



QP CODE: 24802865



24802865

Reg No : .....

Name : .....

**M.P.E.S DEGREE EXAMINATION, MAY 2024**  
**Third Semester**  
MASTER OF PHYSICAL EDUCATION AND SPORTS  
**Elective - PE810301 - YOGIC SCIENCES**  
2020 Admission Onwards  
3691C883

Time: 3 Hours

Weightage: 30

**Part A (Short Answer Questions)**

*Answer any **eight** questions.*

*Weight 1 each.*

1. Who is father of yoga?
2. How many elements are there in Ashtanga yoga?
3. Short note on counter pose.
4. Techniques of pranayama.
5. What is crown chakra?
6. Explaining concentration.
7. How does yoga affect bone and bone joints?
8. Benefits of yoga respiratory system.
9. What is the rule of pranayama?
10. What are the benefits of shatkarmas?

(8×1=8 weightage)

**Part B (Short Essay/Problems)**

*Answer any **six** questions.*

*Weight 2 each.*

11. In the context of maintaining digestive health, why is it important to avoid straining during bowel movements, and what are some strategies to achieve this?
12. Benefits of surys namaskar.





13. Various techniques to improve nadis.
14. Describe a sample weekly training schedule for an athlete that includes both traditional sports training and yoga supplemental exercises.
15. Share some insights into the potential long-term benefits of regularly practicing yoga regeneration exercises for maintaining physical and mental health.
16. What are 10 ways to keep your circulatory system healthy?
17. Explain the 3 most important aspects of yoga.
18. Explain the Benefits of meditation.

(6×2=12 weightage)

### **Part C (Essay Type Questions)**

*Answer any **two** questions.*

*Weight 5 each.*

19. Discuss the significance of yogasanas as a means of achieving physical health, mental balance, and spiritual growth.
20. Explain the concept of yoga compensation exercises, their significance in a yoga practice, and how they contribute to maintaining bodily alignment and preventing injuries.
21. What Are Bandhas? What Is the Purpose of Bandhas? 6 Types of Bandhas; How to Do Yoga Safely and Avoid Injury.
22. The Effects Of Yoga On The Human Body.

(2×5=10 weightage)

