



A Charutar Vidya Mandal's Institution
V.P. & R.P.T.P. SCIENCE COLLEGE (AUTONOMOUS)
(Grant-in-Aid) Affiliated to Sardar Patel University
VALLABH VIDYANAGAR-388120



MASTER of Science (Semester-2) External Examination - 2026
Course code: PS02IKZOO01 Course title: Yog, Meditation and Happiness

Date: 23-03-2026 (Monday)

Time: 10.45 am to 12.15 pm

Total marks :25

Q-1 Write the most appropriate answer from the following multiple-choice questions. 05

(1) Which is Niyam?

(a) Ahimsa

(b) Ishvarpranidhan

(c) Aparigraha

(d) Satya

(2) Pratyahar is which step of Yoga ?

(a) First

(b) Fifth

(c) Fourth

(d) Sixth

(3) Which type of asana Virbhadrasan is ?

(a) Supine

(b) Prone

(c) Sitting

(d) Standing

(4) Which is benefit of music meditation ?

(a) Improved sleep Quality

(b) Enhance the stress

(c) Increase heart rate

(d) Increase anxiety

(5) Which is characteristics of Yogic Person ?

(a) Connection With Nature

(b) Laziness

(c) Angry nature

(d) Waking up after sun-rise

Q-2 Explain The Difference between Yoga and Physical exercise.

10

OR

Q-2 Explain the principal branches of Yoga.

10

Q-3 Explain Ardh-chandrasana in Detail.

10

OR

Q-3 Explain Ujjai Pranayama in Detail.

10

