

**Bachelor of Physical Education Examination - 2025**

**Department of Physical Education**

**1<sup>st</sup> Year, 2<sup>nd</sup> Semester**

**Subject Code: CC-201**

**Yoga Education**

**Time: Three Hours**

**Full Marks: 70**

**Group - A**

Answer **any three** questions.

**15×3=45**

1. What is meant by Yoga? Discuss the importance of Yoga in Physical Education and Sports. 5+10=15
2. What are the basic principles of Asana. Classify Asanas with example. 5+10=15
3. Define pranayama. Discuss the basic steps of pranayama. Write the technique and benefits of Bhastrika Pranayama. 2+3+10=15
4. How will you organize an effective yogasana class for eighth standard students? Write a note on the four streams of yoga as theorized by Swami Vivekananda. 5+10=15
5. Write a note on the system of AYUSH. 15

**Group - B**

Write notes on **any two** questions.

**7.5×2=15**

6. Hatha Yoga
7. Yoga as a therapy
8. Kriya
9. Suryanamaskar

**Group - C**

10. Answer **any ten** questions with the **correct** option. **1×10=10**
  - i. The aim of yoga is separation between:
    - (a) God and soul
    - (b) Body and mind
    - (c) Purusha and prakriti
    - (e) Purusha and Chitta

- ii. The purpose of focusing breath during meditation is:
- (a) To anchor mind and prevent it from wandering
  - (b) To induce sleep
  - (c) To improve posture
  - (d) To connect body and mind
- iii. Raja Yoga is the yoga of controlling one's:
- (a) Mind
  - (b) Sense organs
  - (c) Emotions
  - (d) Organs of action
- iv. The prana that influences digestive system is:
- (a) Apana
  - (v) Vyana
  - (c) Samana
  - (d) Udana
- v. Sarvangasana is good for the health of:
- (a) Ovary
  - (b) Adrenal gland
  - (c) Thyroid
  - (d) Pancreas
- vi. Who is the author of Hatha Yoga Pradipika?
- (a) Swami Satyananda Saraswati
  - (b) Swami Kubalananda
  - (c) Swami Swatmarama
  - (d) Swami Hariharananda
- vii. Which pranayama is not included in Ashtakumbhaka mention in Hatha Yoga Pradipika?
- (a) Shatali
  - (b) Seetkari.
  - (c) Chandra Bheda
  - (d) Murcha
- viii. How many asanas are mention in Hatha Yoga Pradipika?
- (a) 12
  - (b) 15
  - (c) 18
  - (d) 20
- ix. Which Yogic text mentioned "Yoga is a skillful trick to calm down the mind"?
- (a) Upanishad
  - (b) Bhagavad Gita
  - (c) YogaVasishtha
  - (d) None
- x. Which asana is most beneficial for overall backward spinal flexibility?
- (a) Bhujangasana
  - (b) Samasana
  - (c) Ushtrasana
  - (d) Salvasana

xi. What is the fifth step of Surya Namaskara?

(a) Bhujangasana

(b) Aswasanchalanasana

(c) Pranamasana

(d) Ashtanganamaskarasana

xii. Who was known as Bengali Yogi?

(a) B.K.S Iyenger

(b) Bishnu Charan Ghosh

(c) Bistu Charan Ghosh

(d) Krishnamacharaya

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