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| **University of Kerala** | |
| **Discipline: Sanskrit General** | **Time: 1 Hours (30 Mins)** |
| **Course Code:UKIDSCORS101** | **Total Marks: 42** |
| **Course Title:** YOGA THEORY & PRACTICE |  |
| **Type of Course: DSC MINOR** |  |
| **Semester: 1** |  |
| **Academic Level: 100-199** |  |
| **Total Credit: 4, Theory: 3 Credit, Practical :1 Credit** |  |

**Part A**

**Answer All Questions. Each Question Carries 1 Marks**

**(Cognitive Level: Remember/ Understand)**

**Time: 6 Minutes Marks:6**

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| सर्वेषां प्रश्नानामुत्तराणि लिखत। | | Cognitive  Level | Course Outcome |
| 1 | कस्याः निरोधः योगः ? | R | CO-4 |
| 2 | त्रिगुणाः के ? | R | CO-3 |
| 3 | धारणा का ? | U | CO-2 |
| 4 | योगसूत्रे प्रथमपादस्य नाम किम? | U | CO-1 |
| 5 | स्मृतिः किमिति लिखत । | U | CO-3 |
| 6 | अभ्यासः कः ? | U | CO-2 |

**Part B**

**Answer All Questions in a paragraph, Each Question Carries 2 Marks**

**(Cognitive Level: Understand/Apply)**

**Time: 24Minutes Marks:8**

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| सर्वेषां प्रश्नानां टिप्पणी लिखत। | | Cognitive  Level | Course Outcome |
| 7 | चित्तवृत्तिनिरोधस्य उपायौ कौ ? | U | CO-2 |
| 8 | वृत्तयः पञ्च - ताः काः ? | U | CO-3 |
| 9 | नियमे कति मार्गाः सन्ति - ते के ? | Ap | CO-3 |
| 10 | साधना कतिविधम्- ताः काः ? | Ap | CO-3 |

**Part C**

**Answer All 4 Questions in Essay, choosing from among options within each question.**

**Each Question Carries 7 Marks**

**(Cognitive Level: Apply/Analyse/Evaluate/Create)**

**Time: 60Minutes Marks:28**

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| चतुर्णां प्रश्नानां निबन्धात्मकमुत्तरं लिखत। | | | Cognitive  Level | Course Outcome |
| 11 | A | अष्टाङ्गानि अधिकृत्य योगशास्त्रस्य प्राधान्यं लिखत । | Ap | CO-1 |
| B | स्वास्थ्ये प्राणायामस्य प्रसक्तिं सोदाहरणं लिखत । | Ap | CO-4 |
| 12 | A | योगशास्त्रं भारतीयदर्शने प्रथमस्थानम् अलङ्करोति-विमृशत। | An | CO-1 |
| B | योगसूत्रे उक्तानि प्रमाणान्यधिकृत्य विशदयत । | An | CO-3 |
| 13 | A | साधनायाः प्राधान्यं अष्टाङ्गेषु कथं भवति ? | E | CO-2 |
| B | योगश्चित्तवृत्तिनिरोधः इति सूत्रमाधारीकृत्य चित्तवृत्तिं विशदयत। | E | CO-4 |
| 14 | A | वैयक्तिकवीक्षणे योगशास्त्रपठनस्य स्वाधीनं भवति-विचिन्तयत । | C | CO-1,4 |
| B | पातञ्जलयोगदर्शनस्य समाधिपादं संक्षिप्य लिखत । | C | CO-1,4 |

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| **Cognitive Level** | **Marks** | **Percentage** |
| **Remember** | **2** | **4.76** |
| **Understand** | **8** | **19.04** |
| **Apply** | **11** | **26.19** |
| **Analyse** | **7** | **16.66** |
| **Evaluate** | **7** | **16.66** |
| **Create** | **7** | **16.66** |
| **Total** | **42** | **100** |

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| --- | --- | --- | --- |
| **Question Part** | **No of Qs** | **Marks in each Qs** | **Total Marks** |
| A | 6 | 1 | 6 |
| B | 4 | 2 | 8 |
| C | 4 | 7 | 28 |
| **Total** | **14** |  | **42** |