

Jamia Hamdard
School of Management and Business Studies
Department of Management
SET B BBA-Semester III

Roll No...

Odd Semester Examination - December 2025

Subject Name: Yoga

Max. Marks: 30

Subject Code: BBA-VA-07

Duration: 1.5 Hour

Section A - Short Answer

(4X3=12)

Note: Attempt any THREE Questions. All questions carry equal marks.

Q1 Define yoga and mention its origin.

Q2: What is mindfulness and how is it related to yoga?

Q3: Name any four basic yoga asanas and write one benefit of each.

Q4: What is Kapalbhatai Pranayama and what are its benefits?

Q5: List any two yamas and two niyamas with a brief explanation.

Section B-Long Answer

(9X2=18)

Note: Attempt any TWO Questions. All questions carry equal marks.

Q1: Explain the physical and mental health benefits of practicing yoga and meditation regularly, with examples from ancient and modern times.

Q2: Describe the eight limbs of yoga as outlined in Patanjali's Yoga Sutras and explain their importance in daily life.

Q3: Discuss the role of breath in yoga and explain how pranayama techniques like Anulom Vilom and Nadi Shodhana help in improving well-being.

Q4: What are the different types of meditation? Describe any three types and their effects on the mind and body.

Q5: Explain the concept of a yogic lifestyle. How do diet, ethical principles, and meditation contribute to inner transformation and spiritual growth?