

Department of Management
B.Com-Semester III
Odd Semester Examination - December 2025

Roll No...

Subject Name: Yoga

Max. Marks: 30

Subject Code: ... BCH-VA-07

Duration: 1.5 Hour

Section A - Short Answer

(4X3=12)

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

- Q1: How can ethical principles be applied in everyday life?
- Q2: Explain the difference between Anulom-vilom and Nadi Shodhan.
- Q3: How is yoga important for physical and mental well being?
- Q4: Explain the Deergha Swasan Pranayam.
- Q5: Explain Yamas and Niyamas in yoga philosophy.

Section B-Long Answer

(9X2=18)

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

- Q1: What is the principle of yogic diet. Explain with examples.
- Q2: Explain Ashtang Yoga or Eight limbs of yoga.
- Q3: Discuss the development of yoga through ages.
- Q4: Explain the spiritual aspects of yoga. How is meditation helpful for spiritual awakening?
- Q5: Provide an account of Patañjali's life, his key contributions to Yogic philosophy, and the traditional symbolism associated with him.