

No. of printed pages : 2

Your Roll No.....

I Semester Examination – January 2018

**MASTER OF PHARMACY /
PHARMACEUTICAL MANAGEMENT
COURSES**

Yogic Science

(YGS - 104)

Time : Two Hours

Maximum Marks : 50

*(Write your Roll No. at the top immediately
on receipt of this question paper.)*

- *No student is allowed to leave the Hall before One hour.*
- *Answer any FIVE questions.*
- *All questions carry equal marks.*

1. What is yoga according to Maharishi Patanjali ?
2. What is chakra ? Explain seven chakra.
3. What is Prana and Pranayama and write the benefits of Ujjayi and Bhastrika Pranayama ?
4. What is meditation and effects of our daily life ?
5. Diet according to season (Ritucharya) ?

P.T.O.