

M.A. Semester-III Examination 2014

Education

Paper : EDN-234.05

Yoga Education

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer all the questions.

1. What are the principles (Tatvas) of Yoga philosophy? Discuss the purusha as the basic component of cosmic reality and describe five proofs for the existence of purusha. 2+6

OR

What is the concept of Yoga? Discuss Yoga as a way to socio-moral upliftment of the learners.

2. What do you mean by "Asana"? Explain the steps of suryanamaskara. 2+6

OR

Write the eight steps of Patanjali Yoga. Discuss the aims of education according to eight steps of Patanjali Yoga. 2+6

3. What is Samadhi? Explain the various types of Samadhi in detail. 3+5

OR

Discuss the integral Yoga of Aurobindo. Justify its relevance in the present education system.

4. Write short notes on **any four** of the following : 3×4

- (a) Bhakti Yoga
- (b) Concept of Ahankar
- (c) Therapeutic values of Yoga
- (d) Five yamas
- (e) History of Yoga Darshana
- (f) Concept of Dharana

5. Select the correct response from the following questions : 4×1

- (a) Patanjali Yoga philosophy has _____ Padas.
 - (i) Two (ii) Three (iii) Four (iv) Five
- (b) Which is not the part of evolution?
 - (i) Prakriti (ii) Purusha (iii) Mahat (iv) Eye
- (c) Which is not the part of Chitta?
 - (i) Mana (ii) Mahat (iii) Ahankara (iv) Purusha
- (d) Postural defects are corrected through :
 - (i) Pranayam (ii) Dharana (iii) Asana (iv) Dhyana