

Bachelor of Physical Education Examination-2022

1st Year, 2nd Semester

Sub: Yoga Education

Paper Code: CC-201

F.M. 70

Time 3Hrs

Group – A

Answer the following questions (any three):

15X 3=45

1. What is meant by Yoga? Explain any two objectives of Yoga. 5 + 10 = 15
2. Briefly explain the functional / working characteristics of Yogic Kriyas. Briefly explain the effects of Pranayama on human body and mind. 5+10 = 15
3. Define and classify asana. Write the general principles of practicing asana. 2+5+8 =15
4. What is meant by Hatha Yoga? Write a note on the different steps of Hatha Yoga. 3+12 =15
5. Write a note on the concept of Yamas and Niyamas as mention in Patanjali Yoga Sutra. 15

Group – B

Write short notes (any two) on the followings:

7.5 × 2 = 15

6. Write a note on importance of Yoga in Physical Education.
7. Write a note on meditation.
8. Physical Benefits of Asana
9. Jnana Yoga

Group – C

Answer any ten Multiple Choice Question from the followings:

1 × 10 = 10

- (i) The purpose of Yoga is to attain:
 - (a) Perfect health
 - (b) Peace of mind
 - (c) Stress relief
 - (d) Self - Realization

- (ii) The stimulation of parasympathetic nervous system:

[Turn over

- I. Increases heart rate
 - II. Increases anxiety level
 - III. Decreases heart rate
 - IV. Relaxes muscles
- (a) I and II are correct
(b) III and IV are correct
(c) II and III are correct
(d) I and IV are correct
- (iii) A Yoga class usually begins with:
- (a) Silence for some time
 - (b) A prayer
 - (c) Suryanamaskara
 - (d) Yogasana
- (iv) Arrange the Pancha Kosha in the sequence, from gross to subtle:
- I. Manomaya Kosha
 - II. Pranamaya Kosha
 - III. Anandamaya Kosha
 - IV. Annamaya Kosha
 - V. Vijnanamaya Kosha
- (a) II, IV, III, V, I
(b) IV, II, I, V, III
(c) I, III, V, II, IV
(d) III, V, I, II, IV
- (v) The asana is beneficial for managing diabetes is:
- (a) Vajrasana
 - (b) Arch Matsyendriyasana
 - (c) Matsyasana
 - (d) Chakrasana
- (vi) The advocator/postulator of “Astangik Marg” is:
- (a) Maharshi Patanjali
 - (b) Goutama Buddha
 - (c) Swami Vivekananda
 - (d) Sri Ramakrishna
- (vii) Pranayam should be followed after which of the activity?
- (a) Asana
 - (b) Pratyahara
 - (c) Dharana
 - (d) Dhyan
- (viii) For small groups, the effective seating arrangement in teaching Yoga is
- a) Semi – Circle form
 - b) Circular Form
 - c) Double Circle Form
 - d) Straight row.

(ix) Which of the following is not included in Astanga Yoga?

- (a) Samadhi
- (b) Pranayam
- (c) Mudra
- (d) Aasana

(x) "Yoga Karmashu Koushlam" is the definition of –

- (a) Raj Yoga
- (b) Jnana Yoga
- (c) Bhakti Yoga
- (d) Karma Yoga.

(xi) When was AYUSH mission started?

- (a) 2012 (b) 2010 (c) 2014 (d) 2016

(xii) The Theme of International Day of Yoga, 2022 is.....

- (a) 'Yoga for Well-being'
- (b) 'Yoga for Humanity'
- (c) 'Yoga at Home and Yoga with Family'
- (d) 'Yoga for Harmony and Peace'