

M. PED. EXAMINATION, 2017

(1st Year, 1st Semester)

YOGIC SCIENCES

PAPER - MPCC - 103

Time : Three hours

Full Marks : 70

- A. Write down the answer of *any three* questions of the following: 3×15=45
1. What do you mean by yoga ? Write down the aims and objectives of yoga. Classify yoga according to their types. Write down the relation between yoga and physical education. 3+4+4+4=15
 2. What do you mean by meditation ? Write down the names of different types of meditation. What are the physiological benefits of meditation ? Explain the benefits of meditation in sports field. 3+2+5+5=15
 3. What do you mean by pranayama ? Write down the different position of prana in our body. Briefly explain the procedure and benefits of Nadisodhana Pranayana. 2+5+4+4=15
 4. What do you mean by neti ? Write down the types of Neti. Explain the procedure of Jalaneti with benefits and contraindications. 2+3+5+5=15

[Turn over

[2]

5. Define Trataka. How many types of Trataka are there ? Briefly explain the procedure of Bahyatraka. Write down the benefits and contraindications of Trataka. 1+2+4+4+4
- B. Write short notes (*any three*) : 3×5=15
- Utkatasana and utthanpadasana
 - Yoga and fitness related components
 - Modern trends of yoga
 - Benefits of kapalbhata
 - Contraindications of Jalaneti and sutraneti.
- C. Write the correct answer (*any ten*) : 1×10=10
- Jalaneti is kriya / pranayama / asana / none.
 - Yama is the first / fourth / third / sixth limb of Astangayoga.
 - The sanskrit word 'yuj' means yoga / union / bandha / pranayama.
 - The founder of Astanga yoga was Rishi Patanjali / Rishi Valmiki / Vashistha / Gheranda muni.
 - Padmasana is a dhyanasana / Swasthasana / pranayama / meditation.
 - The 5th limb of Asthangayoga is Dharana / Dhyana / Pratyahara / Niyama.

[3]

- Jalaneti is a cleansing process specially for upper respiratory tract / lower respiratory tract / abdomen / none.
 - Kapalbhati is kriya / pranayama / meditation / asana.
 - Trataka means gazing / inhaling / exhaling / concentration.
 - Ahimsa is a part of yama / niyama / asana / meditation.
 - Retention or holding of breath is known as purak / kumbhak / rechak.
 - Kapalbhati is forceful exhalation / inhalation / Kumbhak / Pranayama.
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