

**B.A./B.Sc. (Honours) Examination, 2018**  
**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 one question from each Unit**

**Unit-I**

1. Define Yoga. Explain the history of Yoga in brief. 2+6=8

**Or**

What is the aim of Yoga? Describe the objectives of Yoga. 2+6=8

**Unit-II**

2. Discuss about the Gyana, Karma, Bhakti and Raj Yoga in your words. 8

**Or**

Explain how yogasana develop physical fitness. 8

**Unit-III**

3. Discuss briefly four chapters of Patanjali 'Yogasutra'. 8

**Or**

Discuss briefly Hatha Yoga Pradipika text. 8

**Unit-IV**

4. Explain Yama in length. 8

**Or**

Explain Niyama in length 8

**Unit-V**

5. Describe Shat Karma with diagram. 8

**Or**

Classify Asana with diagram. 8

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