



Chhatrapati Shahu Ji Maharaj  
University, Kanpur

**Answer Script Details**  
**Barcode** 12139016

**Roll No.** 24025001892  
**Total Mark** 49/75.00

**Exam** MA-III\_ODD\_EXAM\_NOV\_2025  
**Subject** E010903T - YogAndNaturopathy (Elective)

**Question wise Mark Summary**

**Q.No Mark Q.No Mark Q.No Mark Q.No Mark**

1A 3/5

1B 3/5

1C 3/5

1D 3/5

1E 3/5

1F 3/5

1G 3/5

1H 3/5

1I 3/5

2 11/15

3 0/15

4 0/15

5 0/15

6 11/15

7 0/15

8 0/15

9 0/15

# Chhatrapati Shahu Ji Maharaj University Kanpur, Uttar Pradesh

Date of Exam: 18/11/25  
 Session: III  
 Paper Code: E010903T  
 Name of Candidate: Varnika Sharma  
 Roll No: 24025001892

  
 Varnika Sharma  
 Signature of Candidate

  
 Signature of Investigator  
 CSE Facsimile

### PART-II

MARKS OBTAINED										
Q.	1	2	3	4	5	6	7	8	9	10
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Total Marks in Words										

  
 E 0 1 0 9 0 3 T  
 Paper Code  
  
 Signature of Evaluator

Course: M.A. Education  
 Session: 2025-26 Year Semester III Sem  
 Subject: Yag and Naturapathy  
 Paper Code: E 0 1 0 9 0 3 T  
 Exam Date: 1 8 1 1 2 0 2 5  
 Name of Candidate: VARNIKA SHARMA  
 Father's Name: SHIVBARAN SHARMA

कॉलेज कोड का कोड College Code: UN01  
 परीक्षा केंद्र का कोड Exam Centre Code: UN01

A	A	●	0	0
B	B	1	●	1
C	C	2	2	2
D	D	3	3	3
E	E	4	4	4
F	F	5	5	5
G	G	6	6	6
H	H	7	7	7
I	I	8	8	8
J	J	9	9	9

परीक्षा का प्रकार Type of Exam  
 Regular  Ex Student   
 Private  Back paper Exam   
 ANSWER BOOKLET NO.  
**12139016**  
 Paper Code: E 0 1 0 9 0 3 T

एनरोलमेंट नंबर Enrollment Number: CSJMA24000005453  
 परीक्षार्थी अनुक्रमांक का कोड Candidate's Roll Number: 24025001892

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 Varnika Sharma  
 Signature of Candidate  
  
 Signature of Investigator  
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नोट: 1. परीक्षार्थी को निर्दिष्टित किया जाता है कि आवरण पत्रों में कुछ भाग पर अंकित सभी निर्देशों को सावधानीपूर्वक पढ़ें।  
 2. कोडों में ध्यान देना सभी प्रतिक्रियाओं वाली तालिका में कुछ कोडों में। 3. कोडों को कटाने या पीने से बचाने में ध्यान दें।

### INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-I

1. Read the instructions carefully given on the answer script and admit card.
2. Write Date of Exam, Shift, Paper Code & Name of Subject Correctly.
3. Write Name & Roll No. Correctly.
4. Write Semester & Branch Correctly.

### INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-III

1. Use blue or black ball point pen for writing alphabets & numerals in  Boxes.
2. Carefully study the example before you start marking.
3. As shown in the example below blacken the circles completely.



4. Make no Stray marks on this sheet.
5. **DO NOT WRITE OR MARK ON THE BAR CODE.**

### IN ORDER TO AVOID UFM (UNFAIR MEANS):

1. The Roll No. and Answer Book no. found elsewhere or any other symbol found in the answer book will be treated as unfair means.
2. Any tempering of Bar Code and Booklet no shall be treated as Unfair Means.
3. Do Not bring the materials like slip of paper/mobile/digital diaries/ study material/ revision notes in examination hall. Possession of the mobiles/ digital diaries/ electronic watch and any other electronic gadget except memory less scientific calculator shall be considered as UFM case.
4. Do not keep or paste currency note in answer script it shall be consider as UFM.

