

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)  
Chromepet, Chennai - 600 044.

M.Sc.FSND - END SEMESTER EXAMINATIONS - APRIL 2025  
SEMESTER - IV

**24PNDET4B04 - Introduction to Yoga and Physiology**

Total Duration : 1 Hrs.30 Mins.

Total Marks : 40

### Section B

Answer any **TEN** questions (10 × 2 = 20 Marks)

1. List the importance of yoga practice in everyday life.
2. Define epigenetics.
3. How to read and interpret the research?
4. List the primary functions of neurons in the nervous system.
5. Describe aerobic and anaerobic respiration.
6. Relate the practice of Ashtanga Vinyasa Yoga with the cardiovascular system health.
7. Identify the differences between cardiac and lymphatic circulation.
8. Classify the major components of the musculoskeletal system.
9. Illustrate basic structure of kidney.
10. Show the significance of yoga and mindfulness in improving digestive health.
11. What role does the hypothalamus play in regulating the endocrine system?
12. Interpret the primary purpose of resonance breathing.

### Section C

Answer any **FOUR** questions (4 × 5 = 20 Marks)

13. Interpret on yoga practices which help in reducing cellular stress.
14. Explain how do neurotransmitters influence neuronal communication and overall bodily functions.
15. Justify the role of nostril breathing techniques in improving the respiratory system and reduction in stress.
16. Interpret the role of lymphatic system in maintaining fluid balance within the body.
17. Explain the importance of weight bearing exercise in preventing osteoporosis.
18. Differentiate between Type I and Type II diabetes.

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