

B.A. / B.Sc. (Honours) Examination, 2019
Semester-VI
Physical Education
Course : BABSCH - 362
Specialization: Sports Training (g) Yoga

Time : 3 Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer **any five** questions

5×8=40

1. Discuss about the Indian History of Yoga in detail
 2. Describe the scope of Yoga in your own words.
 3. Explain Astanga Yoga in detail.
 4. “Yogasana can improve physical fitness” – Discuss
 5. What is Pranayama ? How Anulom Bilom, Pranayama be practiced? Explain
 6. Discuss four asanas with diagram and explain their benefits.
 7. Write an essay on ‘International Day of Yoga’
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