### अनुचित साधन से बचने हेतु:

1. उत्तर पुस्तिका के निर्देशित स्थान को छोड़कर अनुक्रमिक एवं उत्तरपुस्तिका का क्रमांक कहीं और न लिखें तथा कोई भी चिन्ह न बनायें क्योंकि यह अनुचित साधन प्रयोग की परिधि में आता है।
2. उत्तर पुस्तिका के बरकोड अथवा उत्तर पुस्तिका संख्या पर छेद करने पर अनुचित साधन प्रयोग माना जायेगा।
3. परीक्षा कक्ष में निम्न वस्तुएं साथ न लाये, जैसे लिखे हुए कागज के टुकड़े, मोबाइल, डिजिटल कालरी, कोपी, पुस्तक यह सभी वस्तुएं जो अनुचित साधन के अन्तर्गत आती है। कंबल संबंधित प्रश्नपत्र में ही मेमोरी रैस साइंटिफिक कैल्कुलेटर ले जाने की अनुमति होगी।
4. उत्तर पुस्तिकाओं में क्लॉप न रखें न ही उत्तर पुस्तिका में विपक्षीय। ऐसा करना अनुचित साधन प्रयोग की परिधि में आता है।

### परीक्षार्थी के लिए निर्देश

1. प्रवेश पत्र एवं उत्तर पुस्तिका पर दिये गये निर्देशों को ध्यान से पढ़ें।
2. कवर पृष्ठ के दूसरी तरफ कुछ न लिखें।
3. उत्तर पुस्तिका के पृष्ठों पर दोनों तरफ लिखें।
4. प्रश्न पत्र पर अपने अनुक्रमांक के अतिरिक्त कुछ न लिखें।
5. प्रश्न पत्र कोड एवं प्रश्न पत्र कोड सातवानी पूर्वक लिखें।
6. अपनी स्थिति स्पष्ट लिखें।
7. उत्तर पुस्तिका के पृष्ठों की संख्या देखें। अगर उत्तर पुस्तिका में पृष्ठ (1-24) से कम है या फटे हुए हैं, तो परीक्षा शुरू होने के पूर्व दूसरी उत्तर पुस्तिका ले लें।
8. प्रश्नपत्र को देख, यदि प्रश्नपत्र के विषय कोड, विषय का नाम तथा प्रश्न में कोई त्रुटि है तो उसके परीक्षा शुरू होने के 30 मिनट के अन्दर का निरीक्षक को तत्काल सूचित करें, उसके बाद विश्वविद्यालय द्वारा को कार्यवाही नहीं की जायेगी।
9. प्रश्नों के उत्तर लिखने के लिये पेंसिल का प्रयोग न करें।
10. B कोपी या अतिरिक्त छाक नहीं दिया जायेगा।

### INSTRUCTIONS TO THE CANDIDATE

1. Read the instructions carefully given on the Question Paper Admit Card & Answer Script.
2. Do not write anything on back side of the cover page.
3. Write on both sides of pages of answer book.
4. Do not write anything on question paper except Roll Number.
5. Write Paper Code & Question Paper Id carefully.
6. CHECK the number of pages (1-32) or any other kind of damage in your answer script, if found than change the answer script immediately before the commencement of examination.
7. CHECK the Question Paper for any kind of discrepancy e.g. Subject Code, Subject Name and Question of the Question Paper during first THIRTY MINUTES of the commencement of the exam, so that it can be corrected in TIME. After that no corrections shall be entertained by the university.
8. Do not use pencil for answering the question.
9. Write status correctly e.g. those appearing in carry over paper should fill in status as Carry Over. Those appearing as E Students should fill in status as ex.
10. No supplementary answer book & graph paper will be provided.

### INSTRUCTIONS TO THE CANDIDATE FOR FILLING PART-IV

1. Use blue or black ball point pen for writing alphabets & numerals in  Boxes.
2. Use blue or black ball point pen for filling the circles.

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Note - If your Roll No. is of 10 digits. Please leave first three columns



## Section - (A)

### Short Answer type

#### (i) Concept of Naturopathy

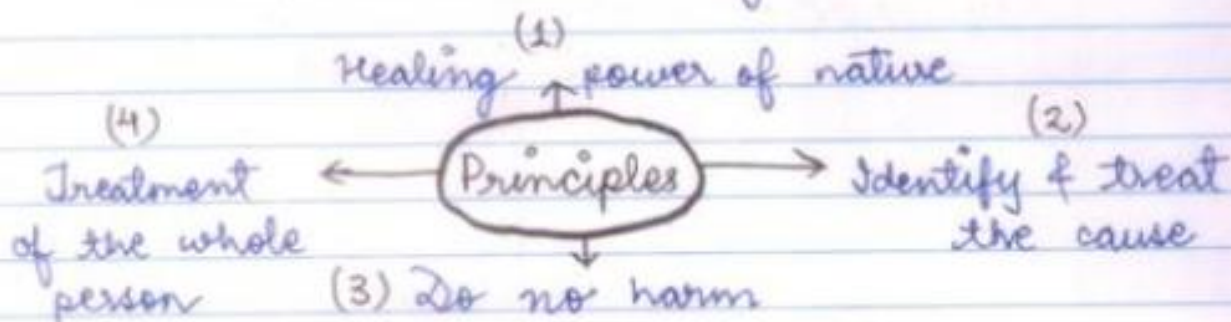
Meaning → Naturopathy is a drugless, natural system of healing which believes that nature has power to heal.

