

M.P.Ed. Examination, 2015

Semester-IV

Physical Education

Paper – MPED-245

(Game of Specialization: Yoga)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer *one* question from each unit.

Unit-I

1. Explain the Indian History of Yoga with modern development. 8

or

Explain the scope of Yoga in this present world. 8

Unit-II

2. Discuss 'Patanjali's Yogasutra' with some slokas. 8

or

Discuss 'Hatha Yoga Pradipika' with some slokas. 8

Unit-III

3. Explain 'Yama' with example. 8

or

Explain 'Niyama' with example. 8

Unit-IV

4. Regular Yoga asana can improve physical fitness' – Describe. 8

or

"Effect of Yoga asana on human physiological system:" – Describe. 8

Unit-V

5. Discuss about the 'Pancha Kosa Theory' and Yoga. 8

or

Discuss about the 'Integrated approach of Yoga Therapy'. 8
