

**BACHELOR OF VOCATION**  
**Medical Laboratory Technology**  
**Subject: Yoga, Fitness and Self Defence**  
**Subject Code: FYS-601**  
**Semester: Third**  
**September 2022**  
**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**

--	--	--	--	--	--	--	--	--	--	--	--

2209H001

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

- A Principles of Yoga
- B Safety tips
- C Health benefits of Yoga
- D What is MMA?
- E Classification of Mudra
- F Define
  - a) Fitness
  - b) Health
- G What is Neti?
- H What is Asana?
- I What is breath retention?
- J Explain heel palm strike.

2209H001

**SECTION –B (ESSAY TYPE QUESTIONS)**  
(5 x 10 = 50 Marks)

- Q1 What is the importance of Yoga in daily life?
- Q2 Define self-defence. Mention any 3 techniques of self-defence
- Q3 Give a brief history of yoga in India. How has yoga developed through the ages?
- Q4 What is the concept of yoga in Bhagvad Gita?
- Q5 What is Shuddhi Kriya? Explain in detail
- Q6 Write a note on Chakra theory of kundalini yoga.
- Q7 Write a note on origin and tradition of Hath yoga and Ashtang yoga
- Q8 What is Pranayama? Write a note on its importance and classification

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