

M.A. Examination, 2019
Semester-IV
Education
Course : EDN-343
(Yoga Education)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin.

Group -A

1. Attempt **any four** questions: 4×10=40
- a) What are the objectives of Yoga Education? Discuss its scope. 5+5
 - b) Explain the concept of Purusha with five proofs of its existence. Discuss its educational implications. 5+5
 - c) Explain the concepts of Yamas and Niyamas. Write their educational implications. 5+5
 - d) Discuss contributions of Sri Sri Ravi Shankar towards Yoga Education. 10
 - e) Discuss about the objectives and functions of Ayush? 5+5

Group-B

2. Attempt **any four** questions : 4×5=20
- a) Explain Nishkama Karma.
 - b) What is the importance of Ishwar Pranidhan?
 - c) What are the therapeutic advantages of Surya Namaskar?
 - d) Explain how Yoga helps in the way of spiritual enlightenment.
 - e) What is Pranayama? What are its principles?

Group-C

3. Attempt all the questions : 2×3=6
- a) What are five motor organs?
 - b) What are advantages of Dhyana?
 - c) What are different types of Ahankaras?
4. Attempt all the questions : 4×1=4
- a) Purusha is related to - i) Self ii) Mind iii) Body iv) Water
 - b) Swadhyaya is associated with : i) Yama ii) Niyamas iii) Pranayama iv) Dharana
 - c) Sound is related to : i) Water ii) Earth iii) Wind iv) Sky
 - d) Pratayahara is controlling : i) Breathe ii) Senses iii) Motor organs iv) Mind
-