

BACHELOR OF VOCATION
Medical Laboratory Technology
Subject: Yoga, Fitness and Self Defence
Subject Code: FYS-601
Semester: Third
January 2021
Theory (External): 70 Marks
Time: 03 Hours

Instructions to the Students

1. This Question paper consists of two Sections. All sections are compulsory.
2. Section A comprises 10 questions of short answers type in nature. All questions are compulsory. Each question carries 2 marks.
3. Section B comprises 8 essay type questions out of which students need to do any 5. Each question carries 10 marks.
4. Read the questions carefully and write the answers in the answer sheets provided.
5. Do not write anything in the question paper.
6. Wherever necessary, the diagram drawn should be neat and properly labelled

Roll Number

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SECTION -A (SHORT/OBJECTIVE TYPE QUESTIONS)
(10 x 2 = 20 Marks)

- A Classification of Mudra
- B What is Pranayama?
- C How is health linked with yoga?
- D What is Neti?
- E Explain heel palm strike
- F What is MMA?
- G What is Bandha?
- H Classification of Mudra
- I Enlist few safety tips
- J What are the components of Fitness?



SECTION -B (ESSAY TYPE QUESTIONS)

(5 x 10 = 50 Marks)

- Q1 Write a note on Yoga : meanings, definitions, its nature and scope?
- Q2 Write a note on Chakra theory of kundalini yoga.
- Q3 Define Asana. Explain its importance and give its classification.
- Q4 What is Self-defence? What is the importance of self-defence?
- Q5 What is Shuddhi Kriya? Explain in detail
- Q6 Write a note on origin and tradition of Hath yoga and Ashtang yoga.
- Q7 Explain in detail any 4 techniques of self-defence
- Q8 Give a brief history of yoga in India. How has yoga developed through the ages?

*******END OF PAPER*******