

Ex/PHY.EDN/UG/CC-201/2019

**BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2019**

( 1st Year, 2nd Semester )

**YOGA EDUCATION**

**COURSE CODE : CC - 201**

Time : Three hours

Full Marks : 70

**Group-A**

Answer *any three* questions :

1. What do you mean by Yoga ? Explain the aim and objectives of Yoga. 3+12=15

যোগ কি? যোগ-এর লক্ষ্য ও উদ্দেশ্যগুলি ব্যাখ্যা কর।

2. What is Health Yoga ? Describe the methods and benefits of Hatha Yoga. 3+5+7=15

‘হঠ’ যোগ কি? হঠ-যোগ পদ্ধতি ও উপযোগিতা ব্যাখ্যা কর।

3. Discuss the benefits of Kriyas on body and mind. Explain. 15

দেহ ও মনের উপর ক্রিয়ার প্রভাব আলোচনা কর।

4. Importance of Yoga education at present in India and abroad. 15

বর্তমানকালে ভারতে ও বিশ্বে যোগ শিক্ষার গুরুত্ব আলোচনা কর।

5. Elucidate the historical aspect of yoga. 15

ইতিহাসের প্রেক্ষাপটে যোগ বিষয়টির বিশদ ব্যাখ্যা কর।

[ Turn over

[ 2 ]

**Group-B**

6. Write short notes on (*any two*) of the following :

7.5×2=15

- i) Yoga as a philosophy / যোগ দর্শন
- ii) Raja Yoga / রাজ যোগ
- iii) Effects of pranayama on body and mind /  
দেহ মনের উপর প্রাণায়ামের প্রভাব
- iv) AYUSH

[ 3 ]

**Group - C**

7. Complete the sentences with the right option : (*any ten*) :

1×10=10

- i) \_\_\_\_\_ is the third step / limb of astanga yoga :
  - a) Yama
  - b) Asana
  - c) Niyama
  - d) Pranayama
- ii) Dhyana is the process of \_\_\_\_\_.
  - a) Alertful subconscious state
  - b) Unconsciousness state
  - c) Awakeful restness state
  - d) Awakeful alertness state
- iii) Tapas is a part of \_\_\_\_\_.
  - a) Yama
  - b) Niyama
  - c) Dharana
  - d) Dhyana
- iv) Makarasana in an example of \_\_\_\_\_.
  - a) Dhyanasana
  - b) Relaxation asana
  - c) Swasthasana
  - d) Twisting asana
- v) Nauli is the cleansing process of \_\_\_\_\_.
  - a) Lung
  - b) Stomach
  - c) Large intestine
  - d) Nasal cavity

[ Turn over

[ 4 ]

- vi) Name of energising pranayama is \_\_\_\_\_ .
- a) Sitali                      b) Sitkari  
c) Anulom-vilom          d) Ujjai
- vii) Inhale and holding the breath is \_\_\_\_\_ .
- a) Anulom-vilom          b) Anta-kumbhaka  
c) Bahi-Khumbhaka      d) Vastrika
- viii) Swami Vivekananda is famous for the \_\_\_\_\_ .
- a) Compiling yoga slokas  
b) Proponent of yoga philosophy  
c) spreading yoga philosophy  
d) Establish yoga
- ix) Comparing yoga with physical exercises yoga provides more emphasis on \_\_\_\_\_ .
- a) Body                      b) Mind  
c) Unconsciousness      d) Pre-consciousness
- x) One of the basic principle of asanas is \_\_\_\_\_ .
- a) Maintaining a posture with ease  
b) Maintining the postur with unnatural pose  
c) Maintining the vision gaze to a particular object  
d) Maintaining one's muscles and nerves in stretched condition

[ 5 ]

- xi) The meaning of yoga is \_\_\_\_\_ .
- a) Relaxation              b) Samadhi  
c) Liberation              d) Unioin
- xii) Suryanamaskara is a(n) \_\_\_\_\_ .
- a) Exercise  
b) Sun-praising process combination  
c) Asana-combination  
d) Asana-pranayama