

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(S-VYASA)

(declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)

FINAL EXAMINATION

MS T 1009 Yoga and its Applications

Date : 29-May-2011

Time : 3 Hr

Max Marks: 100

Note: 5 Marks for neatness and clarity

I. Answer the following

1. What is the need for Application of Yoga
2. Distinguish between Science and Technology
3. Name the field of Application of Yoga

3 Marks

7 Marks

5 Marks

II. Write in detail the applications of yoga to health and in education based on the following 4 aspects.

40 Marks

1. Basis for the application
2. Essential dimensions of yoga applications
3. Research findings
4. Influence on the society
5. Your own experiences, if any

III. Write short notes on any 5 (8 Marks each)

40 Marks

1. Yoga and Music
2. Yoga and Jurisprudence
3. Yoga and Modern Science
4. Yoga and Technology
5. Yoga and Economics
6. Yoga and Management
7. Yoga and Psychology
8. Yoga and Psychiatry
9. Yoga and Women
10. Yoga for Children

*****WISH YOU ALL THE BEST*****