

M.P.Ed. Examination, 2018

Semester-I

Physical Education

Course: MPCC-103

(Yogic Sciences)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin

Answer all the questions.

UNIT-I

1. Explain Astanga Yoga in detail with references.

OR

Explain in detail one of the Yogic Relaxation technique.

14

UNIT-II

2. Classify Asanas with diagrams. Describe the benefits of Asanas.

7+7

OR

Explain seven pranayamas. Discuss the benefits of pranayama.

UNIT-III

3. Discuss about the Shat Kriyas from traditional text with diagram.

14

OR

Describe the Bandhas from the traditional text with diagram.

UNIT-IV

4. Explain the techniques of different types of Mudras with diagram.

14

OR

Discuss about the three Meditation techniques. Describe the benefits of Meditation.

7+7=14

UNIT-V

5. Describe the effect of Yoga on human physiology in detail with at least seven systems.

14

OR

Discuss about the effect of Yoga on human psychology in detail with at least seven areas.
