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Name.....

Reg. No.....

**FIRST SEMESTER (CUFYUGP) DEGREE EXAMINATION  
NOVEMBER 2024**

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. What is Bhakti Yoga ?
2. Define Vajrasana.
3. What are kriyas in yoga ?
4. List two standing asanas.
5. Describe Bahyumbhaka.
6. Explain Surya Bhedana.
7. Define QRT.
8. What are balancing asanas ?
9. Describe eustress and distress.
10. What is the benefit of forward-bending asanas ?

**Section B***All questions can be answered.**Each question carries 6 marks.**Ceiling 24 marks.*

11. Explain the concept of Ashtanga Yoga and its eight limbs.
12. Discuss the classification of asanas based on their purpose.

**Turn over**

13. Explain yoga's different types of cleansing techniques (kriyas).
14. Discuss how pranayama aids in stress management.
15. Describe the different stages of pranayama.

### Section C

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

16. Explain the concept of stress and how yoga helps manage stress.
17. Describe the steps of Suryanamaskar (The Sun Salutation) and explain its benefits.

(1 × 10 = 10 marks)