

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2023

(1st Year, 1st Semester)

YOGIC SCIENCES

PAPER - MPCC - 103

Time : Three hours

Full Marks : 70

Mention the Question number clearly before writing the answer.

Group - A

Answer *any three* questions:

15×3=45

1. Describe Hatha Yoga ? Mention the names of four Hatha Yogic Text. Write a descriptive note on the four streams of yoga as theorized by Swami Vivekananda. 3+4+8=15
2. Write down the names of six Yoga Gurus in modern period. Write a note on the historical development of yoga. 3+12=15
3. Write the names of twelve classical Asanas. Discuss the effect of asana on human body and mind. 3+12=15
4. Define Pranayama ? Write the names of eight hatha yogic pranayama. Discuss the technique and benefits of any two pranayama on human health. 1+4+5+5=15
5. What is kriya ? Write the physiological effect of kriyas on human health. 3+12=15

Group - B

Write short notes on *any two* of the following :

7½×2=15

6. Suryanamaskar
7. Niyamas
8. Yamas
9. Dhyana

Group - C

10. Write the correct option (*any ten*) :

1×10=10

- i) Preksha Meditation is a system of meditation where we practice :
 - (a) Perception of thoughts
 - (b) Perception of concentration
 - (c) Perception of objects
 - (d) Perception of dreams
- ii) Which one is not a Hatha Yogic Pranayama
 - (a) Anatar Kumbhaka
 - (b) Nadi sodhana
 - (c) Shitali
 - (d) Bhastrika
- iii) Which one is not a cultural Asana
 - (a) Niralambaasana
 - (b) Sirshaasana
 - (c) Dhanurasana
 - (d) Chakrasana

[Turn over

- iv) Who is the disciple of Krishnamacharya school of thought ?
(a) Swami Vivekananda (b) BKS Iyenger
(c) Rishi Patanjali (d) Rishi Aurobindo
- v) Which one is not the part of Navavidha Bhakti
(a) Shravanam (b) Keertanam
(c) Archanam (d) Namaskaram
- vi) For a small yoga class best sitting arrangement of the students may be :
(a) Straight row (b) Circular form
(c) Semi circle form (d) Double circle form
- vii) The intense gazing at one point or object without blinking of eyes is called :
(a) Dhauti (b) Neti
(c) Kapalabhati (d) Trataka
- viii) The two major types of Neti Kriya are
(a) Jala Neti and Ghrita Neti (b) Sutra Neti and Dugdha Neti
(c) Jala Neti and Sutra Neti (d) Sutra Neti and Madhu Neti
- ix) Shatkarmas beneficial for the patients suffering from constipation are
(a) Basti and Neti (b) Nauli and Neti
(c) Basti and Nauli (d) Nauli and Kapalabhati
- x) Which statement is true for Kapalabhati ?
(a) Inspiration is Active (b) Expiration is Passive
(c) Inspiration is Passive (d) Inspiration and expiration are Active.
- xi) Dhanurasana is contraindicated in :
(a) Hypertension (b) Constipation
(c) Abdominal obesity (d) Hernia

Find the correct combination according to the code :

Code :

- (a) (II) and (III) are correct (b) (I) and (IV) are correct
(c) (III) and (IV) are correct (d) (I) and (II) are correct

- xii) Yogic practices :

- (I) involve slow and steady exercises
(II) lead to fatigue
(III) lead to peace of mind
(IV) involve vigorous exercises

Find the correct combination according to the code :

Code :

- (a) (I) and (III) are correct (b) (II) and (IV) are correct
(c) (III) and (IV) are correct (d) (I) and (IV) are correct