

2019

## YOGA EDUCATION

Paper : CC-201

Full Marks : 70

*The figures in the margin indicate full marks.**Candidates are required to give their answers in their own words as far as practicable.*Attempt *all* questions.

## Unit - I

1. Define Yoga. Explain the aim and objectives of Yoga Education. Write down the relation between Yoga and Exercise. 3+8+4

*Or,*

Explain in detail History and Philosophical aspects of Yoga. 15

## Unit - II

2. Write down the various steps of Yogic Teaching-method. Briefly explain the Karma Yoga and Jnana Yoga. 7+8

*Or,*

Write down the different parts (Angas) of Astanga Yoga. Explain any three parts in detail. 3+12

## Unit - III

3. What do you mean by Asana? Mention different types of Asanas. Explain in detail various effects of Asanas on human body and mind. 3+4+8

*Or,*

Define Pranayama and Meditation. Explain in detail the procedure and advantages of Bhramri and Sitali pranayama. 5+5+5

## Unit - IV

4. Write short notes on *any two* of the following : 7½×2
- Mission and Vision of AYUSH
  - Yoga as part of Education
  - Twelve steps of Surya Namaskar
  - Meditation in modern life.

Please Turn Over

5. Answer *any ten* questions from following MCQ by choosing and writing the correct answer in the script : 1×10

(a) The meaning of Yuj is :

- |             |              |
|-------------|--------------|
| (i) Yoga    | (ii) Samadhi |
| (iii) Union | (iv) Niyama. |

(b) Yoga is union between :

- |                           |                                |
|---------------------------|--------------------------------|
| (i) Yama and Niyama       | (ii) Atma and Paramatma        |
| (iii) Asana and Pranayama | (iv) Pranayama and Meditation. |

(c) The founder of Astanga Yoga is :

- |                       |                       |
|-----------------------|-----------------------|
| (i) Swami Vivekananda | (ii) Shri Aurobinda   |
| (iii) Basisto Muni    | (iv) Rishi Patanjali. |

(d) Padmasana is :

- |                   |                  |
|-------------------|------------------|
| (i) Dhyanasana    | (ii) Bisramasana |
| (iii) Sasthwasana | (iv) Bandhasana. |

(e) Jalneti is the cleaning process for :

- |                             |                              |
|-----------------------------|------------------------------|
| (i) Lower respiratory tract | (ii) Upper respiratory tract |
| (iii) Mouth                 | (iv) Stomach.                |

(f) The 5th limb of Astanga Yoga is :

- |               |                 |
|---------------|-----------------|
| (i) Yama      | (ii) Pratyahara |
| (iii) Dharana | (iv) Dhyana.    |

(g) Kapalvati is a :

- |              |                |
|--------------|----------------|
| (i) Kriya    | (ii) Pranayama |
| (iii) Bandha | (iv) Mudra.    |

(h) OM is a combination of the sound of :

- |               |               |
|---------------|---------------|
| (i) A, U, M   | (ii) O, U, M  |
| (iii) O, M, M | (iv) U, A, M. |

(i) Kriya is of :

- |                  |                  |
|------------------|------------------|
| (i) Eight types  | (ii) Six types   |
| (iii) Five types | (iv) Nine types. |

- (3)
- (j) Forceful exhalation is called :
- (i) Kapalvati
  - (ii) Vastrica
  - (iii) Kumbhaka
  - (iv) Pranayama.
- (k) Bhujangasana is an example of :
- (i) Dyanasana
  - (ii) Swasthasana
  - (iii) Relaxative asana
  - (iv) None of these.
- (l) Trataka is the cleaning process for :
- (i) Mouth
  - (ii) Eye
  - (iii) Stomach
  - (iv) Brain.
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