

B.P.Ed. Examination, 2019
Semester-II
Physical Education
Course : CC-201
(Yoga Education)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin

Answer all questions as per the direction given in each unit.

UNIT - I

1. Discuss in detail about the history of Yoga in India. 15
Or
Explain the importance of Yoga in Physical Education and Sports. 15

UNIT – II

2. Explain in detail about ‘Astanga Yoga’ according to Patanjali. 15
Or
Discuss about Karma Yoga, Raja Yoga, Jana Yoga and Bhakti Yoga. 15

UNIT – III

3. Classify Asanas in various forms. Discuss about the general notes before practicing Asanas. 15
Or
Explain Mudras and Bandhas in detail with diagram. 15

UNIT – IV

4. Answer **any two** : 7.5×2=15
i) Difference between Yogasana and Physical Exercise
ii) Yoga Education in India and Abroad
iii) Yogasana competitions
iv) Research and Development in Yoga

UNIT - V

5. Answer **any ten** questions: 10×1=10
i) What is the meaning of the word ‘Yoga’?
a) Health b) Wellbeing c) Vision d) Soul
ii) Who is the writer of ‘Yoga Sutra’?
a) Vatsyayan b) Kapil Muni c) Sumpurnananda d) Patanjali
iii) According to Hatha Yoga Mitahara is
a) Moderate food b) Overeating c) Under eating d) None of the above
iv) Which posture is most appropriate for doing prayer
P) Savasana b) Tadasana c) Padmasana d) Halasana

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- v) According to Patanjali Asana is
a) Sthiram Asanam b) Sukham Asanam c) Sthiram Sukhuam Asanam
d) Chiram Asanam
- vi) Out of the following which activity does not belong to pranayame
a) Dhouti b) Purak c) Reckak d) Kumbhak
- vii) How many chapters are there in Patanjali 'Yaga Sutra'
- viii) The Sanskrit word 'Veda' is derived from the root word 'Vid' which means
a) To understand b) To see c) To know d) To think
- ix) What was the theme of 4th International Yoga Day
a) Yoga for Mind b) Yoga for Peace c) Yoga for Health d) Yoga for Body
- x) Which of the following is a balancing Yoga Posture
a) Padahastasana b) Vratrasana c) Matsasana d) Notarajasana
- xii) The literal meaning of 'Bandha' in Sanskrit is
a) To unlock b) To strengthen c) To lock d) To loosen
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