It focuses on removing the root cause of disease by improving the body's natural healing ability.

Definition → It is a system of treatment that uses natural agents like air, water, sunlight, diet, exercise, massage, fasting etc, to restore health.

Aim →

- i) It aims at balanced living.
- ii) prevention of disease
- iii) treatment through natural means.





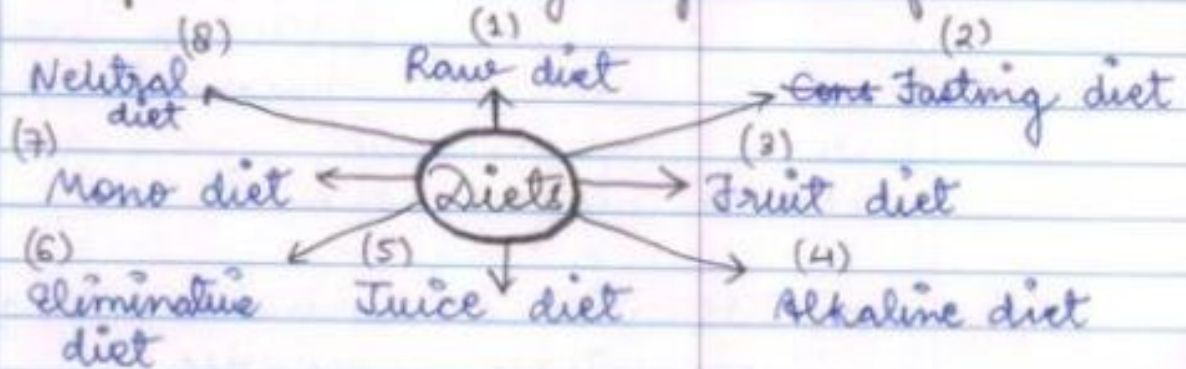
## ii) Diets of Naturopathy

Meaning → Naturopathy basically means a system of healing without no harms.

- In naturopathy → Diet plays a central role because 'food is medicine'

Aim → To detoxify the body, improve digestion, restore natural balance

- Naturopathy mainly recommend natural, simple, and easily digestible foods.



Key Principles → 1) Eat natural, fresh & unprocessed foods.

- 2) Include more raw foods than cooked foods.
- 3) Avoid excessive salt, sugar, spices etc.
- 4) Maintain proper food combining (fruits separate, light meals at night).



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### iii) Meaning of Yoga

The word Yoga is derived from the Sanskrit root  $\rightarrow$  "Yuj 'Yuj'", means to join, to unite or to integrate.

- Yoga refers to the union of the individual self (Atman) with the universal self (Paramatma)

$\rightarrow$  It is a discipline that helps in achieving physical fitness, mental peace, emotional balance and spirit growth.

Definition  $\rightarrow$  'Patanjali'  $\downarrow$

Yoga is the cessation of the fluctuations of the mind.

Means  $\rightarrow$  Yoga helps in controlling thoughts & developing concentration

- Principles  $\rightarrow$
- 1) Yoga connects the mind, body & soul.
  - 2) It is both a philosophy and a practical discipline
  - 3) Yoga improves physical health, mental stability & spiritual awareness



iv) Define Yogasutra

The Yogasutra → is a classical text written by Maharishi Patanjali, which systematically explains the philosophy, principles & practice of Yoga.

• It consists of 195 sutras (aphorisms), that guide how to control the mind, develop discipline, and attain spiritual realization.

→ 1) written by Patanjali around 2nd century BC - AD

2) Contains short, precise statements called sutras

3) Divided into (4) chapters ↓

a) Samādhi Pada ✓

b) Sadhana Pada

c) Vibhūti Pada

d) Kaivalya Pada

4) Provides a scientific & practical method for yoga practice.

5) Basis of Ashtanga Yoga (Yama, Niyama, Asana, Pranayama etc)



## v) Importance of Yoga

Yoga is important because it helps in the holistic development of an individual physically, mentally, emotionally & spiritually.

- It brings harmony between the body, mind and soul.
- Yoga is important for balanced living, healthy body, peaceful mind & harmonious life.



→ Yoga prevents many health problems by strengthening the body's natural defence.

- Helps in curing chronic diseases.



## (vi) Relationship b/w Yoga & Stress

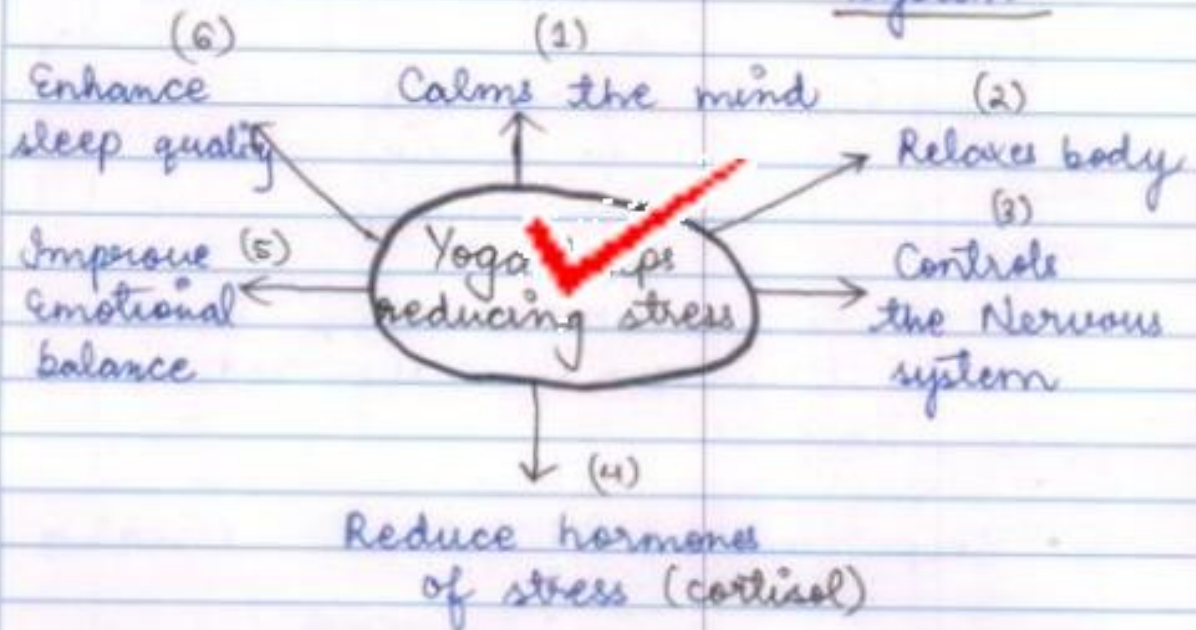
Yoga and stress have an inverse relationship.

When Yoga increases, stress decreases.

↓

Yoga is one of the most effective natural methods for managing & reducing stress.

- Stress happens when the mind is restless, overloaded or unable to cope with pressure. Yoga helps reduce stress by calming the mind, relaxing the body and balancing the nervous system.



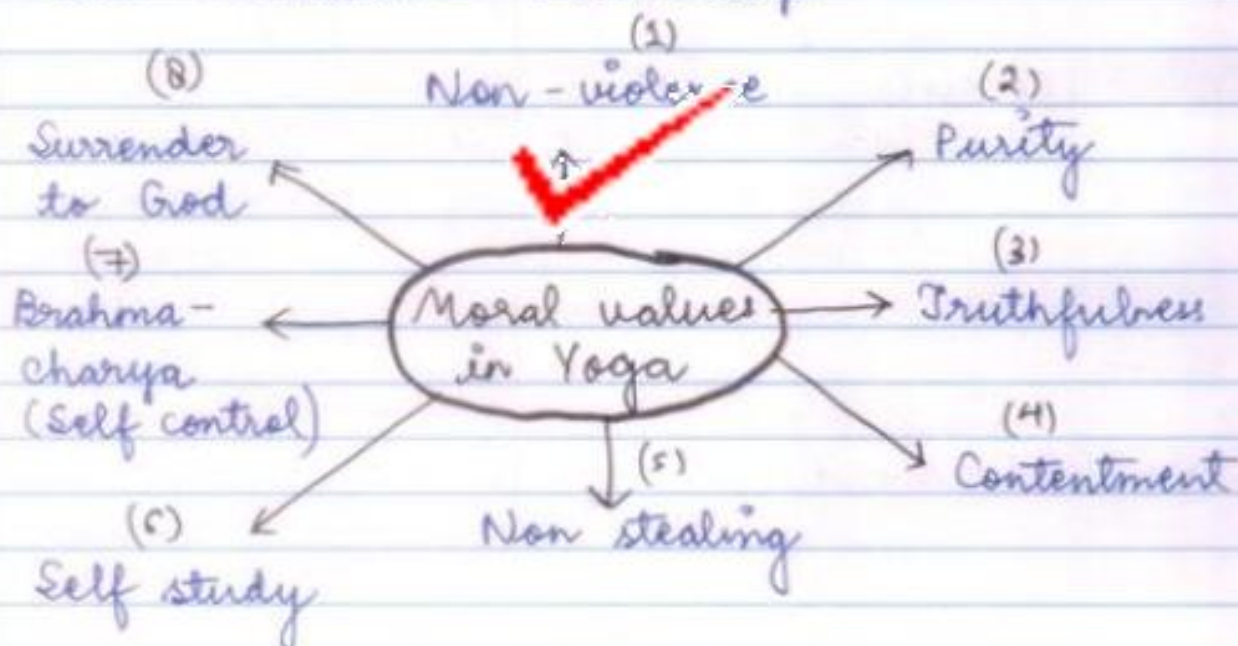


## (iii) Moral values in Yoga

Yoga is not only a physical practice, it is also a moral and ethical system that guides human behaviour.

The moral values in Yoga → mainly comes from 'Patanjali's Yama and Niyama', which provide a foundation for righteous living

- These values helps individual develop discipline, purity of mind, good character and harmonious relationships:



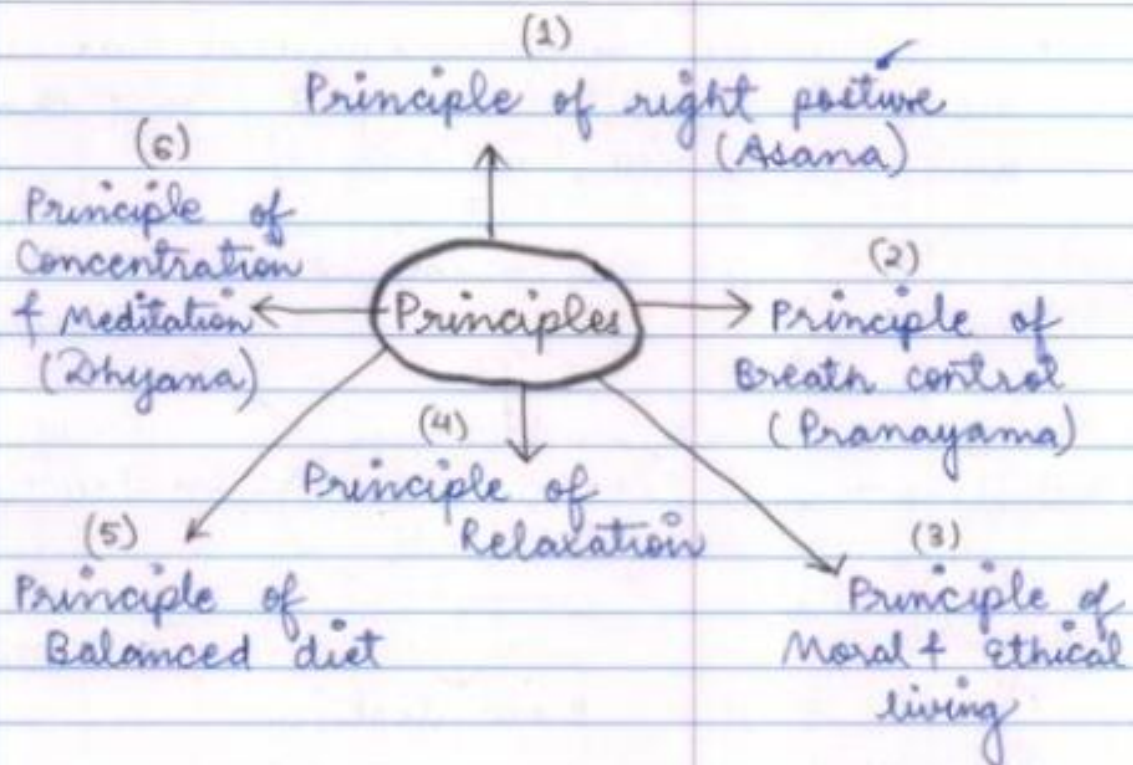
- They teach ethical behaviour, self discipline, emotional control & spiritual growth.



## viii) Principles of Yoga

Yoga is based on a set of principles that guide right living, right practice & right mental attitude.

- These principles help → to achieve physical health, mental peace, emotional balance etc.



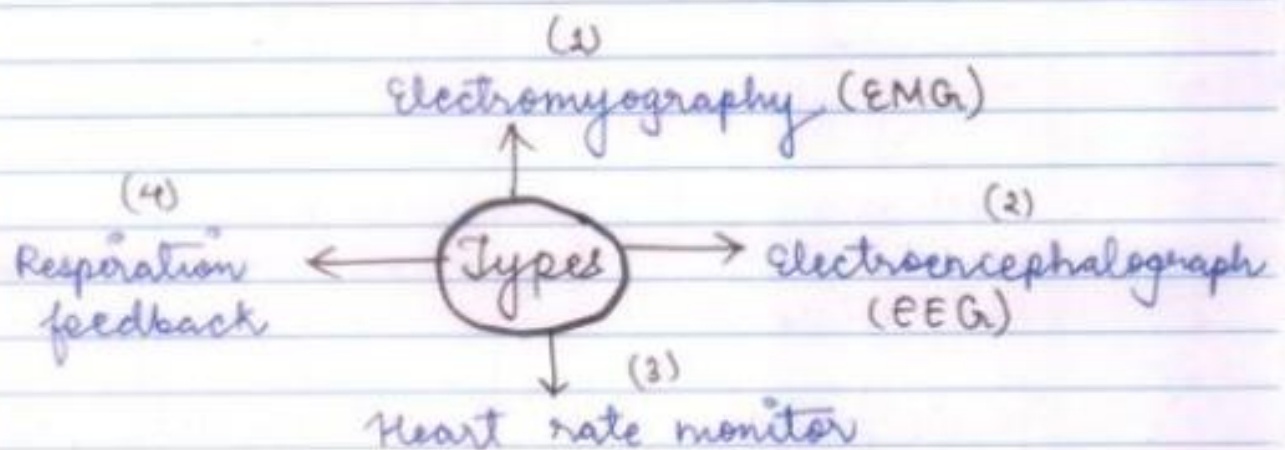
→ The principles of yoga guide individuals toward a healthy, disciplined & harmonious life.



## ix) Bio-feedback in Yoga

Biofeedback is a technique in which a person learns to control body functions like (heartbeat, breathing, muscle tension) with the help of scientific instruments that provide instant feedback about what is happening inside the body.

- When combined with Yoga, biofeedback helps individuals become more aware of their mind connections and gain control over stress & physiological responses.

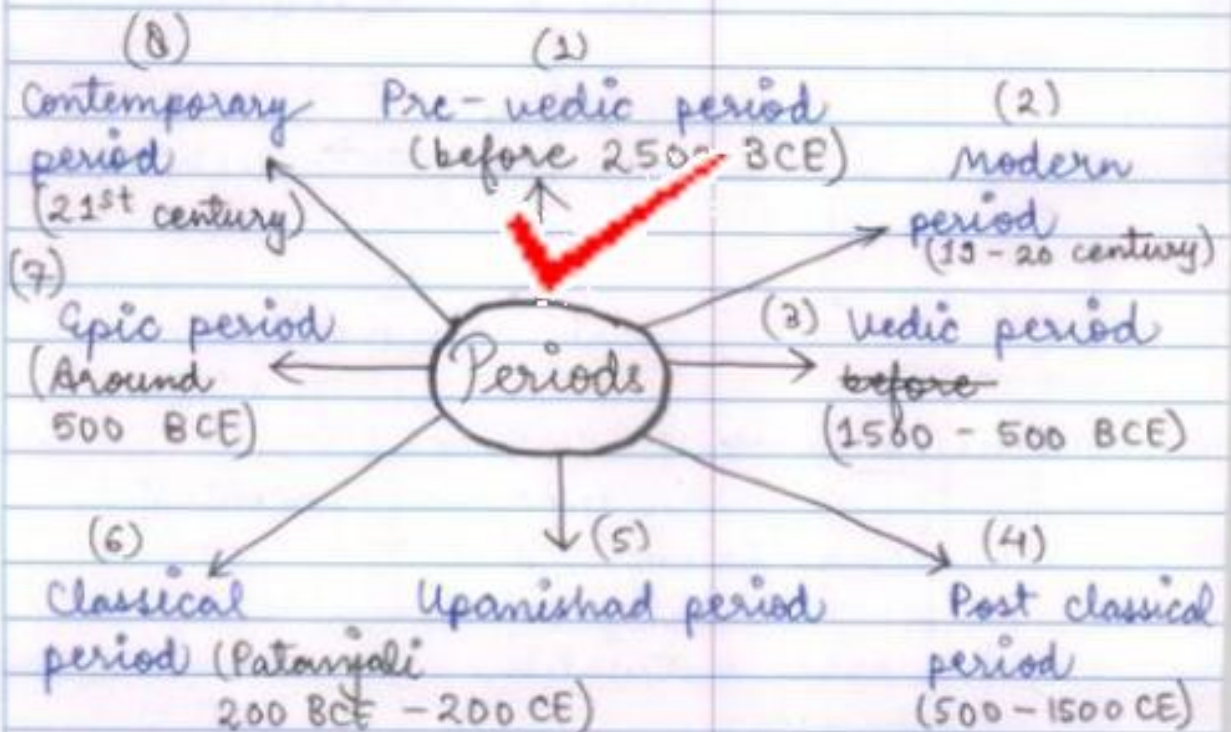


- Benefits →
- 1) Reduce stress & anxiety
  - 2) Improve concentration of meditation
  - 3) Helps maintain emotional balance
  - 4) Increase motivation by ~~showing~~ showing visible changes.

Section - (B)Long Answer

(3) Mention → Origin & development of Yoga

Yoga has a very ancient origin in India. It developed gradually through different historical periods, evolving into a complete system of physical, mental and spiritual discipline.





1) Pre-vedic period (before 2500 BCE)  
Early Origins ↓

The roots of Yoga are found in ancient Indian culture.

Some historians believe that early forms of meditation & spiritual practices existed even before the Vedas.

2) Vedic Period (1500 - 500 BCE) ↓

The earliest written reference of yoga is in the Vedas, especially in the Rigveda.

- Yoga was practiced for spiritual development, concentration, and connection with the divine.

The concept of Dhyana (Meditation) began to appear.

3) Upanishad period → Upanishads gave a philosophical foundation of yoga.

- Concepts like Atman, Brahman, Self-realization, pranayam and inner control developed.
- The famous Katha Upanishad explained



the idea of controlling senses like training a charioteer.

4) Epic Period (Gita period - Around 500 BCE) ↓

The Bhagavad Gita described 3 major Yogas ↓

- Karma Yoga - Yoga of action
- Bhakti Yoga - Yoga of devotion
- Jnana Yoga - Yoga of knowledge

• Gita made yoga a practical & moral lifestyle

5) Classical Period (Patanjali - 200 BCE - 200 CE) ↓

'Maharishi Patanjali' is a systematized yoga in the Yoga Sutra

• He introduced Ashtanga Yoga (eightfold path)

[ Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Samadhi ]

→ This considered the scientific & classical form of Yoga.



#### 6) Post classical period (500 - 1500 CE) ↓

Yoga began to focus on more physical practices.

- Development of Kath Yoga by Gorakhnath & other Yogis.
- Introduction of asana, mudras, bandhas, & cleansing techniques.

#### 7) Modern period (19<sup>th</sup> - 20<sup>th</sup> century) ↓

Yoga was revived and made global by modern masters ↓

- Swami Vivekanand — introduced Yoga in to the West in (1893)
- Yoga became known for health, fitness & mental well-being.

#### 8) Contemporary period (21<sup>st</sup> century) ↓

Yoga is now practised globally as a holistic health system.

Recognized by UN, and International Yoga day is celebrated on '21<sup>st</sup> June'

- Modern scientific research supports its benefits for stress, lifestyle, disease and mental health.



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Section - (C)

