

Ex/PG/PHE/MPCC-103/2024

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024

(1st Year, 1st Semester)

PAPER : MPCC-103

(Yogic Science)

Time : Three Hours

Full Marks : 70

GROUP—A

Answer *any three* questions.

1. What is meant by Yoga? Describe Yoga as a mind-body medicine. 5+10=15
2. Classify Asana in detail with example. Describe any two major Kriyas in detail. 7+8=15
3. Differentiate the concepts of Hatha Yoga and Raja Yoga. Write the techniques and benefits of any three Hatha Yoga Pranayama. 3+12=15
4. How Yoga can be used as a means of therapy? Describe the therapeutic aspects of Asana. 7+8=15
5. Define and write the different steps of Dhyana. Write the practice technique of Yoga Nidra. Explain the benefits of meditation. 2+1+7+5=15

(2)
GROUP—B

Write notes on *any two* of the following : 7.5×2=15

6. Yoga is a complementary and alternative medicine
7. Bhakti Yoga
8. Yoga for sports performance
9. Kapalbhathi

GROUP—C

10. Write the correct option (*any ten*) : 1×10=10

- (i) The form of Yoga emphasises selfless action and duty as a way to attain spiritual enlightenment, is
- (a) Bhakti Yoga
 - (b) Karma Yoga
 - (c) Raja Yoga
 - (d) Jnana Yoga
- (ii) Which asana can restore spinal strength?
- (a) Chakrasana
 - (b) Matsyasana
 - (c) Gomukhasana
 - (d) Sirshasana

(5)

- (xi) Breath control influences
- (a) mind
 - (b) body
 - (c) soul
 - (d) Purusha
- (xii) Meditation is
- (a) internal practice
 - (b) external practice
 - (c) action
 - (d) dhyana

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(3)

- (iii) According to *Hatha Pradipika*, the ultimate aim of Hatha Yoga is
- (a) Steadiness and Flexibility
 - (b) Raja Yoga
 - (c) Mantra Siddhi
 - (d) Breath Control
- (iv) Ashtanga Yoga is a contribution of the philosophy of
- (a) Mimamsa
 - (b) the Vedas
 - (c) Jainism
 - (d) Vedanta
- (v) The Pranayama that purifies the Astral Body is
- (a) Ujjayi
 - (b) Nadi Shodhana
 - (c) Surya Bhedana
 - (d) Moorchha
- (vi) The ideal proportion (in the stomach) to maintain for taking a meal is
- (a) 50% food, 25% water and 25% air
 - (b) 60% food, 20% water and 20% air
 - (c) 55% food, 25% water and 20% air
 - (d) 50% food, 30% water and 20% air

(4)

- (vii) Chakras and Nadis are the parts of which Kosha?
- (a) Annamaya
 - (b) Pranamaya
 - (c) Manomaya
 - (d) None of the above
- (viii) The oldest text book of Yoga is
- (a) *Raja Yoga*
 - (b) *Yoga Sutra*
 - (c) *Yoga Samhita*
 - (d) *Karma Yoga*
- (ix) The aim of yoga is separation between
- (a) God and Soul
 - (b) Body and Mind
 - (c) Purusha and Prakriti
 - (d) Purusha and Citta
- (x) Abhinivesa means
- (a) Clinging to life
 - (b) Pleasure
 - (c) Misery
 - (d) Desire