

**FIRST SEMESTER (CUFYUGP) DEGREE EXAMINATION
NOVEMBER 2025**

Physical Education

PEN 1FM 105 (1)—YOGA AND STRESS MANAGEMENT

(2024 Admission onwards)

Time : One Hour and a Half

Maximum : 50 Marks

Section A

All questions can be answered.

Each question carries 2 marks.

Ceiling 16 marks.

1. Define Yoga.
2. Name two meditative asanas.
3. What is Neti ?
4. Describe Vrikshasana.
5. What are the four stages of Pranayama ?
6. Explain Anthara Kumbhaka.
7. Define Eustress.
8. What are relaxation techniques in Yoga ?
9. Define IRT.
10. What are twisting asanas ?

Section B

All questions can be answered.

Each question carries 6 marks.

Ceiling 24 marks.

11. Explain the classification of asanas according to purpose.
12. Discuss the classification of asanas according to body movements.

Turn over

13. Explain how Pranayama helps in balancing the mind and body.
14. Describe Savasana and its benefits.
15. Explain different types of stressors.

Section C

*Answer any **one** question.
The question carries 10 marks.*

16. Discuss the benefits of Yoga in managing stress.
17. Explain Ashtanga Yoga and its relevance in modern life.

$(1 \times 10 = 10 \text{ marks})$