- 13. b. Explain about Yoga Sutra C3K4

**PART - D**

**Answer the Following**

**Answer should not Exceed 700 Words or Four Pages 2X 15 = 30**

- 14. a. Write about the history of Yoga C2K2  
Or
- 14. b. Explain the objectives and need of yoga in the emerging world C2K3
- 15. a. What are the guidelines to be followed before and after practicing Yoga C3K2  
Or
- 15. b. Explain about Astanga Yoga C4K3