

**M.A. Semester-III Examination 2016**

**Education**

**Course : EDN- 234.05**

**(Yoga Education)**

**Time : Three Hours**

**Full Marks : 40**

Questions are of value as indicated in the margin

**Answer all Questions**

1. Discuss the basic components of *prakriti* of the individual? How it is related to Cosmic Reality? 4+4=8

Or

Elaborate Yoga as a way to healthy and integrated living as well as spiritual enlightenment with reference to the concepts of *Atmanubhuti* and *Pratyakshanubhuti*. 4+4=8

2. Discuss in detail the Integral Yoga of Sri Aurobindo and its educational implications. 5+3=8

Or

Describe Yamas and Niyamas of Yoga Philosophy, What are their relevance in the contemporary society? 5+3=8

3. Differentiate between *Jnana yoga*, and *Karma yoga* of the Srimad Bhagvadgita? What is their educational importance? 6+2=8

Or

How are different *Yogic Asans* important for maintaining physical and mental health? Illustrate. 8

4. Write notes on **any four** of the following : 3x4=12

- (a) Sub-divisions of Ahamkar.
- (b) Ashtanga yoga of Patanjali.
- (c) Modern Aerobics and Yogasana.
- (d) Therapeutic value of Yoga.
- (e) Pranayam and Pratyahara.
- (f) Samadhi and its various types.

5. Choose the correct response from the alternatives given against each question- 4x1=4

- (a) World Yoga Day is celebrated every year on –
  - (i) 21<sup>st</sup> June (ii) 22<sup>nd</sup> June (iii) 23<sup>rd</sup> July (iv) 20<sup>th</sup> May
- (b) Which of the following is a basic component of Cosmic Reality –
  - (i) Purusha (ii) Prakriti (iii) Ahamkar (iv) Buddhi
- (c) Which among the following is not a 'Niyama' in Yoga Philosophy?
  - (i) Samtosha (ii) Tapas (iii) Shaucha (iv) Aparigraha
- (d) Puraka, Kumbhaka and Rechaka are the steps related to –
  - (i) Ashtangika Yoga (ii) Pranayam (iii) Samadhi (iv) Bhakti Yoga