

(FOR THE CANDIDATES ADMITTED

21 HEC 202

DURING THE ACADEMIC YEAR 2021 ONLY)

REG.NO.:

N.G.M.COLLEGE (AUTONOMOUS): POLLACHI

END-OF-SEMESTER EXAMINATIONS: JULY- 2022

UG DEGREE PROGRAMMES (AIDED & SF)

MAXIMUM MARKS: 50

II - SEMESTER

TIME: 2 HOURS

**PART – IV**

**HUMAN EXCELLENCE-FAMILY VALUES & SKY PRACTICE-II**

**SECTION - A**

**(10 X 1 = 10 MARKS)**

**ANSWER THE FOLLOWING QUESTIONS.**

**(Multiple choice questions)**

**(K1)**

1. .... can be eliminated in order for a new culture to blossom in this world.  
a) Love                      b) War                      c) Compassion                      d) Thought
2. We can see more love and compassion in a .....  
a) Joint family                      b) Individual family                      c) Money                      d) Fame
3. .... meditation is extremely beneficial for introspecting our mind.  
a) Shanthi                      b) Agna                      c) Thuriyateetha                      d) Thuriya
4. Pathanjali Maharshi wrote the book .....  
a) Vedas                      b) Mahabharata                      c) Advaita                      d) Yoga Sutra
5. .... yoga combines the two concepts of gratitude and awareness of consequences.  
a) Karma                      b) Raja                      c) Gnana                      d) Bhakthi

**ANSWER THE FOLLOWING IN ONE (OR) TWO SENTENCES**

**(K2)**

6. Define – Self blessing.
7. What are the rights of women?
8. Mention the three methods for achieving family peace.
9. Define - Love and Compassion.
10. What forms of exercise can prevent heart disease?

**SECTION – B**

**(5 X 8 = 40 MARKS)**

**ANSWER ANY FIVE OF THE FOLLOWING QUESTIONS IN NOT LESS THAN FOUR PAGES EACH.**

**(K3 (Or) K4)**

11. Explain the fivefold mortal culture.
12. Describe the method of blessings and its benefits.
13. Analyse the obstacles and solutions of yoga practices.
14. Describe the ten moral principles of Karma Yoga.
15. Analyze the system of gender equality and the value of womanhood in view of Bharathiar.
16. Describe the significance of Thuriya meditation.
17. Analyze food is medicine for a long and healthy life.
18. Describe the benefits of maharasana, massage, acupressure, and relaxation exercises.