

**BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2018**

( 1st Year, 2nd Semester )

**YOGA EDUCATION****COURSE CODE : CC - 201**

Time : Three hours

Full Marks : 70

**Group - A**Answer *any three* questions :

1. Define yoga. Explain the need and importance of yoga in physical education. 3+12  
যোগ-এর সংজ্ঞা দাও। শারীর শিক্ষায় যোগ-এর প্রয়োজন ও গুরুত্ব আলোচনা কর।
2. Enlist the different schools of yoga. Discuss any one in detail. 5+10  
যোগ-এর বিভিন্ন পথগুলি (স্কুল) লিপিবদ্ধ কর। যে কোন একটি সম্পর্কে আলোচনা কর।
3. What is "astanga yoga" ? Briefly discuss the various steps/limbs of "astanga yoga". 4+11  
অষ্টাঙ্গ যোগ কি? অষ্টাঙ্গ যোগ-এর বিভিন্ন পদ্ধতি সংক্ষেপে আলোচনা কর।
4. Discuss the beneficial effects of asana on body and mind. 15  
দৈহিক ও মানসিক দিক থেকে আসন কিভাবে উপযোগী হতে পারে।

- ix) Exhale and holding the breath is \_\_\_\_\_.  
a) Anulom-vilim                      b) Anta-kumbhaka  
c) Bahi-kumbhaka                    d) Vastrica
- x) Sage Patanjali is famous as the \_\_\_\_\_ of yoga.  
a) Inventor                              b) Compiler  
c) Spreader                              d) Performer
- xi) Ardhamatsyendriasna is effective on the \_\_\_\_\_.  
a) Kidney                                 b) Liver  
c) Pancreas                               d) Stomach
- xii) Yogic practices majorly enhance the activities of \_\_\_\_\_.  
a) Central nervous system  
b) Peripheral nervous system  
c) Sympathetic nervous system  
d) Parasympathetic nervous system

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5. Explain the mission and vision of AYUSH. 15

AYUSH এর লক্ষ্য ও কার্যাবলী ব্যাখ্যা কর।

**Group - B**

6. Write short notes on *any two* of the following : 7.5×2

- a) History of yoga / যোগ-এর ঐতিহাসিক প্রেক্ষাপট
- b) Karma yoga / কর্মযোগ
- c) Effect of meditation on body and mind / দেহ ও মনের উপর ধ্যানের প্রভাব
- d) Yoga as education / যোগশিক্ষা

**Group - C**

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

1×10

- i) \_\_\_\_\_ is the first step/limb of astanga yoga.
  - a) Niyama
  - b) Yama
  - c) Dharana
  - d) Asana
- ii) Dharana is the process of \_\_\_\_\_ on one single point of focus.
  - a) Concentrating
  - b) Deviating
  - c) a & b both
  - d) None of a & b

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- iii) Samadhi is the stage of supreme \_\_\_\_\_.
  - a) Mindfulness
  - b) Consciousness
  - c) Both a & b
  - d) None of a & b
- iv) In Hatha yoga 'Ha' stands for \_\_\_\_\_ and 'Tha' stands for \_\_\_\_\_.
  - a) Moon & Sun
  - b) Sun & Moon
  - c) Stars & Sun
  - d) Sun & Stars
- v) 'Asteya' is the part of \_\_\_\_\_.
  - a) Asana
  - b) Niyama
  - c) Yama
  - d) Pranayama
- vi) Dhanurasana is an example of \_\_\_\_\_.
  - a) Dhyanasana
  - b) Relaxation asana
  - c) Swasthasana
  - d) Twisting asana
- vii) Kapalbhati is the the cleansing process of \_\_\_\_\_.
  - a) Heart
  - b) Lung
  - c) Brain
  - d) Stomach
- viii) Name of balancing pranayama is \_\_\_\_\_.
  - a) Sitali
  - b) Sitkari
  - c) Anulom-vilom
  - d) Ujjai

[ Turn over