



मोतीलाल नेहरू राष्ट्रीय प्रौद्योगिकी संस्थान इलाहाबाद
प्रयागराज-211004 भारत
Motilal Nehru National Institute of Technology Allahabad
Prayagraj-211004 [India]

Mid-Term Examination (Session 2022-23)

Programme Name: B.Tech	Semester: I
Student Reg. No.	Subject: Yoga & Ayush for Human Well-Being
Duration: 1.5 Hours	Max Marks: 20
Instructions: Attempt all the questions keeping in mind the internal choices.	

Answer Any Four of the following (5 X 4 = 20)

1. What is the meaning of Yoga? Write benefits of Yoga. (5 marks)
2. In Yogic practice what are the supportive elements? (5 marks)
3. In Yogic practice what are the destructive elements? (5 marks)
4. Explain Yogic Diet. (5 marks)
5. List and explain the diets to protect Genetic Diseases. (5 marks)
6. Write an introduction of essential amino acids. (5 marks)



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End-Term Examination (Session 2022-23)

Programme Name: B.Tech.	Semester: First
Course: Yoga & Ayush for Human Well-being	Course Code: EAN11706
Student Reg. No.:	
Duration: 3 hours	Max Marks: 50
Instructions: Attempt any FIVE questions.	

1. Explain the meaning, definition, importance and purpose of yoga. 10
2. Write short notes on
 - a. Hatt Yoga 3
 - b. Astanga Yoga 3
 - c. Gyan Yoga 4
3. Explain the physical, mental and spiritual benefits of Surya Namaskar. 10
4. What is the elementary meaning of Asanas. How they can be helpful for mental and physical well being? 10
5. Explain the meaning, definition and importance of Pranayama. Comment on emotional adjustment and objectivity in Pranayama. 10
6. Explain any THREE Pranayamas and their benefit. 10
7. What is Yogic Diet and how to follow Yogic Diet explain. 10