

M. P. Ed. 1st Semester Examination 2022
YOGIC SCIENCE
MPCC – 103

Full Marks – 70

Time – 4 Hours

The figures in the margin indicates full Marks.

The candidates are required to give their answers in their own words as far as practicable.

Illustrate the answer wherever necessary.

1. Define *Hatha Yoga*. Discuss *Hatha Yoga* in details. **3+12=15**

OR

Write a note on the four streams of *Yoga*. "*Yoga - A mind body medicine for positive health and wellness.*"- Discuss. **8+7=15**

2. Write the names of the postures of *Suryanamaskar*. Discuss the benefits of *Suryanamaskar* Practice. **3+12=15**

OR

Discuss the role of *Yoga* as a complementary alternative medicine. Discuss in brief physical and physiological benefits of *Asana*. **5+10=15**

3. Define *Pranayama*. Write the techniques and benefits of any two *Pranayamas*. **3+6+6=15**

OR

Write the benefits of *Kapalbhati Kriya*. Write the technique and benefits of *Dhouti Kriya*. **6+9=15**

4. Write the methods of any two meditation techniques of your choice. **8+7=15**

OR

Write the effects of *Pranayama* and meditation on respiratory and nervous system. **8+7=15**

5. Write notes on any **two** from the following: **5 X 2 = 10**

- Yoga* as therapy
- Role of *Yogasana* in sports performance
- Different schools of *Yoga*
- Yoga* for relaxation