

B.A./B.Sc. (Honours) Semester-VI Examination, 2015

Physical Education

Course : BABSCH - 362

(Specialization : Sports Training : Yoga)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Unit - I

1. Write the development of Yoga from ancient time to modern time in India. 8

OR

Discuss the aim and objectives of Yoga. 8

Unit-II

2. "In modern days Yoga has been used in the different sphere of life" - Discuss in your own words. 8

OR

Explain the Bhakti Yoga, Karma Yoga, Jnana Yoga and Raja Yoga. 2+2+2+2=8

Unit-III

3. "Is it possible to develop fitness through Yoga"? Write your view in this aspect. 8

OR

"Yoga can improve physiological and psychological potentiality" - How far the statement is correct? 8

Unit-IV

4. What is Yogasana? Explain in detail. 8

OR

What is Pranayama? Explain in detail. 8

Unit-V

5. What do you mean by Yogic internal and external cleaning process? Elaborate the area. 8

OR

What do you mean by Meditation? Discuss it. 8
