

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 I) External Examination – 2026
COURSE CODE: PS02IKZOO01

YOG AND MEDITATION & Happiness

Date: 11-03-26 TUESDAY

Time: 10.45 TO 11.45

Total marks :25

Q-1-MCQ

Marks 06

1. Which is Yam?
a) Savch b) Santosh c) Aparigrah d) Ishvarpranidhan
2. What is 6th step of Ashtang Yoga?
a) Aasana b) Dhyan c) Pratyahar d) Dharana
3. Who is the father of Ashtang Yoga?
a) Ramdev baba b) Maharshi Patanjali c) Swatmaramji d) Sri Sri Ravishankar
4. Which is standing aasan?
a) Dhanurasana b) Paschimottanasana c) Garudasana d) Sukhasana
5. Which is not a benefit of music meditation?
a) Less stress & anxiety b) Stress reduction
c) Improved sleep quality d) Enhance the stress
6. Which pranayama is also known as "victorious breath"?
a) 3 SRB b) Chandra bhedan c) Ujjayi d) Nadi shodhan



Q-2 Long Question

1. Describe the Ashtang Yog in short.

(Marks – 7)

OR

2. What is yog? Explain Yog

(Marks – 7)

Q-3 Long Question

3. What is Omkar meditation? Explain its benefits in detail.

(Marks – 7)

OR

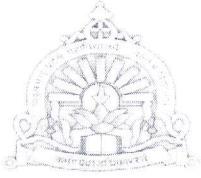
4. Define Meditation in detail

(Marks – 7)

ROLL NO:

SUPERVISION SIGN:

DATE:



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Q-1 Quiz Test

Fill in the blanks:

1. The highest stage of _____ is called Samadhi.

ANS:

2. Bhakti comes from the root word _____.

ANS:

3. There are _____ types of people.

ANS:

4. Sukhasana improves _____ level.

ANS:

5. Sarvangasan enhances _____ in the body.

ANS:

