

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.A. YOGA

EXAMINATION : APRIL/MAY - 2025

SECOND SEMESTER

Sub. : Yogic Diet - Holistic Approach (MA24N -207TH)

Date: 05/05/2025

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

Q. 1. Multiple choice questions (10)

1. In Ashta aahara vidhi visheshayatana, Upayokta means _____
a) Person who is serving the meal b) Person who is taking the meal
c) Both a and b d) None of the above.
2. Vitamin _____ is required for the blood clotting process
a) A b) D
c) E d) K
3. Jirne ashniyat is the term which comes under _____
a) Aahara vidhi vidhana b) Aaharavidhi vishesha aayatana
c) Both a and b d) None of the above
4. Which electrolyte is primarily found in intracellular fluid?
a) Sodium b) Potassium
c) Chloride d) Bicarbonate
5. One must eat food that is _____.
a) Snigdha b) Ushna
c) Ruksha d) Both a & b
6. Katu rasa is combination of _____ and _____ Mahabhuta.
a) Pruthvi and Jala b) Pruthvi and Agni
c) Vaayu and Agni d) Vaayu and Pruthvi
7. Which of the following is micronutrient _____
a) Carbohydrate b) Protein
c) Fat d) Vitamins
8. _____ is a water soluble vitamin
a) Vit A b) Vit D
c) Vit B-complex d) None of the above
9. _____ is not a source of visible fat.
a) Vegetable oil b) Butter
c) Oilseeds d) Ghee

10. Insoluble Fibers are _____

- a) Indigestible and soluble in water
- b) Digestible and insoluble in water
- c) Indigestible and insoluble in water
- d) None of the above

Q. 2. Write the answers in short (Any Four)

(20)

- 1) Functions and sources of Calcium.
- 2) Digestion, absorption and metabolism of food.
- 3) Fat soluble vitamins.
- 4) Importance of appropriate food consumption for effective yoga practices.
- 5) Viruddha Aahara.
- 6) Carbohydrates sources and functions.

Q. 3. Write the answers in brief (any two)

(30)

- 1) Explain the importance of Aahara and classification of Aahara.
- 2) Explain Aahara vidhi visheshayatana in detail.
- 3) Explain the concept of food as discussed in the Hatha Pradipika.

मराठी रूपांतर

सूचना : १. सर्व प्रश्न सोडविणे आवश्यक आहे.
२. उजवीकडील अंक त्या प्रश्नांचे गुण दर्शवितात.

प्र.१. योग्य पर्याय निवडा.

(१०)

- १. अष्ट आहार विधि वेशषायतनांमध्ये उपयोक्त म्हणजे -----.
 - अ) जेवण परोसणारी व्यक्ती
 - ब) जेवण ग्रहण करणारी व्यक्ती
 - क) अ आणि ब
 - ड) यापैकी नाही
- २. रक्ताच्या गुठळीकरण (Blood clotting) प्रक्रियेसाठी Vitamin ----- आवश्यक आहे.
 - अ) A
 - ब) D
 - क) E
 - ड) K
- ३. 'जीर्णे अशनीयात' हे ----- च्या अंतर्गत येते.
 - अ) आहार विधि विधान
 - ब) आहार विधि विशेषायतन
 - क) अ आणि ब
 - ड) यापैकी नाही.
- ४. खालीलपैकी कोणता electrolyte, intracellular fluid मध्ये आढळतो.
 - अ) सोडियम (Sodium)
 - ब) पोटॅशियम (Potassium)
 - क) क्लोराइड (Chloride)
 - ड) बायकार्बोनेट (Bicarbonate)
- ५. ----- अन्न खावे.
 - अ) स्निग्ध
 - ब) उष्ण
 - क) रूक्ष
 - ड) अ आणि ब

