

M.P.Ed. Examination, 2016

Semester – I

Course – MPCC-103

(Yogic Sciences)

Time: 3 Hours

Full Marks: 70

Questions are value as indicated in the margin.

Answer one question from each unit

UNIT-I

1. Define yoga? Explain each and every steps of Astanga yoga in your own words.

2+12=14

OR

Explain the steps of preparation for practicing yoga.

14

UNIT-II

2. What do you mean by Asana? Classify Asanas and write down the benefits of Asanas in human body.

2+4+8=14

OR

Write down the Pranayama and its Types. Explain the methods of any one Pranayama along with its benefits.

2+4+8=14

UNIT-III

3. What do you mean by Shatkriya? Write down its types. Explain the techniques and benefits of Neti.

2+4+8=14

OR

Write short notes (*any two*)

2×7=14

- a) Bandhas meaning and types.
- b) Kapalbhata and its benefit.
- c) Nauli and its benefit.

UNIT-IV

4. Define Meditation and its types. Write down the benefits of Meditation.

2+4+8=14

OR

Write down the meaning, technique and benefits of. (*any two*)

7+7=14

- a) Hasta Mudra
- b) Kaya Mudra
- c) Banda Mudra
- d) Samyukta hastam

UNIT-V

5. Write the role of yoga in stabilizing Anxiety and Depression.

7+7=14

OR

Write down the effect of Yogic practices on Digestive and Respiratory system.

7+7=14