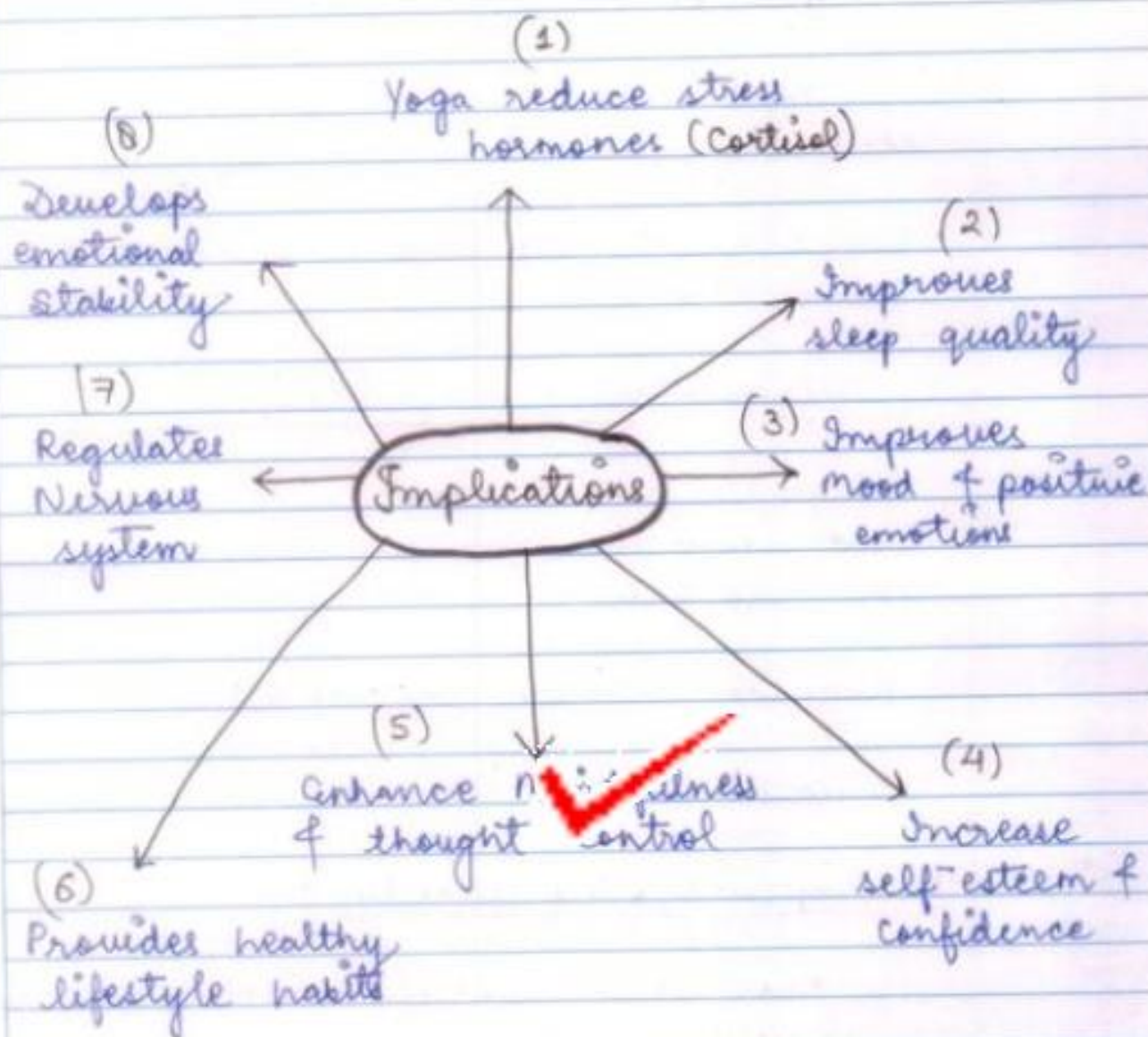
## Long Answer

(9) Implication of Yoga in depression & anxiety

Depression and anxiety are common mental health problems caused by stress, negative thoughts, chemical imbalance & lifestyle issues.

→ Yoga provides a holistic, natural and side-effect-free method to manage and reduce both conditions.

- It works on the body, mind, emotions and nervous system.
- By harmonizing the body & mind, Yoga provides a natural, effective, mental well being.



### 1) Yoga reduces stress hormones ↓

Depression & anxiety are related to high cortisol

- Yoga especially, pranayam, meditation of relaxation, lowers cortisol level.



## 2) Regulates Nervous system ↓

Yoga activates the parasympathetic nervous system (relaxation response)

- Slows heart rate, reduces BP & calms the body.

## 3) Improves mood & positive emotions ↓

Yoga increase serotonin, dopamine and endorphins — chemicals responsible for happiness.

Regular practice create a sense of well-being being ✓ ✓ & emotional stability.

## 4) Improves Sleep quality ↓

Poor sleep worsens both depression & anxiety.

Yoga reduces restlessness, relaxes muscle & improves sleep patterns.

Specific Yogas to do for depression & Anxiety ↓

i) Asanas (Postures)



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ii) Pranayamas (Breathing)

iii) Relaxation & Meditation.

Conclusion ↓

Yoga is a powerful therapeutic tool for managing depression & anxiety.

It reduces stress, stabilises emotions, improve mood and enhances self awareness.

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24

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Regular  
Education

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