

B.P.Ed. Examination, 2018
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. Define aim and explain objectives of Yoga. Describe the importance of Yoga in modern education system. 5+10=15

Or

- Discuss meaning and definition of Yoga. Explain the application of Yoga with special references in modern life style. 5+10=15

Unit II

2. Define the concept of Astanga yoga in detail. Briefly explain the Yama and Niyama. 5+10=15

Or

- What do you understand by Bhakti yoga? Explain in detail of Karma Yoga and Janana Yoga. 5+10=15

Unit III

3. Classify Yogasana? Describe the effect of Yogasana on human physiological system. 5+10=15

Or

- What is Pranayama? Describe the effect of Pranayama on human psychophysiology. 3+12=15

Unit IV

4. Write short notes (*any two*). 7.5x2=15

- a) Write in detail five reputed yoga center in India.
- b) Discuss about modern research and development in Yoga.
- c) Explain the difference between yogic asana and physical exercise.
- d) How you arrange a Yogasana competition in your locality? Discuss.

Unit V

5. Answer any 10 questions: 1x10 = 10

- i) What does the word 'Yoga' mean?
(a) Balance (b) Unite (c) Truth (d) Wellness
- ii) 'Yoga Chitta Vrittis Nirodha' mean?
(a) The beginning of the mind (b) The end of the mind
(c) Truth of the mind (d) Cessation of the mind
- iii) Hatha means – (a) Ha = mind, tha = body (b) Union of mind, body & spirit (c) Ha = Sun, tha = Moon (d) Hot breathing
- iv) The term yoga is derived from the root – (a) Yaj (b) Yug (c) Yuj (d) Yus
- v) Prana means – (a) Union of mind and body (b) Duality of balance (c) Life force, energy (d) Breathing.
- vi) Samadhi is - (a) State of bliss (b) State of Sleep (c) State of Rest (d) State of devotion.
- vii) Which is not the text of yoga?
(a) Hatha yoga pradipika (b) Gheranda Samhita (c) Vyayama Samhita
(d) Shiva Samhita
- viii) How many chapters in Patanjali yoga sutra?
(a) 3 (b) 4 (c) 2 (d) None of the above.
- ix) Kapalbhati is - (a) Kriya (b) Mudra (c) Physical exercise (d) Mental exercise
- x) Dhouti is related to - (a) Nose (b) Stomach (c) Lungs (d) Pancreas
- xi) Pratyahar is— (a) withdrawal of sense organ activity (b) Withdrawal of mind
(c) withdrawal of bodily function (d) none of the above.
- xii) Dhana means – (a) concentration (b) deep concentration (c) deepest concentration
(d) memory