24101020

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B.P.Ed. DEGREE EXAMINATION, JUNE 2024

Second Semester

Core Course—YOGA EDUCATION

(2023 Admissions Regular/2022, 2021 Admission Supplementary/2018-2020 Admission Mercy Chance)

Time : Three Hours   Maximum Marks : 80

I. Answer any *nine* of the following questions. Each question carries 2 marks :

    (a) What is "Dhauti" ?

    (b) What is "Yoga Sutra" ?

    (c) What is "Bhakti Yoga" ?

    (d) Name two Yoga Education Centres, abroad.

    (e) What is "Jalandhara Bandha" ?

    (f) What is meant by "Chinmudra" ?

    (g) What is meant by Meditative Posture ?

    (h) What is meant by "Seethali Pranayama" ?

    (i) What is meant by "Mudras" ?

    (j) Define the term, Applied Research.

    (k) What is meant by "Jnana Yoga" ?

    (l) What is "Upanishad" ?

    (m) Which Asana is related to "Bow" ?

    (n) What is meant by "Samadhi" ?

$$(9 \times 2 = 18)$$

II. Write short notes on any *six* of the following. Each question carries 4 marks :

    (a) Yoga for strengthening eye power.

    (b) The spiritual aspects of Yoga.

    (c) The meaning of "Kapalabhathi".

    (d) The concept of "Manipurachakra".

    (e) Prevention of ailments through Yoga.

Turn over

(f) The objectives of Yoga.

(g) "Dhyana" and its relative concentration.

(h) Benefits of "Dhyana".

(6 × 4 = 24)

III. Explain any *three* of the following questions. Each question carries 6 marks :

(a) Yoga as a relaxation technique.

(b) Yoga with reference to Bhagavatgita.

(c) The scope of Yoga Therapy in physical rehabilitation.

(d) Effect of Pranayama in sprint events.

(e) Effect of Asanas over Circulatory System.

(3 × 6 = 18)

IV. Write any *two* essays from the following questions. Each question carries 10 marks :

(a) Explain the history and establishment of Yoga.

(b) Explain the eight Mudras professed by Kapila.

(c) Explain the importance of Yoga in the fast moving world.

(d) Describe the steps and advantages of the following Asanas :

(i) Tadasana.

(ii) Savasana.

(iii) Trikonasana.

(2 × 10 = 20)