PRN:		Course Code:	U26IK101

000578

First Year **B. Sc.** End Semester Examination winter 2024

Indian Medical Sciences

Day and Date: Fri 6 DEC 2024 Max Marks: **35**

Time : 10:30AM To 12:30PM Duration: **02** hrs

Instructions: All questions are compulsory.

			Marks	Bloom's Level	CO
Q.1		**Attempt the following**	**07**		
	a)	Give the meaning of yoga.	01	L1	CO1
	b)	Define the definition of Ayurveda	01	L1	CO1
	c)	What is the body's detoxification process?	01	L2	CO2
	d)	What is the term intake of food.	02	L2	CO2
	e)	What are the three Ayurvedic health pillars?	02	L2	CO2
Q.2		**Attempt the following**	**07**		
	a)	Explain in brief introduction of hatha yoga.	04	L1	CO1
	b)	Give a basic explanation of karma yoga.	03	L2	CO2
		or			
	c)	Define the any three steps of Asthanga yoga.	03	L1	CO1
Q.3		**Attempt the following**	**07**		
	a)	Describe the Ayurvedic notion.	04	L1	CO1
	b)	Mind-body harmony: what is it?	03	L2	CO2
		or			
	c)	Describe the intellect, body, and mind.	03	L2	CO2
Q.4		**Attempt the following**	**07**		
	a)	Define the concept of swastha vritta.	03	L1	CO1
	b)	Explain in short daily detoxification.	04	L2	CO2
		or			
	c)	Give definitions for the three health pillars.	04	L2	CO2
Q.5		**Attempt the following**	**07**		
	a)	Give an explanation of what sleep hygiene is.	03	L2	CO2
	b)	What does Ayurvedic ritucharya mean?	04	L2	CO2
		or			
	c)	What are the three upastambha in Ayurveda.	04	L3	CO3

ESE