

M. P. Ed 1st Semester Examination 2020
Yogic Science

MPCC – 103

Full Marks – 70

Time – 3 Hours

The figures in the margin indicate full Marks.

The candidates are required to give their answers in their own words as far as practicable.
Illustrate the answer wherever necessary.

1. What is yoga according to Patanjali? Discuss Rajayoga as a path of yoga science. Karmayoga is a way to reach the aim and objectives of human life – Explain. 3+6+6=15

OR

Give your concept about yoga. Briefly explain Bhaktiyoga and Gyanayoga as related to the school of yoga philosophy. 3+6+6=15

2. What is Kriya? Describe the types of Kriya. Describe the techniques of performing one Cultural asana. 2+8+5 =15

OR

What is Pranayama? Describe the types of Pranayama. Describe the techniques of performing one Meditation asana. 2+8+5=15

3. Describe the effects of Kriya on various systems of human body. Discuss the effects of Asana on Muscular system and Nervous system of human body. 10+5=15

OR

Discuss the effects of pranayama on various systems of human body. Discuss the effects of asana on digestive system and endocrine system of human body. 10+5=15

4. What is health and wellness? Discuss how the physical as well as mental health can be developed by culture of eight limbs of yoga? 3+3+9=15

OR

What is therapy? Discuss asanas and pranayama as a medicine without any side effects. 5+10=15

5. Write notes on any two (2) from the following. 2 X 5=10

- a) Therapeutic value of Yoga
- b) Suryanamaskar
- c) 'AUM' Meditation
- d) Yoga for mental wellbeing