

Name :  
Register No. :  
Subject Code

**SDE**

**COURSE: M.SC IN YOGA EXAMINATION, 2020.**

**SUBJECT: FUNDAMENTALS OF YOGA**

**Duration: 3 Hours Max.Marks: 75**

**Answer All Questions (5x15=75)**

**All Questions Carry Equal Marks**

- 1a. Explain the aim, objectives and scope of yoga  
(or)  
b. Discuss about the misconceptions and clarifications of yoga.
- 2a. Explain the history and modern developments of yoga.  
(or)  
b. Describe the contributions to yoga by Thirumandiram,  
Bhagavad gita and hatha yoga pradiipika.
- 3a. Describe the contributions to yoga by B.K.S. Iyengar,  
Mahesh yogi and swami kuvalayananda.  
(or)  
b. Describe the contributions to yoga by Aurobindo, swami  
krishnamacharya and swami vivekananda.

- 4a. Explain the role of yoga & religions on spirituality.  
(or)  
b. Explain the methods to promote the spirituality.
- 5a. Explain the Astanga yoga.  
(or)  
b. Explain the bihar school of yoga, Iyengar yoga and hatha  
yoga.

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