

M.Ed. Examination, 2019
Semester-IV
Course : MED-244.2
(Yoga Education and Personality Development)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin.

1. Attempt **any four** of the following questions: 4×10=40
 - a) What do you mean by Yoga Education? Discuss the importance of yoga in human life. 4+6
 - b) Explain the concept of *Purusha* with five proofs of its existence. What are the educational implications of *Purusha*?
 - c) Explain the concept of '*Pranayama*' with their principles and types. 5+2+3
 - d) What are the various factors of personality development? Explain the *Triguna* concept of personality. 5+5
 - e) Discuss about the contributions of B.K.S. Iyengar towards promotion of Yoga. 10
2. Attempt **any four** of the following questions : 4×5=20
 - a) Discuss the concept of *Karma Yoga*. 5
 - b) What is the importance of *Prakriti* in the creation.
 - c) State the eight limbs of *Yoga*. Discuss in detail any one limb. 5
 - d) Discuss about the therapeutic Advantages of *Surya Namaskar*. 5
 - e) Justify the place of *Yoga* in school curriculum. 5
3. **Attempt all the questions** 3×2=6
 - a) What are '*Panchakoshas*'?
 - b) What are five *Tanmatras*?
 - c) What is *Jnana Yoga*
4. **Attempt all the questions** 4×1=4

Choose the correct response for the following items:

 - a) Raja Yoga was popularized in modern times by :
 - i) Swami Vivekananda ii) Sri Sri Ravi Shankar iii) Rabindranath Tagore
 - iv) Swami Chinmayananda
 - b) International yoga Day is observed on :
 - i) 21st July ii) 20th July iii) 20th June iv) 21st June
 - c) *Tridosha* is related to :
 - i) *Ayurveda* ii) *Upanishad* iii) *Darshan* iv) *Purana*
 - d) Touch is related to :
 - i) Earth ii) Water iii) Air iv) Fire
