

B.P.Ed. Examination, 2017

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 one question from each unit.

Unit I

1. What do you mean by Yoga? Explain Patanjali Yoga Sutra in your own words.

4+11= 15

Or

Define Yoga and write down the yoga in early Upanishad age.

4+11= 15

Unit II

2. Explain the eight steps of yoga according to the Patanjali Yoga Sutra and discuss in detail the Yama and Niyama.

5+5+5 = 15

Or

Yoga in the Bhagavad Gita- Describe.

15

Unit III

3. Define Asana and classify it. Write down the influence of relaxative and meditative posture in various system of the human body.

3+3+9 = 15

Or

What do you mean by Kriya? Classify Kriya and explain any one of the kriya in details.

3+4+8 = 15

Unit IV

4. Write short notes on **any two** of the following:

7.5×2 = 15

- Basic, applied and action research in yoga
- Differences between yogic practices and physical exercises
- Yoga centers in India
- Competitions in yoga

Unit V

5. Answer **any ten** of the following:

1×10 = 10

- i. Who was the founder of yoga?

- a. Patanjali b. Ramdev c. Kuvalyananda d. Mahesh Yogi

- ii. How many sutras are there in Patanjali?

- a. 195 b. 160 c. 190 d. 210

P.T.O.

(2)

- iii. Types of Bandha-
 - a. 1 b. 2 c. 3 d. 5
 - iv. Types of Kriya-
 - a. 6 b. 7 c. 8 d. 10
 - v. Types of Pranayam-
 - a. 6 b. 8 c. 10 d. 12
 - vi. Control on breathing is known as-
 - a. Pranayama b. Asana c. Kriya d. Pratyahara
 - vii. How many parts are there in Yama?
 - a. 5 b. 6 c. 3 d. 4
 - viii. Niyama means-
 - a. Personal discipline b. Withdrawal of senses c. Concentration
 - d. Yogic breathing
 - ix. Pratyahara means-
 - a. Personal discipline b. Withdrawal of senses c. Concentration
 - d. Yogic breathing
 - x. Types of Neti-
 - a. 2 b. 1 c. 5 d. 7
 - xi. Types of Asana (According to the nature)-
 - a. 3 b. 4 c. 6 d. 8
 - xii. Kapalbhata is a part of-
 - a. Pranayama b. Kriya c. Meditation d. Asana
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