

[4]

EEx/Phy.EDN/PG/MPCC-103/195/2019

- j) Prana is a form of
- i) Electric
 - ii) Magnetic
 - iii) Electromagnetic
 - iv) Omnipotent energy
- k) Manipura chakra is known as the solar
- i) plexus
 - ii) Place of the self
 - iii) root
 - iv) heart
- l) In meditation one remains in the state of
- i) Unconscious relaxation
 - ii) Semiconscious relaxation
 - iii) Conscious relaxation
 - iv) Superconscious relaxation.

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2019

(1st Year, 1st Semester)

YOGIC SCIENCES

PAPER - MPCC - 103

Time : Three hours

Full Marks : 70

PART - A

Answer *any three* questions

15×3=45

1. Define Yoga. Differentiate Yoga and Physical Education. Describe Yoga as a complementary alternative medicine.
3+5+7=15
2. What do you mean by asana ? Classify yogic asanas with suitable example. Describe the common benefits of asana and how those are happened.
3+5+7=15
3. Explain the benefits of kriya on various systems of the human body with appropriate example. 15
4. What do you mean by health and wellness ? How Yoga can contribute toward health and wellness ? –Explain. 5+10=15
5. Discuss the means and methods of Yoga toward the mind-body harmony in a person. 15

[Turn over

[2]

PART - B

Answer **any two** questions

6. Write Notes on : $7\frac{1}{2} \times 2 = 15$
- a) Defferent schools of Yoga
 - b) Meditation–types and techniques
 - c) Yoga as threapy
 - d) Pranatama

PART - C

Answer **any ten** questions

7. **Write the correct answer with the correct option :** $1 \times 10 = 10$
- a) Aparigraha is a :
 - i) Karma
 - ii) Yama
 - iii) Niyama
 - iv) Pranysma
 - b) The aim of asana is to
 - i) perform a posture
 - ii) perform a posture with normal breathing
 - iii) maintain a posture with normal breathing
 - iv) ease of maintain a posture fort long duration.

[3]

- c) Pranayama ideally contains–
 - i) two part
 - ii) three parts
 - iii) four parts
 - iv) Six parts
- d) Patanjali’s contribution in Yoga is as the
 - i) inventor
 - ii) Proprietor
 - iii) Text compiler
 - iv) Performer.
- e) Sukhasana is a –
 - i) Dhyanasana
 - ii) Swasthasana
 - iii) Pranayama
 - iv) Mediation
- f) Kapalbhati is —
 - i) Asana and Kriya
 - ii) Pranayama and Mediation
 - iii) Asana and Pranayama
 - iv) Kriya and Pranayama.
- g) Ashmita is a form of –
 - i) Sukha
 - ii) Klesha;
 - iii) Ananda
 - iv) Nirvana
- h) Antar-kumbhak is the state of–
 - i) Inhalation
 - ii) Exhalation
 - iii) Breath retention
 - iv) Breathlessness.
- i) According to Yoga Philosophy an individual is of
 - i) two
 - ii) three
 - iii) four
 - iv) five fold existence.

[Turn over